

Hubungan antara Bahasa Cinta Orang Tua dengan Resiliensi pada Mahasiswa di Indonesia = The Relationship between Parental Love Languages with Resilience of College Students in Indonesia

Syalva Fuzi Annisya, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920516555&lokasi=lokal>

Abstrak

Mahasiswa sering dihadapkan dengan permasalahan akademik maupun non akademik saat berada di fase emerging adulthood dan tidak jarang mahasiswa memiliki masalah kesehatan mental pada fase tersebut. Dibutuhkan kemampuan resiliensi yang baik agar mahasiswa mampu menjalani dan melewati segala macam tantangan hidup. Hadirnya cinta dan kasih sayang orangtua yang tepat ditemukan dapat meningkatkan kemampuan resiliensi mahasiswa. Dalam penelitian ini, analisis statistik pearson product-moment correlation, simple regression, dan multiple regression digunakan untuk melihat hubungan antara parental love language dengan resiliensi mahasiswa serta mengetahui lebih lanjut variabel parental love language secara umum sekaligus dimensinya (word of affirmation, quality time, act of service, giving gifts, dan physical touch) dalam memprediksi resiliensi mahasiswa. Sebanyak 289 mahasiswa Indonesia berusia 18-25 tahun yang masih menjalin kontak hubungan aktif dengan kedua atau salah satu pihak dari orangtua (Ayah atau Ibu) diuji dengan menggunakan alat ukur Parental Love Language (Pohan dkk., 2021) dan Connor-Davidson Resilience Scale (CD-RISC 10) (Fathanah, 2014). Hasil penelitian menunjukkan hubungan yang signifikan dan positif antara parental love language secara umum dan dimensi word of affirmation, acts of service, quality time, dan giving gifts dengan resiliensi mahasiswa. Selain itu, ditemukan bahwa parental love language secara umum dapat memprediksi resiliensi mahasiswa terlebih pada dimensi word of affirmation, acts of service, dan physical touch.

.....Students in the emerging adult phase frequently face academic and non-academic problems, and mental health issues are not uncommon. Students must have strong resilience skills in order to face and overcome various life challenges. The presence of appropriate parental love language was found to increase students' resilience abilities. In this study, Pearson product-moment correlation, simple regression, and multiple regression were used to examine the relationship between parental love language and student resilience and to discover more about parental love language variables in general as well as their dimensions (words of affirmation, quality time, acts of service, giving gifts, and physical touch) in predicting student resilience. Parental Love Language Scale (Pohan dkk., 2021) and the Connor-Davidson Resilience Scale (CD-RISC 10) (Fathanah, 2014) were used to assess 289 Indonesian students aged 18 to 25 who were still in active contact with both or one of their parents (father or mother). The results reveal a significant and positive relationship between parental love language in general, as well as the dimensions of word of affirmation, acts of service, quality time, and gift giving, with student resilience. Furthermore, parental love language in general has been found to predict student resilience, particularly in the dimensions of words of affirmation, acts of service, and physical touch.