

# Peran self-efficacy in romantic relationship sebagai mediator dalam hubungan antara persepsi anak terhadap konflik orangtua dengan romantic competence dewasa awal = The role of self-efficacy in romantic relationship as a mediator in the relationship between children's perception of interparental conflict with emerging adult's romantic competence

Annisa Kiranti, author

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## Abstrak

Konflik orangtua yang terjadi dipersepsikan oleh anak sebagai sesuatu yang mengancam bagi dirinya dan juga orangtuanya. Pengalaman dengan konflik orangtua dapat membentuk skema relasional yang maladaptif yang menyebabkan individu secara tidak proporsional lebih peka pada diskusi dan argumen yang negatif dan agresif, lebih mungkin mengharapkan permusuhan dan eskalasi konflik selama bertengkar dengan pasangan romantis, melakukan atribusi negatif terhadap tingkah laku pasangan, dan adanya distorsi kognitif yang membenarkan penggunaan tingkah laku agresif (Nelson, 2004). Kemudian, persepsi anak terhadap konflik orangtua juga mempengaruhi keyakinan dan ekspektasinya terkait dengan hubungan di masa depan, sehingga menurunkan self-efficacy in romantic relationship individu. Self-efficacy in romantic relationship ditemukan berhubungan dengan aspek – aspek yang termasuk ke dalam romantic competence (Fincham & Bradbury, 1987; Riggio et al., 2011, 2013; Weiser & Weigel, 2016). Dengan demikian, penelitian ini bertujuan untuk melihat peran mediasi self-efficacy in romantic relationship dalam hubungan antara persepsi anak terhadap konflik orangtua dengan romantic competence. Partisipan pada penelitian ini merupakan 162 laki-laki dan 262 perempuan dewasa awal yang sedang menjalani hubungan romantis dan tinggal bersama dengan kedua orangtua. Hasil analisis statistika regresi menunjukkan bahwa self-efficacy in romantic relationship memediasi secara parsial hubungan antara persepsi anak terhadap konflik orangtua dengan romantic competence dewasa awal ( $F(2,421) = 114,98$ ,  $p = <0,01$ ,  $LLCI = -0,228$ ,  $ULCI = -0,117$   $R^2 = 0,3533$ ). Hal ini menunjukkan bahwa pengaruh persepsi anak terhadap konflik orangtua pada romantic competence dapat melalui self-efficacy in romantic relationship terlebih dahulu, namun kedua variabel dapat juga berhubungan secara langsung.

.....The interparental conflict was perceived by children as a threat for them and also parents. Experiences with interparental conflict have been found to shape a maladaptive relational scheme that leads people to be more disproportionately attended to negative and aggressive discussion or argument, more likely to expect hostility and escalation of conflict during a quarrel with a romantic partner, negative attribution toward partner's behaviours, and cognitive distortion that justify the use of aggressive behaviour (Nelson, 2004). Also, children's perception of interparental conflict impacts their belief and expectation about their own relationship in the future, so that reduce their self-efficacy in romantic relationship. Self-efficacy in romantic relationship has been proved related to the aspects included in romantic competence (e.g. Fincham & Bradbury, 1987; Riggio et al., 2011, 2013; Weiser & Weigel, 2016). Therefore, this research aims to see the mediating role of self-efficacy in romantic relationship within the association between children's perception of interparental conflict and romantic competence. Participant of this study consist of 162 men and 262 women who are currently in a romantic relationship and living together with both parents. The result of this

study indicates that self-efficacy in romantic relationship mediates partially the relationship between children's perception of interparental conflict and romantic competence of emerging adulthood ( $F(2,421) = 114,98$ ,  $p = <0,01$ ,  $LLCI = -0,228$ ,  $ULCI = -0,117$ .  $R^2 = 0,3533$ ). This result shows that children's perception of interparental conflict can either affect romantic competence through self-efficacy in romantic relationship or directly.