

## Hubungan antara Interpersonal Mindfulness dan Kesepian pada Individu Dewasa Awal = The Relationship between Interpersonal Mindfulness and Loneliness Among Emerging Adulthood

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### Abstrak

Kesepian umum terjadi pada individu dewasa awal, usia yang penuh perubahan dan instabilitas. Meski umum, kesepian berdampak buruk bagi kehidupan individu sehingga perlu diatasi. Penerapan mindfulness, salah satunya yaitu, interpersonal mindfulness, diusulkan dapat mengatasi kesepian dalam konteks relasi sosial. Penelitian ini melihat hubungan antara interpersonal mindfulness dan kesepian pada 149 individu berusia 18-25 tahun. Kesepian diukur dengan UCLA Loneliness Scale Revised Version 3 dan interpersonal mindfulness dengan Interpersonal Mindfulness Scale. Hasil penelitian menunjukkan tidak ada hubungan signifikan antara interpersonal mindfulness dan kesepian. Temuan ini menunjukkan bahwa interpersonal mindfulness tidak berkaitan langsung dengan tingkat kesepian pada individu dewasa awal.

.....Loneliness commonly occurs in young adults, a period marked by change and instability. Despite its prevalence, loneliness adversely impacts individuals' lives and requires intervention. Mindfulness practices, such as interpersonal mindfulness, are suggested to address loneliness within social relationships. This study examines the relationship between interpersonal mindfulness and loneliness in 149 individuals aged 18-25 years. Loneliness was assessed using the UCLA Loneliness Scale Revised Version 3, while interpersonal mindfulness was measured using the Interpersonal Mindfulness Scale. The research findings indicate no significant relationship between interpersonal mindfulness and loneliness. These findings suggest that interpersonal mindfulness does not directly correlate with loneliness levels in young adults.