

HUBUNGAN ANTARA LEVEL *ALEXITHYMIA* DENGAN PERILAKU PROSOSIAL DEWASA MUDA

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ABSTRAK

Penelitian ini bertujuan menguji hubungan antara level *alexithymia* dan perilaku prososial pada dewasa muda. *Alexithymia* merupakan trait kepribadian yang ditandai ketidakmampuan mengidentifikasi serta mendefinisikan perasaan dan emosi. *Alexithymia* menunjukkan adanya defisit kognitif dan defisit kesadaran emosi yang tercermin dalam karakteristik *alexithymia*. Di sisi lain, prososial merupakan perilaku yang bertujuan untuk menolong atau memberi keuntungan pada orang lain. Prososial membutuhkan kemampuan kognitif dan kesadaran emosi, melibatkan kemampuan untuk mengenali dan menyadari emosi dan perasaan orang lain (empati). Hipotesis penelitian ini adalah ada hubungan negatif antara level *alexithymia* dan perilaku prososial pada dewasa muda. Penelitian kuantitatif dengan metode korelasi ini menggunakan Toronto *Alexithymia* Scale – 20 versi Indonesia untuk mengukur *Alexithymia* ($\alpha = 0.825$) dan Skala perilaku Prososial ($\alpha = 0.885$) untuk mengukur perilaku prososial. Hasil Uji korelasi menunjukkan adanya korelasi negatif dan signifikan antara kedua variable ($r = -0.361$, $p = 0.000$), sehingga hipotesis peneliti diterima.

Kata Kunci : *alexithymia*, perilaku prososial, empati, kesadaran emosi

INVESTIGATING THE RELATIONSHIP BETWEEN LEVEL OF ALEXITHYMIA AND PROSOCIAL BEHAVIOR IN YOUNG ADULT

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ABSTRACT

This study is aimed to investigate the relationship between level of alexithymia and prosocial behavior among young adult. Alexithymia is personality trait characterized by difficulties indentifying, and defining feeling and emotion. Alexithymia shows deficit in cognitive and emotion awareness, reflected in 4 characteristics of alexithymia. On the other hand, Prosocial behavior is defined as action intended to help or give benefit to other people and it requires cognitive ability and emotion awareness, involving one's ability to understand and asseses other people's emotion. The researcher assumed that there was significant and possitive relation between level of alexithymia and prosocial behavior among the young adult. The present quantitative correlational study used Toronto Alexithymia Scale – 20 Indonesian Version to measure alexithymia level of the subject ($\alpha = 0.825$) and Skala Perilaku Prosocial or Prosocial Behavior Scale to measure the Prosocial level of the subjects. Study has shown the negative correlation between both variables ($r = -0.361$, $p = 0.000$), thus hypothesis was accepted.

Key Words : *Alexithymia, Prosocial Behavior, Empathy, Emotion Awareness*