

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara gaya kelekatan dengan kepuasan hubungan pada dewasa awal yang menjalani hubungan jarak jauh. Subjek dalam penelitian ini adalah dewasa awal berusia 18-40 tahun yang sedang menjalani hubungan jarak jauh minimal 6 bulan, dengan jumlah subjek sebanyak 91 responden. Metode pengumpulan data menggunakan skala CSI-16 (*Couple Satisfaction Index*) dan skala RAAS (*Revised Adult Attachment Style*). Teknis analisis data yang digunakan adalah analisis korelasi product moment. Hasil dari penelitian menunjukkan bahwa terdapat hubungan positif signifikan antara gaya kelekatan dengan kepuasan hubungan, dengan korelasi (r_{xy}) = 0,325 dan nilai signifikansi $p = 0,002$ ($p < 0,050$). Nilai koefisien determinasi (R Squared) sebesar 0,106 mengindikasikan bahwa gaya kelekatan berkontribusi sebesar 10,6% terhadap kepuasan hubungan, sementara 89,4% sisanya dipengaruhi oleh faktor lain. Terdapat hubungan positif signifikan antara dimensi kelekatan bergantung dengan kepuasan hubungan, dengan korelasi (r_{xy}) = 0,576 dan nilai signifikansi $p = 0,000$ ($p < 0,050$). Nilai koefisien determinasi (R Squared) sebesar 0,331 mengindikasikan bahwa kelekatan bergantung berkontribusi sebesar 33,1% terhadap kepuasan hubungan, sementara 66,9% sisanya dipengaruhi oleh faktor lain. Selanjutnya, hasil analisis menunjukkan terdapat hubungan negatif antara dimensi kelekatan cemas dengan kepuasan hubungan, dengan korelasi (r_{xy}) = -0,386 dan nilai signifikansi $p = 0,000$ ($p < 0,050$). Nilai koefisien determinasi (R Squared) sebesar 0,145 mengindikasikan bahwa kelekatan cemas berkontribusi sebesar 14,5% terhadap kepuasan hubungan, sementara 85,5% sisanya dipengaruhi oleh faktor lain. Temuan ini mengindikasikan arah hubungan yang berbeda dari dugaan awal. Kemudian, terdapat hubungan positif signifikan antara dimensi kelekatan dekat dengan kepuasan hubungan, dengan koefisien korelasi (r_{xy}) = 0,240 dan nilai signifikansi $p = 0,022$ ($p < 0,050$). Nilai koefisien determinasi (R Squared) sebesar 0,057 mengindikasikan bahwa kelekatan dekat berkontribusi sebesar 5,7% terhadap kepuasan hubungan, sementara 94,3% sisanya dipengaruhi oleh faktor lain.

Kata kunci : Dewasa Awal, Gaya Kelekatan, Hubungan Jarak Jauh, Kepuasan Hubungan

ABSTRACT

This study aimed to examine the relationship between attachment style and relationship satisfaction among emerging adults involved in long-distance relationships. The participants were 91 emerging adults aged 18–40 years who had been in a long-distance relationship for at least six months. Data were collected using the Couple Satisfaction Index (CSI-16) and the Revised Adult Attachment Scale (RAAS). The data were analyzed using Pearson product-moment correlation analysis. The results showed a significant positive relationship between attachment style and relationship satisfaction, with a correlation coefficient of $r = 0.325$ and a significance value of $p = 0.002$ ($p < 0.05$). The coefficient of determination (R^2) was 0.106, indicating that attachment style contributed 10.6% to relationship satisfaction, while the remaining 89.4% was influenced by other factors. Furthermore, there was a significant positive relationship between the depend attachment dimension and relationship satisfaction ($r = 0.576$, $p = 0.000$, $p < 0.05$). The coefficient of determination (R^2) was 0.331, indicating that depend attachment contributed 33.1% to relationship satisfaction, while 66.9% was explained by other factors. Furthermore, the analysis demonstrated a significant negative relationship between the anxiety dimension of attachment and relationship satisfaction, with $r_{xy} = -0.386$ and $p = 0.000$ ($p < 0.050$). The coefficient of determination (R^2) = 0.145 indicated that anxiety contributed 14.5% to relationship satisfaction, while 85.5% was influenced by other factors. This finding suggests a direction of association that differs from the initial hypothesis. Additionally, there was a significant positive relationship between the close attachment dimension and relationship satisfaction ($r = 0.240$, $p = 0.022$, $p < 0.05$). The coefficient of determination (R^2) was 0.057, indicating that close attachment contributed 5.7% to relationship satisfaction, while the remaining 94.3% was influenced by other factors.

Key words : Attachment Style, Emerging Adulthood, Long-Distance Relationship, Relationship Satisfaction