

THE RELATIONSHIP BETWEEN PERCEIVED PARENTAL REJECTION AND SELF-DISCLOSURE AMONG FIRST YEAR STUDENTS AT DIPONEGORO UNIVERSITY

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ABSTRACT

Self-disclosure plays an important role in an individual's social life, such as in interpersonal relationships, the quality of friendships, and adjustment to new environments. High self-disclosure people tend to be able to adapt to their surroundings and build interpersonal relationships with others. This ability is necessary especially for the first-year university students who are in a transitional period facing various new experiences in their environment. Previous research has shown that self-disclosure ability can be influenced by parental upbringing during childhood. The purpose of this study is to examine the relationship between perceived parental rejection and self-disclosure among first-year students at Diponegoro University. The researchers used the Self-Disclosure Scale (12 items, $\alpha = 0.862$) and the Parental Acceptance-Rejection Questionnaire Short Form (PARQ-SF) (48 items, $\alpha = 0.972$). This study used purposive sampling method with 152 participants. Through Spearman Rank Correlation, a value of -0.179 (p -value < 0.05) was obtained, indicating a significant negative correlation between perceived parental rejection and self-disclosure, with a small effect size. The higher the level of perceived parental rejection, the lower the self-disclosure ability, and vice versa.

Kata kunci: *Perceived parental rejection, self-disclosure, college student.*