

## Attachment sebagai prediktor kepuasan pernikahan pada istri yang menjalani commuter marriage = Attachment as predictor of marital satisfaction among wives who are having commuter marriage

Habbah Mazidah, author

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### Abstrak

Kepuasan pernikahan menjadi sumber kesejahteraan psikologis bagi individu (Baumeister & Leary, 1995). Maka dari itu, penting untuk mengetahui prediktor dari kepuasan pernikahan, tak terkecuali bagi commuter couples. Penelitian ini bertujuan untuk mengetahui peran attachment dalam memprediksi kepuasan pernikahan. Responden dari penelitian ini adalah istri yang menjalani commuter marriage. Kepuasan pernikahan diukur dengan Couple Satisfaction Index-16 (CSI-16), sedangkan attachment diukur dengan Experiences in Close Relationship Short-form (ECR-S).

Hasil penelitian menunjukkan bahwa attachment, yakni attachment anxiety dan attachment avoidance dapat memprediksi kepuasan pernikahan secara signifikan dengan medium effect size sebesar 0,139 dan 0,107. Temuan ini dapat diaplikasikan dalam ranah psikologi keluarga untuk menangani permasalahan pada commuter couples.

.....Marital satisfaction was founded to be the source of the individuals psychological well-being (Baumeister & Leary, 1995). Thus, it was crucial to know the factors affected marital satisfaction, especially among commuter couples. The purpose of the current research was to investigate the role of attachment in predicting marital satisfaction. The sample consisted of wives who are having commuter marriage. Marital satisfaction was measured with Couple Satisfaction Index-16 (CSI-16), while attachment was measured with Experiences in Close Relationship Short-form (ECR-S).

The results indicated that attachment anxiety and attachment avoidance can predict marital satisfaction significantly, with the effect size of 139 and 107 as medium effect. This findings provide practical implications family psychology field when dealing with commuter couples problems.