

# Self-Compassion sebagai Mediator dalam Hubungan antara Pola Attachment dan Kepuasan Hubungan pada Dewasa Muda yang Berpacaran = The Mediating Role of Self-Compassion in the Relationship between Attachment Style and Relationship Satisfaction among Dating Young Adults

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## Abstrak

Menjalin hubungan romantis adalah salah satu tugas perkembangan yang khas dari dewasa muda. Hubungan romantis yang memuaskan, berkaitan dengan berbagai dampak positif dan dipengaruhi oleh beberapa faktor, salah satunya pola attachment. Berbagai penelitian sebelumnya telah dilakukan untuk menjelaskan mekanisme yang mendasari hubungan yang kuat antara pola attachment dan kepuasan hubungan. Selain dipengaruhi oleh attachment, kepuasan hubungan juga dipengaruhi oleh self-compassion yang dapat memfasilitasi individu untuk bersikap positif di dalam hubungan romantisnya. Tujuan penelitian ini adalah untuk mengetahui apakah self-compassion memediasi hubungan antara pola attachment (avoidant dan anxious attachment) dengan kepuasan hubungan romantis pada dewasa muda yang berpacaran. Penelitian kuantitatif ini memiliki sampel partisipan sebanyak 441 dewasa muda (18-30 tahun). Pola attachment diukur menggunakan Experiences in Close Relationships-Revised; self-compassion dengan Self-Compassion Scale; dan kepuasan hubungan dengan Relationship Assessment Scale. Hasil penelitian menunjukkan bahwa self-compassion berperan sebagai mediator bagi hubungan antara avoidant attachment dan kepuasan hubungan, namun bukan sebagai mediator antara anxious attachment dan kepuasan hubungan. Implikasi penelitian ini adalah pola insecure attachment memiliki dampak yang kuat pada rendahnya kepuasan hubungan romantis.

.....Having a romantic relationship is one of the developmental task characteristics of young adults. Forming a satisfying romantic relationship is related to numerous positive effects and influence by several factors, one of them is attachment style. Previous studies have investigated the underlying mechanism between the strong association of attachment and relationship satisfaction. Apart from being influenced by attachment, relationship satisfaction is also influenced by self-compassion, which facilitates individuals to act positively in their romantic relationships. The purpose of this study is to investigate whether self-compassion mediates the association between attachment style (avoidant and anxious attachment) and romantic relationship satisfaction among dating young adults. This quantitative research has 441 sample of young adults age 18-30. Attachment style is measured with Experiences in Close Relationships-Revised; self-compassion with Self-Compassion Scale; and relationship satisfaction with Relationship Assessment Scale. The result of this study shows that self-compassion act as a mediator for the association between avoidant attachment and relationship satisfaction, while not as a

mediator between anxious attachment and relationship satisfaction. The implication of this study is that insecure attachment style has a strong negative effect towards relationship satisfaction