

Attachment, Resolusi Konflik dan Kepuasan Hubungan Berpacaran pada Dewasa Muda: Path Analysis Model = Attachment, Conflict Resolution and Dating Relationship Satisfaction in Young Adults: A Path Analysis Model

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Abstrak

Menjalani hubungan romantis merupakan salah satu tugas perkembangan pada dewasa muda. Hubungan romantis yang memuaskan dapat dilihat dari pola attachment pada pasangan dan bagaimana resolusi konflik yang digunakan saat menghadapi masalah dalam hubungan. Pola attachment merupakan salah satu faktor individual yang secara konsisten ditemukan dapat mempengaruhi kepuasan hubungan. Resolusi konflik yang positif juga terbukti dapat meningkatkan kepuasan hubungan. Penelitian ini menggunakan analisis jalur (path analysis) yang bertujuan untuk melihat bagaimana pengaruh pola attachment dan resolusi konflik terhadap kepuasan hubungan berpacaran pada dewasa muda dan bagaimana pengaruh tidak langsung antara attachment terhadap kepuasan hubungan melalui resolusi konflik. Terdapat sebanyak 824 partisipan dewasa muda (18-36 tahun) dalam penelitian ini. Pola attachment diukur menggunakan Experience in Close Relationship Questionnaire-Revised (Freley & Shaver, 2000); resolusi konflik diukur menggunakan Conflict Resolution Styles Inventory (Bonache et al., 2016); dan kepuasan hubungan diukur menggunakan Relationship Assessment Scale (Hendrick, 1988). Hasil penelitian menunjukkan bahwa: (1) Anxious dan avoidant attachment dan resolusi konflik berupa keterlibatan konflik dan sikap positif secara signifikan berpengaruh terhadap kepuasan hubungan dan (2) Pola attachment dapat mempengaruhi kepuasan hubungan melalui resolusi konflik.

.....Having a romantic relationship is one of the developmental tasks of young adults. A satisfying romantic relationship can be seen from the patterns of attachment to partners and how conflict resolution is used when dealing with problems in relationships. Attachment pattern is one of the individual factors that can consistently influence relationship satisfaction. Positive conflict resolution has also been shown to increase relationship satisfaction. This study uses path analysis, which aims to see how patterns and conflict resolution influence the satisfaction of dating relationships in young adults and the indirect effect of attachment on relationship satisfaction through conflict resolution. There were 824 young adult participants (18-36 years) in this study. Attachment patterns were measured using the Experience in Close Relationship Questionnaire-Revised (Freley & Shaver, 2000); conflict resolution measured using the Conflict Resolution Styles Inventory (Bonache et al., 2016); and relationship assessment measured using the Relationship Assessment Scale (Hendrick, 1988). The results showed that: (1) anxious attachment, avoidance attachment, conflict engagement and positive attitudes significantly affect relationship satisfaction and (2) attachment patterns can influence relationship satisfaction through conflict resolution.