

Peran Mediasi Common Dyadic Coping dalam Hubungan Attachment Styles dan Kepuasan Pernikahan dalam Masa Transisi Menjadi Orang Tua = The Role of Common Dyadic Coping as Mediator Between Attachment Styles and Marital Satisfaction in Transition to Parenthood

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Abstrak

Dalam transisi menjadi orang tua baru, pasangan akan berhadapan dengan banyak perubahan hingga anak berusia dua tahun, sehingga penting bagi pasangan untuk menerapkan strategi pengelolaan stres yang tepat. Penelitian ini bertujuan untuk mengetahui peran common dyadic coping pada masa transisi menjadi orang tua sebagai mediator antara attachment styles dan kepuasan pernikahan. Pengukuran variabel pada penelitian ini dilakukan dengan alat ukur Experiences in Close Relationships-Revised (ECR-R), Couple Satisfaction Index (CSI), dan Dyadic Coping Inventory (DCI). Data diperoleh melalui survei daring dari warga negara Indonesia dengan usia 21 tahun, sedang menjalani pernikahan, dan memiliki anak tunggal usia nol sampai dengan dua tahun (N perempuan = 90%, M usia = 27,9, SD usia = 2,8). Hasil analisis model mediasi pada makro PROCESS dari Hayes menunjukkan bahwa problem-focused common dyadic coping memediasi secara parsial hubungan antara anxious attachment dengan kepuasan pernikahan ($\beta = -0.084$, $p < .001$), serta avoidant attachment dengan kepuasan pernikahan ($\beta = -0.084$, $p < .001$). Demikian juga emotion-focused common dyadic coping memediasi secara parsial hubungan antara anxious attachment dengan kepuasan pernikahan ($\beta = -0.084$, $p < .001$), serta avoidant attachment dengan kepuasan pernikahan ($\beta = -0.084$, $p < .001$).

.....In transition to parenthood, couples will face many changes until the child is two years old. Thus, it is important for couples to apply common dyadic coping. However, common dyadic coping is influenced by individual attachment styles. This study aims to determine the role of common dyadic coping during the transition to parenthood as mediator between attachment styles and marital satisfaction. Measurements used in this study are Experiences in Close Relationships-Revised (ECR-R), Couple Satisfaction Index (CSI), and Dyadic Coping Inventory (DCI). Data was obtained through an online survey of Indonesian citizens aged 21 years, currently married, and having only children aged zero to two years (N mothers = 90%, M ages = 27.9, SD ages = 2.8). The results of the mediation model analysis on PROCESS macro from Hayes showed that problem-focused common dyadic coping partially mediates the relationship between anxious attachment and marital satisfaction ($\beta = -0.084$, $p < .001$), and avoidant attachment with marital satisfaction ($\beta = -0.084$, $p < .001$). Likewise, emotion-focused common dyadic coping partially mediates the relationship between anxious attachment and marital satisfaction ($\beta = -0.084$, $p < .001$), and avoidant attachment and marital satisfaction ($\beta = -0.084$, $p < .001$).