

Peran Dyadic Coping sebagai Mediator dalam Hubungan Adverse Childhood Experience dan Relationship Satisfaction pada Dewasa Muda yang Telah Menikah = The Role of Dyadic Coping in Mediating the Relationship between Adverse Childhood Experience and Relationship Satisfaction in Married Young Adults

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Abstrak

Perselisihan dan pertengkaran menjadi penyebab terbanyak perceraian pasangan di Indonesia. Penyebab ini tidak lepas dari komunikasi tidak lancar yang dapat disebabkan oleh Adverse Childhood Experience (ACE). Salah satu upaya yang dapat mengatasi dampak tersebut dan meningkatkan relationship satisfaction adalah melalui dyadic coping. Tujuan dari penelitian ini adalah untuk melihat peran dyadic coping dalam menjelaskan hubungan ACE terhadap relationship satisfaction. Partisipan penelitian ini adalah 260 dewasa muda terdiri atas 204 perempuan dan 57 laki-laki yang sudah menikah dan menetap di Jabodetabek. Alat ukur yang digunakan dalam penelitian ini adalah Adverse Childhood Experience-Questionnaire, Dyadic Coping Inventory dan Relationship Assessment Scale. Hasil penelitian menemukan bahwa dyadic coping dapat memediasi secara parsial dampak negatif ACE terhadap kepuasan hubungan pasangan yang menikah. Dimensi dyadic coping seperti supportive DC, negative DC, dan common DC juga ditemukan dapat memediasi secara parsial dampak ACE terhadap relationship satisfaction.

.....Persistent conflicts and arguments are the leading causes of divorce in Indonesia. These disputes often result from poor communication, which can be linked to adverse childhood experiences (ACE). One effective approach to mitigate these impacts and enhance relationship satisfaction is through dyadic coping. This study aims to examine the mediating role of dyadic coping in the relationship between ACE and relationship satisfaction. The participants were 260 married young adults which consist of 207 women and 57 men residing in Jabodetabek. The measurement tools used were the Adverse Childhood Experience-Questionnaire, Dyadic Coping Inventory, and Relationship Assessment Scale. The results found that dyadic coping can partially mediate the negative impact of ACE on relationship satisfaction among married couples. Dyadic coping dimensions such as supportive DC, negative DC, and common DC has been found significant and can also partially mediate the relationship between ACE and relationship satisfaction.