

# Hubungan Antara Attachment Styles dan Self Disclosure pada Emerging Adulthood yang Menjalankan Hubungan Romantis Jarak Jauh = Relationship Between Attachment Styles and Self Disclosure in Emerging Adulthood Whom in A Long Distance Relationships

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## Abstrak

Menjalin hubungan romantis dengan orang lain merupakan salah satu pemenuhan tugas perkembangan psikososial pada tahap emerging adulthood. Penelitian ini bertujuan untuk mengetahui hubungan antara attachment styles dan self disclosure pada emerging adulthood yang menjalankan hubungan romantis jarak jauh. Partisipan penelitian (N=292) merupakan emerging adulthood yang sedang atau pernah menjalin hubungan romantis jarak jauh. Pada penelitian ini, attachment styles diukur menggunakan Experiences in Close Relationships-Revised (ECR-R) sedangkan self disclosure diukur menggunakan Self Disclosure Scale. Hasil penelitian menunjukkan adanya hubungan negatif signifikan antara attachment styles dan self disclosure.

.....Having a romantic relationships with others is one of the psychosocial developmental tasks in emerging adulthood. This study aims to investigate a relationships between attachment styles and self disclosure in emerging adulthood whom in a long distance relationships. The participants of this research (N=292) were emerging adulthood who are currently or had previously involved in a long distance relationships. In this study, attachment styles were measured by Experiences in Close Relationships-Revised (ECR-R) meanwhile self disclosure was measured by Self Disclosure Scale. Result of this study showed a negative relationship that significant between attachment styles and self disclosure.