

HUBUNGAN ANTARA *ANXIOUS ATTACHMENT* DENGAN *CYBERSTALKING* PADA PENGGUNA AKUN ANONIM

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ABSTRAK

Cyberstalking merupakan bentuk penguntitan melalui media digital yang semakin marak seiring meningkatnya penggunaan akun anonim di media sosial. Penelitian ini bertujuan untuk mengetahui hubungan antara *anxious attachment* dengan *cyberstalking* pada pengguna akun anonim. Hipotesis yang diajukan adalah terdapat hubungan positif antara *anxious attachment* dengan *cyberstalking*, yaitu semakin tinggi *anxious attachment* maka semakin tinggi pula kecenderungan *cyberstalking*, begitu pun sebaliknya. Subjek dalam penelitian ini berjumlah 321 pengguna akun anonim berusia 18–25 tahun yang dipilih menggunakan teknik *purposive sampling* dan diperoleh melalui penyebaran skala secara daring. Pengumpulan data menggunakan dua skala, yaitu skala *cyberstalking* ($\alpha = 0,897$) dan skala *anxious attachment* ($\alpha = 0,841$). Analisis data dilakukan dengan teknik korelasi *Pearson product moment*. Hasil analisis menunjukkan koefisien korelasi sebesar 0,554 dengan signifikansi $p < 0,001$, sehingga hipotesis dalam penelitian ini diterima. Temuan tersebut menunjukkan adanya hubungan positif yang signifikan dengan kekuatan hubungan pada kategori sedang. *Anxious attachment* memberikan sumbangan efektif sebesar 30,7% terhadap *cyberstalking*, sedangkan 69,3% sisanya dipengaruhi oleh faktor lain di luar penelitian. Hasil kategorisasi menunjukkan sebagian besar subjek memiliki tingkat *anxious attachment* maupun *cyberstalking* yang tergolong tinggi. Penggunaan akun anonim turut memfasilitasi perilaku *cyberstalking* karena memungkinkan pemantauan dilakukan secara berulang dan tersembunyi tanpa risiko teridentifikasi.

Kata kunci: *anxious attachment, cyberstalking, pengguna akun anonim*

THE RELATIONSHIP BETWEEN ANXIOUS ATTACHMENT AND CYBERSTALKING AMONG ANONYMOUS ACCOUNT USERS

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ABSTRACT

Cyberstalking is a form of stalking carried out through digital media that has become increasingly prevalent along with the rising use of anonymous accounts on social media. This study aims to examine the relationship between anxious attachment and cyberstalking among anonymous account users. The proposed hypothesis is that there is a positive relationship between anxious attachment and cyberstalking, meaning that the higher the anxious attachment, the higher the tendency toward cyberstalking, and vice versa. The participants of this study consisted of 321 anonymous account users aged 18–25 years who were selected using a purposive sampling technique through online distribution of the research scales. Data were collected using two scales, namely the cyberstalking scale ($\alpha = 0.897$) and the anxious attachment scale ($\alpha = 0.841$). Data analysis was conducted using the Pearson product moment correlation technique. The results showed a correlation coefficient of 0.554 with a significance level of $p < 0.001$, indicating that the proposed hypothesis was accepted. These findings indicate a significant positive relationship with a moderate correlation strength. Anxious attachment contributed 30.7% of the variance in cyberstalking, while the remaining 69.3% was influenced by other factors outside the scope of this study. The categorization results showed that most participants had high levels of both anxious attachment and cyberstalking. The use of anonymous accounts also facilitates cyberstalking behavior by allowing repeated and covert monitoring with a reduced risk of being identified.

Keywords: *anonymous account users, anxious attachment, cyberstalking*