

ABSTRAK

William Sutanto. 2023. Hubungan Kejelasan Konsep Diri dengan Kepuasan Hubungan Romantis Pada Dewasa Awal. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui bagaimana hubungan kejelasan konsep diri dengan kepuasan hubungan romantis pada dewasa awal. Hipotesis yang diajukan dalam penelitian ini yaitu terdapat hubungan positif antara kejelasan konsep diri dan kepuasan hubungan romantis pada dewasa awal. Partisipan dalam penelitian ini terdiri dari 208 dewasa awal yang sedang menjalani hubungan romantis dengan rentang usia 18-25 tahun. Penelitian ini merupakan penelitian kuantitatif dengan teknik pengambilan sampel *convenience sampling*. Metode penskalaan dalam penelitian ini menggunakan dua skala model *likert* yang diadaptasi oleh peneliti, yakni *self-concept clarity scale* milik Campbell *et al.*, (1996) dan *relationship assessment scale* milik Hendrick (1988). Skala kejelasan konsep diri memiliki *Alpha Cronbach* sebesar .840 dan pada skala kepuasan hubungan romantis sebesar .827. Data penelitian dianalisis menggunakan teknik korelasi *Spearman's Rho One-Tailed* karena data penelitian tidak berdistribusi normal. Hasil uji korelasi menunjukkan skor koefisien korelasi (r) sebesar .300 dan nilai signifikansi sebesar $p = .000$ ($p < .05$). Berdasarkan hasil tersebut dapat disimpulkan bahwa ada hubungan positif yang signifikan antara kejelasan konsep diri dengan kepuasan hubungan romantis pada dewasa awal. Semakin tinggi tingkat kejelasan konsep diri dewasa awal, maka semakin tinggi pula tingkat kepuasan hubungan romantisnya. Sebaliknya, semakin rendah tingkat kejelasan konsep diri, maka semakin rendah kepuasan hubungan romantis pada dewasa awal.

Kata Kunci: dewasa awal, kejelasan konsep diri, kepuasan hubungan romantis

ABSTRACT

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This research was aimed to investigate the relationship between self-concept clarity and romantic relationship satisfaction in early adults. The hypothesis proposed in this study was that there was a positive relationship between self-concept clarity and romantic relationship satisfaction in early adults. The participants in this study were consisted of 208 early adult who within the age range of 18-25 years old and have been in romantic relationship. This research was quantitative in nature and employs convenience sampling as the sampling technique. Scaling methods in this study include two Likert scale models adapted by the researcher, namely the Self-Concept Clarity Scale by Campbell et al. (1996) and the Relationship Assessment Scale by Hendrick (1988). The Self-Concept Clarity Scale has a Cronbach's Alpha of .840, and the Romantic Relationship Satisfaction Scale has a Cronbach's Alpha of .827. Data from the study were analyzed using the Spearman's Rho One-Tailed correlation technique because the data did not follow a normal distribution. The correlation test results revealed a correlation coefficient (r) score of .300 and a significance value of $p = .000$ ($p < .05$). Based on these findings, it can be concluded that there is a significant positive relationship between self-concept clarity and romantic relationship satisfaction in early adults. The higher the level of self-concept clarity in early adults, the higher their level of satisfaction in romantic relationships. Conversely, the lower the level of self-concept clarity, the lower the satisfaction in romantic relationships among early adults.

Keywords: *early adults, self-concept clarity, romantic relationship satisfaction*