

Peran Keberfungsian Keluarga terhadap Relationship Self-Efficacy pada Emerging Adults = The Role of Family Functioning on Emerging Adults Relationship Self-Efficacy

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Abstrak

Hubungan romantis merupakan aspek penting dalam kehidupan, khususnya bagi individu usia emerging adulthood. Keberlangsungan hubungan romantis yang baik memerlukan resolusi konflik yang baik pula. Resolusi konflik yang baik dimulai dari adanya keyakinan yang baik mengenai kemampuan diri dalam resolusi konflik. Keyakinan tersebut disebut dengan relationship self-efficacy atau self-efficacy dalam hubungan romantis. Faktor keluarga merupakan salah satu faktor yang berkaitan dengan self-efficacy dan relationship self-efficacy individu. Studi ini bertujuan melihat peran keberfungsian keluarga terhadap relationship self-efficacy pada populasi emerging adults usia 18-25 tahun. Penelitian ini merupakan penelitian kuantitatif non-eksperimental regresi menggunakan alat ukur Family Assessment Device (FAD) dan Self-Efficacy in Romantic Relationship Measure (SERR). Total partisipan yang terkumpul sejumlah 128 emerging adults dengan rentang usia 18-25 tahun. Berdasarkan hasil analisis multiple regression, hasil penelitian menunjukkan bahwa keberfungsian keluarga berperan secara signifikan dan simultan dalam memprediksi relationship self-efficacy pada emerging adults ($R^2 = 0,136$, $p < 0,05$). Selain itu, dimensi keberfungsian keluarga yang berperan secara signifikan adalah dimensi peran dan kontrol perilaku. Berdasarkan hasil yang didapatkan, keluarga diharapkan untuk memperhatikan pembagian peran dan penerapan aturan-aturan di dalam keluarga sehingga dapat menjaga tingkat relationship self-efficacy yang baik.

.....Romantic relationships are important, especially for emerging adults. Good romantic relationships require good conflict resolution among both parties involved. In order to resolve ongoing conflict, it is essential for both parties to believe that they are capable of resolving said conflict. This belief is known as relationship self-efficacy. Family related factors are related to self-efficacy and relationship self-efficacy. This study aims to see the role of family functioning on relationship self-efficacy in the emerging adults population aged 18-25 years. The type of research used is quantitative with a non-experimental design using the Family Assessment Device (FAD) and the Self-Efficacy in Romantic Relationship Measure (SERR). A total of 128 emerging adults with an age range of 18-25 years participated in this study. Using multiple regression analysis, the results showed that family functioning plays a significant role in predicting relationship self-efficacy in emerging adults ($R^2 = 0.136$, $p < 0,05$). In addition, roles and behavior control were found to have a significant role on relationship self-efficacy. Therefore, families are expected to pay attention to the distribution of roles in the family and the rules applied in the family to maintain good relationship self-efficacy.