

# Hubungan antara Interpersonal Mindfulness dengan Motif Berkorban pada Emerging Adulthood yang Berpacaran = The Relationship between Interpersonal Mindfulness and Motives of Sacrifice in Dating Relationships Among Emerging Adulthood

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## Abstrak

Pacaran sebagai salah satu tugas perkembangan bagi emerging adulthood memerlukan pengorbanan yang untuk mempertahankannya. Pengorbanan dilakukan berdasarkan motif berkorban mendekat dan menjauh. Demi memahami lebih dalam akan hal yang berkaitan dengan meningkatnya motif berkorban, maka penelitian ini bertujuan untuk mengetahui hubungan antara interpersonal mindfulness dengan motif berkorban pada emerging adulthood yang berpacaran. Alat ukur yang digunakan adalah Interpersonal Mindfulness Scale dan Motives of Sacrifice. Hasil analisis korelasional dari 289 partisipan menunjukkan terdapat hubungan antara motif berkorban mendekat dengan interpersonal mindfulness ( $r_s = .141$ ), awareness of self and others ( $r_s = .194$ ), nonjudgmental acceptance ( $r_s = .143$ ), dan nonreactivity ( $r_s = .233$ ). Motif berkorban menjauh juga berhubungan dengan interpersonal mindfulness ( $r_s = .143$ ), awareness of self and others ( $r_s = .198$ ), nonjudgmental acceptance ( $r_s = .164$ ), dan nonreactivity ( $r_s = .238$ ). Dengan demikian, dapat disimpulkan bahwa individu dengan interpersonal mindfulness yang tinggi akan semakin sering berkorban baik dengan motif mendekat maupun menjauh. Penelitian ini diharapkan dapat menambah wawasan bagi emerging adulthood mengenai pentingnya motif berkorban serta interpersonal mindfulness dalam hubungan berpacaran.

.....Dating, as an important relationship for emerging adulthood requires sacrifice to maintain. Sacrifices were made based on approach and avoidance motives. In order to better understand things related to increased motives of sacrifice, this study aims to ascertain the relationship between interpersonal mindfulness and motives of sacrifice among emerging adulthood in a dating relationship. The measurement tools used are the Interpersonal Mindfulness Scale (IMS) and the Indonesian version of Motives of Sacrifice. The results of the correlational analysis of 289 participants showed that there was a relationship between approach motive and interpersonal mindfulness ( $r_s = .141$ ), awareness of self and others ( $r_s = .194$ ), nonjudgmental acceptance ( $r_s = .143$ ), and nonreactivity ( $r_s = .143$ ). The avoidance motive was also found to be related to interpersonal mindfulness ( $r_s = .143$ ), awareness of self and others ( $r_s = .198$ ), nonjudgmental acceptance ( $r_s = .164$ ), and nonreactivity ( $r_s = .238$ ). Thus, it can be concluded that individuals with high interpersonal mindfulness will make sacrifices more often, with both approaching and avoidance motives. This research is expected to provide insight for emerging adulthood regarding the importance of self-sacrifice and interpersonal mindfulness in dating relationships.