

## Perbedaan kualitas hubungan romantis berdasarkan tipe-tipe adult attachment pada dewasa muda yang berpacaran = The Differences in romantic relationship quality based on adult attachment styles among young adults in dating relationship

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### Abstrak

Penelitian ini dilakukan untuk mendapatkan gambaran mengenai perbedaan kualitas hubungan romantis berdasarkan tipe-tipe adult attachment pada dewasa muda yang berpacaran. Pengukuran adult attachment dilakukan menggunakan alat ukur The Experiences in Close Relationships-Short form (Wei et. al., 2007) dengan koefisien reliabilitas Cronbach Alpha sebesar 0.710. Pengukuran kualitas hubungan romantis dilakukan menggunakan alat ukur Partner Behaviours as Social Context dan Self Behaviours as Social Context (Ducat, 2009) dengan masing-masing koefisien reliabilitas Cronbach Alpha sebesar 0.904 dan 0.734. Responden penelitian ini berjumlah 205 orang, terdiri atas 86 laki-laki dan 119 perempuan. Responden adalah dewasa muda berusia 20-40 tahun dan sedang berpacaran.

Hasil penelitian menunjukkan tidak terdapat perbedaan kualitas hubungan romantis berdasarkan tipe secure attachment ( $p = .730$ ), preoccupied attachment ( $p = .892$ ), fearful attachment ( $p = .260$ ), dan dismissing attachment ( $p = .627$ ). Hasil tersebut menunjukkan bahwa persepsi individu terhadap kualitas hubungan romantisnya tidak dibedakan dan tidak dipengaruhi oleh tipe-tipe adult attachment, yaitu secure, preoccupied, fearful, dan dismissing. Hasil analisis tambahan menunjukkan bahwa kualitas hubungan romantis memiliki hubungan yang signifikan negatif dengan tipe secure attachment ( $r = -.382$ ,  $p < 0.01$ ), namun tidak memiliki hubungan yang dengan tipe preoccupied, fearful, dan dismissing attachment.

*This study aimed to find differences in romantic relationship quality based on adult attachment styles among young adults in dating relationships. Level of adult attachment was measured by using Experiences in Close Relationships Scale-Short Form Inventory (Wei et. al., 2007) and romantic relationship quality was measured by using Partner Behaviours as Social Context and Self Behaviours as Social Context (Ducat, 2009). Number of subjects in this research was 205 respondents with 86 males and 119 females. Respondents are young adults aged 20-40 years old and in an dating relationship.*

The result of this study showed that there was no differences in romantic relationship quality compared to secure attachment style ( $p = .730$ ), preoccupied attachment style ( $p = .892$ ), fearful attachment style ( $p = .260$ ), and dismissing attachment style ( $p = .627$ ). This result shows that romantic relationship quality isn't determined by adult attachment styles. The additional analysis shows that romantic relationship quality has a negative significant correlation with secure attachment style ( $r = -.382$ ,  $p < 0.01$ ), but has no correlation with preoccupied, fearful, and dismissing attachment style.