

Peran attachment anxiety dan attachment avoidance terhadap kesepian pada mahasiswa: Pemenuhan need for relatedness sebagai mediator = The role of attachment anxiety and attachment avoidance towards college student loneliness in Indonesia: Need for relatedness satisfaction as mediator

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Abstrak

Kesepian pada mahasiswa semakin meningkat dan sudah mencapai status kekhawatiran global. Penelitian terdahulu menemukan bahwa pemenuhan need for relatedness berhubungan dengan kesepian, insecure attachment. Penelitian ini merupakan korelasional dan bertujuan untuk melihat peran mediasi pemenuhan need for relatedness dalam hubungan antara attachment anxiety dan avoidance dengan kesepian pada mahasiswa di Indonesia. Tiga instrumen penelitian yang digunakan, antara lain (1) University of California Los Angeles Loneliness Scale Version 3 untuk mengukur kesepian (Zulkifli, 2021); (2) Basic Psychological Needs Satisfaction Scales untuk mengukur pemenuhan need for relatedness (Ryan & Deci, 2001); dan Experience in Close Relationship-Global Version (Khadijah, 2021) untuk mengukur attachment anxiety dan attachment avoidance. Sampel penelitian ini berasal dari 134 mahasiswa dengan rata-rata usia 21 tahun ($M=20,92\%$) dan lama studi 8 semester ($M=40,3\%$). Hasil analisis menunjukkan bahwa pemenuhan need for relatedness berperan sebagai mediator parsial dalam hubungan attachment anxiety ($=0,610$; $SE=0,088$; $p<0,05$) dan attachment avoidance ($=,934$ $SE=0,114$; $p<0,05$) dengan kesepian. Penelitian memiliki implikasi dalam pengembangan usaha preventif dan intervensi kesepian pada mahasiswa.

.....Loneliness among students is increasing and has reached the status of a global concern. Previous research found that fulfillment of the need for relatedness is related to loneliness and insecure attachment, which are strong predictors of loneliness. This research is correlational design and aims to look at the mediating role of fulfilling the need for relatedness in the relationship between attachment anxiety and avoidance and loneliness in students in Indonesia. The three research instruments used include (1) University of California Los Angeles Loneliness Scale Version 3 to measure loneliness (Zulkifli, 2021); (2) Basic Psychological Needs Satisfaction Scales to measure the fulfillment of the need for relatedness (Ryan & Deci, 2001); and Experience in Close Relationships-Global Version (Khadijah, 2021) to measure attachment anxiety and attachment avoidance. The sample for this study came from 134 students with an average age of 21 years ($M=20.92\%$) and length of study of 8 semesters ($M=40.3\%$). The results show that need for relatedness satisfaction acts as a partial mediator in the relationship between attachment anxiety ($=0.610$; $SE=0.088$; $p<0.05$) and attachment avoidance ($=.934$ $SE=0.114$; $p<0.05$) with loneliness. The research has implications for developing preventive and intervention efforts for loneliness among students.