

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self disclosure* dengan kesepian pada dewasa awal. Hipotesis yang diajukan adalah terdapat hubungan negatif antara *self disclosure* dengan kesepian pada dewasa awal. Penelitian ini menggunakan metode kuantitatif dengan jumlah subjek 162 dewasa awal rentang usia 20 – 25 tahun. Metode pengumpulan data menggunakan skala *self disclosure* dan skala kesepian. Hasil analisis korelasi *product moment* untuk variabel *self disclosure* dan kesepian menunjukkan nilai $r_{xy} = - 0,624$ ($p < 0,001$) hal ini menunjukkan bahwa terdapat hubungan negatif yang signifikan antara *self disclosure* dan kesepian pada dewasa awal. Semakin tinggi *self disclosure* maka akan semakin rendah kesepian, sebaliknya semakin rendah *self disclosure* maka semakin tinggi kesepian. Hasil perhitungan determinasi diperoleh nilai (R^2) sebesar 0,390 yang artinya variabel *self disclosure* dapat mempengaruhi variabel kesepian sebesar 39% dan sisanya 61% dipengaruhi oleh faktor lain.

Kata Kunci: *Self Disclosure*, Kesepian, Dewasa Awal

ABSTRACT

This research aims to determine the relationship between self-disclosure and loneliness in early adulthood. The hypothesis proposed is that there is a negative relationship between self-disclosure and loneliness in early adulthood. This research used quantitative methods with a total of 162 early adult subjects aged 20 – 25 years. Method of data collection using the self-disclosure scale and a loneliness scale. The product moment analysis results for the self-disclosure and loneliness variables show a value of $r_{xy} = - 0.624$ ($p < 0.001$) which means that the hypothesis that there is a significant negative relationship between self-disclosure and loneliness in early adulthood. The higher the self-disclosure, the lower the loneliness, conversely the lower the self-disclosure, the higher the loneliness. The results of the determination calculation obtained a value (R^2) of 0.390, which means that the self-disclosure variable can influence the loneliness variable by 39% and the remaining 61% is influenced by other factors.

Keywords: *Self Disclosure, Loneliness, Early Adulthood*