

HUBUNGAN ANTARA GAYA KELEKATAN AMBIVALEN DENGAN *NEUROTICISM* PADA INDIVIDU DI MASA DEWASA AWAL

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ABSTRAK

Neuroticism merupakan sifat yang ditandai dengan ketidakstabilan emosi yang kronis dan rentan terhadap tekanan psikologis. Subjek mudah tersinggung, frustrasi, dan pemaarah, mengalami kesulitan dalam mengelola stres, terlampau peka terhadap penilaian orang lain, serta memiliki kemampuan regulasi diri yang buruk. Penelitian ini bertujuan untuk mengetahui hubungan antara gaya kelekatan ambivalen dengan *neuroticism* pada individu di masa dewasa awal. Subjek pada penelitian ini berjumlah 159 mahasiswa yang ditentukan menggunakan teknik *stratified proportional sampling*. Pengumpulan data dilakukan menggunakan dua skala psikologi, yakni skala gaya kelekatan ambivalen (22 aitem valid, $\alpha = 0.910$) dan skala *neuroticism* (37 aitem valid, $\alpha = 0.931$). Uji hipotesis dilakukan dengan menggunakan analisis regresi sederhana dan menghasilkan adanya hubungan positif yang signifikan antara gaya kelekatan ambivalen dengan *neuroticism* ($r = 0.432$ dan $p < .001$). Hasil penelitian menggambarkan bahwa semakin tinggi skor gaya kelekatan ambivalen maka akan semakin tinggi juga skor *neuroticism*. Semakin rendah skor gaya kelekatan ambivalen maka semakin rendah pula skor *neuroticism*-nya. Koefisien determinasi menunjukkan gaya kelekatan ambivalen memberikan sumbangan efektif sebesar 18.2% terhadap *neuroticism*.

Kata kunci: gaya kelekatan ambivalen, *neuroticism*, individu dewasa awal.

**THE RELATIONSHIP BETWEEN AMBIVALENT ATTACHMENT
STYLE AND NEUROTICISM IN INDIVIDUALS IN EARLY
ADULTHOOD**

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ABSTRACT

Neuroticism is a trait characterized by chronic emotional instability and vulnerability to psychological distress. Subjects are irritable, frustrated, and angry; they have difficulty managing stress; they are too sensitive to other people's judgments; and they have poor self-regulation skills. This research aims to determine the relationship between ambivalent attachment styles and neuroticism in individuals in early adulthood. The subjects in this study were 159 students, who were determined using stratified proportional sampling techniques. Data collection was carried out using two psychological scales, namely the ambivalent attachment style scale (22 valid items, $\alpha = 0.910$) and the neuroticism scale (37 valid items, $\alpha = 0.931$). Hypothesis testing was carried out using simple regression analysis and resulted in a significant positive relationship between ambivalent attachment style and neuroticism ($r = 0.432$ and $p < .001$). The research results illustrate that the higher the ambivalent attachment style score, the higher the neuroticism score. The lower the ambivalent attachment style score, the lower the neuroticism score. The coefficient of determination shows that ambivalent attachment style makes an effective contribution of 18.2% to neuroticism.

Keywords: ambivalent attachment style, neuroticism, early adulthood.