

## Hubungan Antara Trauma Masa Kanak-Kanak Dengan Makna Hidup Pada Emerging Adulthood di DKI Jakarta = Relationship Between Childhood Trauma and the Meaning of Life in Emerging Adulthood in DKI Jakarta

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### Abstrak

Trauma masa kanak-kanak merupakan salah satu pengalaman traumatis yang terjadi ketika individu memasuki rentang usia 1 hingga 12 tahun. Tingginya angka gangguan mental emosional dan depresi di DKI Jakarta menjadi pertanda kemungkinan adanya trauma masa kanak-kanak pada emerging adulthood di DKI Jakarta. Adanya trauma masa kanak-kanak dapat saja menjadi tantangan tersendiri bagi mereka yang masih mencari makna hidupnya. Penelitian ini sendiri bertujuan untuk mengetahui adanya hubungan antara trauma masa kanak-kanak dengan makna hidup. Penelitian dilaksanakan dengan menggunakan kuesioner secara daring, menggunakan alat ukur Childhood Trauma Questionnaire-Short Form (CTQ-SF) dan Three-Dimensional Meaning in life scale (3DM). Penelitian melibatkan 146 partisipan dengan rentang usia 18—25 tahun dan berdomisili DKI Jakarta. Hasil penelitian menunjukkan bahwa terdapat hubungan negatif yang signifikan antara trauma masa kanak-kanak dan makna hidup ( $r(145) = -0,632, p < 0,01, \text{two-tailed}$ ). Dari hasil tersebut, terdapat hubungan negatif antara trauma masa kanak-kanak dengan makna hidup.

.....Childhood trauma is a traumatic experience that occurs when individuals enter the age range of 1 to 12 years. The high rate of emotional mental disorders and depression in DKI Jakarta is a sign of the possibility of childhood trauma in emerging adulthood in DKI Jakarta. The presence of childhood trauma can be a challenge in itself for those who are still looking for the meaning of their lives. This research itself aims to determine the relationship between childhood trauma and the meaning of life. The research was carried out using an online questionnaire, using the Childhood Trauma Questionnaire-Short Form (CTQ-SF) and Three-Dimensional Meaning in life scale (3DM) measuring instruments. The research involved 146 participants with an age range of 18-25 years and domiciled in DKI Jakarta. The results showed that there was a significant negative relationship between childhood trauma and meaning in life ( $r(145) = -0.632, p < 0.01, \text{two-tailed}$ ). From the results, we can conclude that there's a negative correlation between childhood trauma and meaning in life.