

## HUBUNGAN *FEAR OF INTIMACY* DAN *PET ATTACHMENT*

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### ABSTRAK

Penelitian ini bertujuan untuk mengetahui apakah terdapat hubungan antara *fear of intimacy* dan *pet attachment*. Hipotesis penelitian adalah terdapat hubungan positif yang signifikan antara *fear of intimacy* dan *pet attachment*. Partisipan penelitian ini adalah 344 orang dewasa yang berusia minimal 18 tahun. Penelitian ini menggunakan alat pengumpul data berupa *Fear of Intimacy Scale (FIS)* yang memiliki 33 item dengan reliabilitas sebesar  $\alpha = 0,91$  dan *Pet Attachment Scale (PAS)* yang memiliki 16 item dengan reliabilitas sebesar  $\alpha = 0,97$ . Uji korelasi tidak dapat dilakukan karena uji asumsi linieritas tidak terpenuhi. Namun, dari hasil uji linieritas dan uji beda dengan teknik Man-Whitney U, diketahui bahwa hipotesis penelitian ini ditolak. Artinya, tidak terdapat hubungan antara *fear of intimacy* dan *pet attachment*. Hal ini dapat disebabkan oleh karakteristik hewan peliharaan dan waktu interaksi antara individu dan hewan peliharaanya yang dapat memengaruhi variabel *pet attachment*. Kemungkinan lain yang dapat memengaruhi hasil penelitian ini adalah dampak psikologis pandemi COVID-19 yang menyerupai dampak *fear of intimacy*. Penggunaan *convenience sampling* dan pengambilan data yang dilakukan secara daring juga dapat memengaruhi hasil penelitian. Peneliti selanjutnya disarankan menggunakan variabel kontrol untuk variabel *pet attachment* dan mengantisipasi efek psikologis dari COVID-19 yang dapat berdampak pada hasil penelitian. Peneliti selanjutnya juga disarankan untuk menggunakan metode pengambilan sampel dan data yang lebih baik.

Kata kunci: *fear of intimacy*, *pet attachment*, dewasa, pandemi, COVID-19

## THE RELATIONSHIP BETWEEN FEAR OF INTIMACY AND PET ATTACHMENT

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### ABSTRACT

*The purpose of this study was to determine whether there is a relationship between fear of intimacy and pet attachment. This study hypothesized that there is a positive and significant relationship between fear of intimacy and pet attachment. Participants of this study were 344 adults who were at least 18 years old. The scale used for this study were the Fear of Intimacy Scale (FIS) which has 33 items with a reliability of  $\alpha = 0.91$  and the Pet Attachment Scale (PAS) which has 16 items with a reliability of  $\alpha = 0.97$ . Correlation test cannot be performed because the assumption of linearity was violated. However, from the linearity test and the Man-Whitney U test results, it was concluded that the research hypothesis is rejected. This means that there is no relationship between fear of intimacy and pet attachment. This could be caused by the pet's characteristics and the interaction time between the individual and his/her pet which could influence the pet attachment variable. Another possibility that could influence the result of this study was the psychological impact of the COVID-19 pandemic, which resembled the impact of fear of intimacy. The use of convenience sampling and online data collection could also affect the result of this study. Future researchers are advised to use control variables for pet attachment variable and anticipate the psychological impact of COVID-19 that could affect research result. Future researchers are also advised to use better sampling and data collection methods.*

Keywords: fear of intimacy, pet attachment, adult, pandemic, COVID-19