

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *family functioning* dengan *alexithymia* pada Generasi Z yang berasal dari keluarga *broken home*. Penelitian ini menggunakan pendekatan kuantitatif dengan metode korelasional. Subjek penelitian berjumlah 206 Generasi Z berusia 18–29 tahun yang berasal dari keluarga *broken home* dan dipilih menggunakan teknik purposive sampling. Pengumpulan data dilakukan menggunakan skala *Family Assessment Device (FAD)* dan *Toronto Alexithymia Scale (TAS-20)*. Analisis data menggunakan uji korelasi Pearson Product Moment dengan bantuan program SPSS versi 27.0.1 for Windows. Hasil penelitian menunjukkan bahwa terdapat hubungan negatif yang signifikan antara *family functioning* dengan *alexithymia* ($r = -0,338$; $p < 0,001$). Hasil tersebut menunjukkan bahwa semakin tinggi *family functioning*, maka semakin rendah tingkat *alexithymia* pada Generasi Z yang berasal dari keluarga *broken home*. Sebaliknya, semakin rendah *family functioning*, maka semakin tinggi tingkat *alexithymia*. Nilai koefisien determinasi (R^2) sebesar 0,114 menunjukkan bahwa *family functioning* memiliki pengaruh terhadap *alexithymia* sebesar 11,4%, sedangkan 88,6% sisanya dipengaruhi oleh faktor-faktor lain di luar variabel yang diteliti.

Kata Kunci: *Alexithymia, Broken Home, Family Functioning, Generasi Z.*

ABSTRACT

This study aimed to examine the relationship between family functioning and alexithymia among Generation Z individuals from broken home families. This study employed a quantitative approach with a correlational design. The participants consisted of 206 Generation Z individuals aged 18–29 years from broken home families who were selected using a purposive sampling technique. Data were collected using the Family Assessment Device (FAD) and the Toronto Alexithymia Scale (TAS-20). Data were analyzed using the Pearson Product-Moment Correlation with the aid of SPSS version 27.0.1 for Windows. The results showed a significant negative relationship between family functioning and alexithymia ($r = -0.338$; $p < 0.001$). These findings indicate that higher levels of family functioning are associated with lower levels of alexithymia among Generation Z individuals from broken home families. Conversely, lower levels of family functioning are associated with higher levels of alexithymia. The coefficient of determination ($R^2 = 0.114$) indicates that family functioning contributes 11.4% to alexithymia, while the remaining 88.6% is explained by other factors beyond the scope of this study.

Keywords: *Alexithymia, Broken Home, Family Functioning, Generation Z.*