

Adult Attachment Style dan Subjective Well-Being pada Emerging Adulthood = Adult Attachment Style and Subjective Well-Being on Emerging Adulthood

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Abstrak

Emerging adulthood adalah fase kehidupan individu yang dipenuhi oleh banyak perubahan dalam berbagai aspek, salah satunya adalah dalam aspek psikosial. Pada periode ini, muncul kebutuhan untuk menjalin relasi dan hubungan intim dengan individu lainnya. Untuk dapat menjalin hubungan dengan baik dan sehat, emerging adulthood perlu untuk memiliki subjective well-being yang baik. Subjective well-being yang dimiliki oleh individu ditentukan oleh banyak faktor, salah satunya adalah tipe attachment yang dimiliki oleh individu dengan orang tua. Penelitian ini bertujuan untuk melihat perbedaan subjective well-being berdasarkan tipe adult attachment yang dimiliki oleh individu. Adult attachment style akan ditentukan menggunakan alat ukur Experience in Close Relationship - Short Form (ECR-SF) dan subjective well-being akan diukur menggunakan Satisfaction with Life Scale (SWLS) dan Positive and Negative Affect Schedule (PANAS). Partisipan sebanyak 311 individu baik perempuan maupun laki-laki berusia 18-25 tahun menjadi sampel dalam penelitian ini. Menggunakan metode analisis uji beda ANOVA nonparametrik Kruskal-Wallis, terbukti bahwa terdapat perbedaan subjective well-being berdasarkan tipe adult attachment style yang signifikan, dengan tipe attachment secure memiliki subjective well-being paling baik dilihat dari ketiga komponen subjective well-being, yaitu kepuasan hidup (kognitif), afek positif (afektif), dan afek negative (afektif). Hasil penelitian ini dapat dimanfaatkan untuk mengembangkan pengetahuan dan informasi terkait tipe adult attachment style dan subjective well-being pada emerging adulthood.

.....Emerging adulthood is a phase of an individual's life that is filled with many changes in various aspects, one of which is the psychosocial aspect. In this period, the need arises to establish relationships and intimate relationships with other individuals. To be able to have good and healthy relationships, emerging adulthood needs to have good subjective well-being. An individual's subjective well-being is determined by many factors, one of which is the type of attachment the individual has with their parents. This research aims to look at differences in subjective well-being based on the type of adult attachment an individual has. Adult attachment style will be determined using the Experience in Close Relationship - Short Form (ECR-SF) measuring instrument and subjective well-being will be measured using the Satisfaction with Life Scale (SWLS) and Positive and Negative Affect Schedule (PANAS). Participants totaling 311 individuals, both women and men aged 18-25 years, were the samples in this study. Using the Kruskal-Wallis non-parametric ANOVA different test analysis method, it was proven that there were significant differences in subjective well-being based on the type of adult attachment style, with the secure attachment type having the best subjective well-being seen from the three components of subjective well-being, namely life satisfaction. (cognitive), positive affect (affective), and negative affect (affective). The results of this research can be used to develop knowledge and information regarding types of adult attachment style and subjective well-being in emerging adulthood.