

Hubungan antara Attachment dan Kepuasan Hubungan pada Dewasa Muda yang Berpacaran Jarak Jauh = The Relationship between Attachment and Relationship Satisfaction among Young Adult in Long Distance Relationship

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Abstrak

Pacaran jarak jauh merupakan hubungan romantis yang cukup banyak dijalani dengan alasan mengikuti pendidikan dan pekerjaan yang lebih baik. Adanya jarak diantara pasangan sering dianggap menurunkan kepuasan hubungan. Penelitian ini bertujuan untuk melihat hubungan antara attachment dan kepuasan hubungan pada dewasa muda yang sedang berpacaran jarak jauh. Attachment diukur dengan Experience in Close Relationship-Revised (ECR-R) dan kepuasan hubungan diukur dengan Relationship Assessment Scale (RAS). Responden dalam penelitian ini (N=297) merupakan dewasa muda yang sedang berpacaran jarak jauh minimal 6 bulan dan diambil dengan teknik non-probability sampling.

Dari penelitian ini diketahui bahwa terdapat hubungan negatif yang signifikan antara anxious attachment dan avoidance attachment dengan kepuasan hubungan. Hasil ini menunjukkan bahwa semakin tinggi skor anxious dan avoidance attachment maka semakin rendah kepuasan hubungan.

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Long distance relationship is a romantic relationship that many people involved with getting a better job and education as the most main reason. Always being perceived as a problematic relationship and relationship satisfaction can predict the success of the relationship. This research aiming to examine the relationship between attachment and relationships satisfaction in young adult who currently in long distance romantic relationship. Attachment measured by Experience in Close Relationship-Revised (ECR-R) and relationship satisfaction measured by Relationship Assessment Scale (RAS). Respondent (N=297) is a young adult who having a long distance romantic relationship at least for 6 months and obtained through non-probability sampling technique.

Results point out a negative and significant correlation between anxious and avoidance attachment and relationship satisfaction with medium effect size for anxious and large effect size for avoidance. High score attachment indicates lower relationship satisfaction. Result from this research can be applied at problem solving in long distance dating relationship.