

Hubungan antara Adult Attachment dan Self-disclosure dalam Kencan Online pada Dewasa Muda = The Relationship between Adult Attachment and Self-disclosure in Online Dating for Young Adults

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Abstrak

Adult attachment merupakan kelekatan emosional yang dibentuk individu dengan orang lain dan berpengaruh dalam menjalin hubungan romantis. Menjalinkan hubungan romantis melalui kencan online banyak dipilih karena komunikasi self-disclosure lebih mudah terjadi. Penelitian ini bertujuan untuk mengetahui hubungan antara adult attachment dan self-disclosure. Terdapat 117 partisipan yang terdiri dari perempuan (65%), laki-laki (29%), dan non-biner (6%) berusia 20-39 tahun. Adult attachment diukur dengan Experience in Close Relationship Revised, sedangkan self-disclosure diukur dengan Self-disclosure Scale. Hasil penelitian menunjukkan adanya hubungan negatif signifikan antara adult attachment dan self-disclosure ($r = -0,409$, $p < 0,01$) dalam kencan online.

..... Adult attachment is an emotional closeness formed by individuals with others and influential in establishing romantic relationships. Seeking romantic relationships through online dating is popular because self-disclosure is easier to occur. This study aims to determine the relationship between adult attachment and self-disclosure. There were 117 participants consisting of women (65%), men (29%), and non-binary (6%) aged 20-39 years. Adult attachment is measured by Experience in Close Relationship Revised, while self-disclosure is measured by Self-disclosure Scale. The results showed a significant negative relationship between adult attachment and self-disclosure ($r = -0.409$, $p < 0.01$) in online dating.