

## Peran Resiliensi sebagai Mediator dalam Hubungan antara Peer Attachment dan Penyesuaian Psikologis Remaja = The Role of Resiliency Mediation on The Relationship between Peer Attachment and Psychological Adjustment among Adolescents

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### Abstrak

Di masa remaja, meningkatnya kebutuhan interaksi sosial membuat pengaruh kedekatan teman sebaya terhadap penyesuaian psikologis menjadi lebih dominan. Sejumlah penelitian meta analisis telah membuktikan adanya hubungan antara peer attachment dengan penyesuaian psikologis remaja. Akan tetapi mekanisme yang mendasari hubungan tersebut belum diketahui secara jelas. Attachment memiliki hubungan yang erat dengan resiliensi, sementara resiliensi telah terbukti memprediksi penyesuaian psikologis. Oleh karena itu secara teoritis, diasumsikan bahwa resiliensi mungkin berperan sebagai mediator dalam hubungan antara peer attachment dan penyesuaian psikologis pada remaja. Partisipan dalam penelitian ini berjumlah 377 remaja dengan rentang usia 12 sampai 18 tahun. Penyesuaian psikologis diukur dengan Brief Adjustment Scale (BASE-6), peer attachment diukur dengan Inventory of Parent and Peer Attachment (IPPA-Revisited), dan resiliensi diukur dengan Resiliency Scale for Children and Adolescents (RSCA) untuk mengukur resiliensi. Analisis mediasi menemukan bahwa sense of relatedness memediasi secara penuh hubungan peer attachment terhadap penyesuaian psikologis remaja. Sementara itu sense of mastery dan emotional reactivity memediasi secara parsial hubungan antara variabel prediktor dan outcome. Temuan ini mengindikasikan pentingnya resiliensi dalam meningkatkan penyesuaian psikologis remaja.

.....In the context of adolescents' development, peer attachment plays a significant role in psychological adjustment. Meta-analysis studies found a significant moderate correlation between peer attachment and adolescents' psychological adjustment. The result indicating possibility of unknown mediating factors that could influence psychological adjustment in adolescents. Peer attachment has a strong correlation with resiliency, meanwhile, studies found that resiliency predicts psychological adjustment. Hence, it is assumed that resiliency might play a mediating role in the relationship between peer attachment and psychological adjustment. A total of 377 adolescents aged 12-18 years old participated in this research. The measurement instruments used are *Brief Adjustment Scale* (BASE-6) to assess psychological adjustment, *Inventory of Parent and Peer Attachment* (IPPA-Revisited) to measure peer attachment, and *Resiliency Scale for Children and Adolescents* (RSCA) to assess attributes of resiliency. Mediation analysis showed that resiliency that reflected by participant's sense of relatedness fully mediated the relationship between peer attachment and psychological adjustment. Meanwhile, sense of mastery and emotional reactivity attributes of resiliency partially mediated the relationship. The result of this research emphasizes the importance of close peer relationship and resiliency in the means to increase adolescents' psychological adjustment.