

## Hubungan antara Pola Kelekatan dan Bahasa Cinta pada Dewasa Awal di Indonesia = The Relationship between Attachment Styles and Love Language in Emerging Adulthood in Indonesia

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### Abstrak

Konsep bahasa cinta menguraikan bagaimana kita mengekspresikan cinta dan memperoleh perasaan dicintai melalui lima bahasa cinta utama yaitu: word of affirmation, quality time, act of service, receiving gift, dan physical touch. Mengenali perbedaan dalam bahasa cinta dapat berdampak signifikan pada keberhasilan suatu hubungan romantis karena dapat memenuhi kebutuhan emosional pasangan dengan tepat. Sementara itu, tingkat kebutuhan emosional seseorang untuk dicintai berasal dari pola kelekatan di masa kecil.

Eksplorasi dari kemungkinan hubungan keduanya berkontribusi pada pemahaman hubungan romantis dan dapat meningkatkan kemampuan untuk menavigasi hubungan intim. Tujuan dari penelitian ini adalah untuk mengeksplorasi hubungan antara pola kelekatan dan bahasa cinta dewasa awal di Indonesia. 142 peserta yang pernah atau sedang berada dalam hubungan romantis dengan rentang usia 18-25 tahun dan tinggal di Indonesia (N=142) mengikuti penelitian ini. Pola kelekatan diukur menggunakan Experienced in Close Relationships-Revised (ECR-R) dan bahasa cinta diukur menggunakan Five Love Languages Scale (FLLS). Pada penelitian ini ditemukan hubungan yang signifikan antara pola kelekatan dan bahasa cinta sehingga hipotesis penelitian terbukti dan dapat diterima. Penelitian ini dapat digunakan sebagai preliminary study dalam menyelidiki dinamika hubungan antara pola kelekatan dan bahasa cinta.

.....One aspect of romantic relationships that is currently becoming a topic of conversation is the concept of love languages introduced by Chapman. His theory outlines how we express love and get the feeling of being loved through five main love languages: word of affirmation, quality time, act of service, receiving gifts, and physical touch. Recognizing the differences in love languages can significantly impact the success of a relationship because it can properly address the emotional needs of a partner. Meanwhile, the level of one's emotional need to be loved comes from attachment patterns in childhood. Further exploration of the two's possible relationships contributes to a more comprehensive understanding of romantic love and ultimately enhances our ability to navigate intimate relationships. This research aims to explore the relationship between love language and attachment style. 142 participants who had or were in a romantic relationship aged 18-25 years and lived in Indonesia (N=142) participated in this study. Attachment styles were measured using Experienced in Close Relationships-Revised (ECR-R) and love language was measured using the Five Love Languages Scale (FLLS). In this study, a significant relationship was found between attachment patterns and love language so that the research hypothesis was proven and accepted. This research can be used as a preliminary study in investigating the dynamics of the relationship between attachment patterns and love language.