

# Hubungan antara Perceived Parenting Style dan Adult Attachment pada Dewasa Muda yang Pernah Menjalinkan Hubungan Romantis = The Relationship Between Perceived Parenting Style and Adult Attachment among Emerging Adults Who Have Been in a Romantic Relationship

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## Abstrak

Perkembangan hubungan interpersonal merupakan tugas penting di masa dewasa muda. Individu dewasa muda akan berfokus untuk membangun hubungan yang kuat dan intimate saat mereka mengalami ketegangan antara intimacy dan isolation. Apabila individu gagal mencapai intimacy, individu dapat mengalami isolation, kesepian, ketakutan terhadap hubungan, dan penyesuaian yang buruk. Salah satu hubungan paling penting yang terbentuk dalam kehidupan individu dewasa muda adalah hubungan romantis. Perbedaan individu dalam menjalani hubungan romantis dapat dijelaskan melalui adult attachment, yang terbentuk dari internal working models berdasarkan pola asuh yang dipersepsikan. Oleh karena itu, penelitian ini bertujuan untuk menguji hubungan antara perceived parenting style dan adult attachment pada dewasa muda di Indonesia. Partisipan dalam penelitian ini terdiri dari 147 individu dewasa muda yang berusia 18-25 tahun, pernah tinggal dengan salah satu atau kedua orang tua, dan pernah atau sedang menjalin hubungan romantis. Pengukuran kedua variabel dilakukan dengan menggunakan alat ukur Parental Authority Questionnaire dan Experiences in Close Relationship Scale-Short Form. Hasil analisis korelasi menunjukkan bahwa terdapat hubungan positif antara persepsi pola asuh otoriter dan anxious attachment ( $r = 0,287, p < 0.001$ ). Dengan kata lain, makin tinggi tingkat pola asuh otoriter yang dipersepsikan, makin tinggi pula tingkat anxious attachment yang dimiliki. Penelitian ini juga menemukan bahwa tidak terdapat hubungan yang signifikan antara persepsi pola asuh otoriter dan avoidant attachment. Selain itu, persepsi pola asuh otoritatif tidak memiliki hubungan yang signifikan dengan anxious maupun avoidant attachment.

.....The development of interpersonal relationships is an important task in emerging adulthood. Emerging adults will focus on building strong, intimate relationships as they experience the tension between intimacy and isolation. If they fail to achieve intimacy, they may experience isolation, loneliness, fear of relationships, and poor adjustment. One of the most important relationships that form in an emerging adult's life is a romantic relationship. Differences in how individuals navigate romantic relationships can be explained through adult attachment, which is formed from internal working models shaped by perceived parenting styles. Therefore, this study aims to examine the relationship between perceived parenting style and adult attachment among emerging adults in Indonesia. Participants in this study consisted of 147 emerging adults aged 18-25 years who have lived with either one or both parents and have been or are currently in a romantic relationship. The measurement of the two variables was conducted using the Parental Authority Questionnaire and the Experiences in Close Relationship Scale-Short Form. The results of the correlation analysis showed a positive relationship between perceived authoritarian parenting and anxious attachment ( $r = 0.287, p < 0.001$ ). In other words, the higher the perceived level of authoritarian parenting, the higher the level of anxious attachment. This study also found no significant relationship between perceived authoritarian parenting and avoidant attachment. In addition, perceptions of authoritative parenting did not have a significant relationship with anxious or avoidant attachment.