

# Dispositional Mindfulness Sebagai Mediator Hubungan Antara Parent Attachment dan Psychological Well-Being Pada Remaja = Dispositional Mindfulness as Mediator Between Parent Attachment and Psychological Well-being in Adolescent

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## Abstrak

Psychological well-being remaja memiliki keterkaitan erat dengan parent attachment.

Hal ini dikarenakan secure attachment dapat menjadi landasan untuk mengembangkan rasa percaya pada orang tua dan lingkungan sekitarnya dan meningkatkan kemampuan mengembangkan strategi coping efektif yang pada akhirnya akan meningkatkan psychological well-being. Pengaruh attachment pada psychological well-being dapat terjadi secara langsung atau dimediasi oleh faktor lain yang relevan, salah satunya dispositional mindfulness. Penelitian ini bertujuan untuk mengetahui peran dispositional mindfulness sebagai mediator hubungan antara parent attachment dan psychological well-being pada remaja. Partisipan berjumlah 352 remaja usia 13 – 18 tahun. Instrumen yang digunakan yaitu Ryff's Scale of Psychological Well being (RPWB), Inventory of Parent and Peer Attachment-Revised (IPPA-R)-Parent Scale dan Mindfulness Attention Awareness Scale (MAAS). Hasil analisis korelasi menunjukkan bahwa ketiga variabel saling berkaitan secara signifikan. Hasil analisis mediasi menunjukkan bahwa dispositional mindfulness memediasi secara parsial hubungan antara parent attachment dengan psychological well-being pada remaja.

.....Psychological well-being is closely related to parental attachment. The reason is that a secure attachment can be a foundation for developing trust in parents and the surrounding environment, as well as increasing child's ability to develop effective coping strategies which will ultimately improve psychological well-being. The effect of attachment on psychological well-being can occur directly or mediated by other relevant factors, one of which is dispositional mindfulness. This study aims to determine the role of dispositional mindfulness as a mediator in the relationship between parent attachment and psychological well-being in adolescents. Participants in the study were 352 adolescents aged 13-18 years. The instruments used were Ryff's Scale of Psychological Well-being (RPWB), Inventory of Parent and Peer Attachment-Revised (IPPA-R)Parent Scale and Mindfulness Attention Awareness Scale (MAAS). The result of the correlation analysis shows that the three variables in this study are significantly related to each other. The result of the mediation analysis shows that dispositional mindfulness partially mediates the relationship between parent attachment and psychological well-being in adolescents.