

Perceived partner responsiveness sebagai moderator antara self-disclosure dan kepuasan hubungan berpacaran pada dewasa muda =
Perceived partner responsiveness as a moderator between self-disclosure and dating relationship satisfaction in young adults.

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Abstrak

Dalam hubungan romantis berpacaran, individu menginginkan kebahagiaan dan kepuasan dalam menjalani hubungannya tersebut. Terdapat beberapa faktor yang mempengaruhi tingkat kepuasan individu dalam hubungan romantis, diantaranya tekanan dari luar yang menimbulkan stres sehingga berdampak negatif terhadap kepuasan hubungan. Sikap yang ditunjukkan antar pasangan dalam menghadapi stres menjadi salah satu faktor yang mendorong kelanggengan hubungan romantis, dimana kedua pasangan terlibat dalam proses self-disclosure dan adanya respon yang sesuai diberikan oleh lawan bicara, disebut juga perceived partner responsiveness (PPR). Penelitian kuantitatif ini bertujuan untuk menguji efek PPR sebagai moderator antara self-disclosure dan kepuasan hubungan romantis. Sebanyak 441 dewasa muda (18-30 tahun) berpartisipasi dalam penelitian ini. Self-disclosure diukur menggunakan Self-disclosure Scale (Wheeless & Grotz, 1976); PPR diukur dengan Perceived Partner Responsiveness Scale (Reis & Shaver, 1988) dan kepuasan hubungan diukur dengan Relationship Assessment Scale (Hendrick, 1988). Hasil penelitian menunjukkan bahwa (1) aspek amount factor dan honesty-accuracy factor pada proses self-disclosure dapat memprediksi kepuasan hubungan secara signifikan; (2) aspek understanding dan validating pada PPR tidak signifikan memoderatori hubungan antara honesty-accuracy factor dalam proses selfdisclosure; dan (3) aspek understanding dalam PPR signifikan memoderatori hubungan antara amount factor pada proses self-disclosure dan kepuasan hubungan. Dapat disimpulkan dari hasil penelitian ini, ditemukan bahwa yang memandang pasangannya secara akurat menangkap kebutuhan (understanding) dari informasi yang diungkapkan cukup banyak dan mendalam (amount factor), maka akan memiliki tingkat kepuasan hubungan yang lebih tinggi.

.....In a romantic relationship, individuals want happiness and satisfaction in their relationship. There are several factors that affect the level of individual satisfaction in relationships, such as external pressure that cause stress which negatively impacts relationship satisfaction. The attitude that is shown between partners in dealing with stress is one of the factors that encourages the romantic relationships satisfaction, where both couples are involved in self-disclosure process and they receive responses given by their partner are in accordance with their expectations, also called perceived partner responsiveness (PPR). This quantitative study aims to examine the effect of PPR as a moderator between self-disclosure and romantic relationship satisfaction. A total of 441 young people (18-30 years) in this study. Self-disclosure is measured using the Selfdisclosure Scale (Wheeless & Grotz, 1976); PPR is measured by the Perceived Partner Responsiveness Scale (Reis & Shaver, 1988) and relationship satisfaction is measured by the Relationship Assessment Scale (Hendrick, 1988). The results showed that (1) amount factor and honesty-accuracy factor of self-disclosure significantly predicted relationship satisfaction; (2) the understanding and validation aspects of PPR do not significantly moderate the relationship between honesty-accuracy factor of self-disclosure; and (3) the

understanding aspect in PPR significantly moderates the relationship between amount factor of self-disclosure process and relationship satisfaction. This study shows that individuals who perceive their partners as accurately capture their needs (understanding) of the deep and private information about themselves (the number factor), will have a higher level of relationship satisfaction.