

ABSTRAK

Dewasa awal rentan mengalami *self-criticism* akibat beratnya tekanan pada masa transisi yang secara teoretis berakar dari kondisi defisiensi hubungan sosial atau *loneliness*. Penelitian ini bertujuan untuk mengetahui hubungan antara *loneliness* dengan *self-criticism* pada individu dewasa awal. Hipotesis yang diajukan adalah terdapat hubungan positif yang signifikan antara *loneliness* dan *self-criticism* pada dewasa awal. Partisipan penelitian ini berjumlah 227 individu berusia 18-25 tahun yang dipilih menggunakan teknik *non-probability sampling* dengan pendekatan *purposive sampling*. Pengumpulan data dilakukan menggunakan instrumen *UCLA Loneliness version 3* untuk mengukur tingkat kesepian dan *Form of Self-Criticism/Attacking & Self-Reassuring Scale* (FSCRS) untuk mengukur tingkat kritik diri. Analisis data dilakukan dengan menggunakan uji korelasi *Spearman's rho*. Hasil temuan penelitian menunjukkan adanya hubungan positif yang sangat kuat dan signifikan antara *loneliness* dan *self-criticism* ($r = 0,837$; $p < 0,001$). Hal ini bermakna bahwa semakin tinggi tingkat *loneliness* yang dialami, maka semakin tinggi pula tingkat *self-criticism* pada individu dewasa awal, sehingga hipotesis penelitian diterima. Analisis lebih lanjut, membuktikan bahwa variabel *loneliness* memberikan sumbangan efektif sebesar 70,1% terhadap *self-criticism*, sementara 29,9% sisanya dipengaruhi oleh faktor-faktor lain di luar penelitian ini.

Kata Kunci: Dewasa awal, kesepian, kritik diri.

ABSTRACT

Emerging adults are highly vulnerable to self-criticism due to the intense pressures of developmental transition, which theoretically stems from a deficiency in social relationships or loneliness. This study aims to determine the relationship between loneliness and self-criticism in emerging adulthood. The proposed hypothesis is that there is a significant positive relationship between loneliness and self-criticism in emerging adults. The participants of this study were 227 individuals aged 18-25 years, selected using a non-probability sampling technique with a purposive sampling approach. Data collection utilized the UCLA Loneliness Scale Version 3 to measure loneliness levels and the Form of Self-Criticism/Attacking & Self-Reassuring Scale (FSCRS) to measure self-criticism levels. Data were analyzed using the Spearman's rho correlation test. The findings indicated a very strong and significant positive relationship between loneliness and self-criticism ($r = 0.837$; $p < 0.001$). This signifies that higher levels of loneliness correlate with higher levels of self-criticism in emerging adults, thus accepting the research hypothesis. Furthermore, the analysis proved that the loneliness variable provided an effective contribution of 70.1% to self-criticism, while the remaining 29.9% was influenced by other factors not examined in this study.

Keywords: Emerging adulthood, loneliness, self-criticism

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