

HUBUNGAN GAYA KELEKATAN TEROKUPASI DAN TAKUT-MENGHINDAR DENGAN *STONEWALLING* PADA INDIVIDU MENIKAH

ABSTRAK

Hermawan, V. D. 2024. Hubungan Gaya Kelekatan Terokupasi dan Takut-Menghindar dengan *Stonewalling* pada Individu Menikah. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan gaya kelekatan terokupasi (*preoccupied attachment style*) dan gaya kelekatan takut-menghindar (*fearful attachment style*) dengan *stonewalling* pada individu menikah. Penelitian ini memiliki dua hipotesis. Hipotesis pertama adalah gaya kelekatan terokupasi berhubungan negatif dengan *stonewalling* pada individu menikah. Hipotesis kedua adalah gaya kelekatan takut-menghindar berhubungan positif dengan *stonewalling* pada individu menikah. Responden penelitian ini terdiri dari 200 individu menikah yang memiliki usia pernikahan minimal tujuh tahun dan masih tinggal serumah dengan pasangan. Gaya kelekatan diukur dengan subskala gaya kelekatan terokupasi ($\alpha = .738$) dan subskala gaya kelekatan takut-menghindar ($\alpha = .820$) pada *Trent Relationship Scale Questionnaire* (T-RSQ). *Stonewalling* diukur dengan subskala *stonewalling* ($\alpha = .877$) pada *Four Horsemen The Apocalypse Scale*. Kedua skala tersebut sudah diterjemahkan ke dalam bahasa Indonesia menggunakan metode *back-translation*. Jenis penelitian ini adalah kuantitatif korelasional dengan teknik analisis data menggunakan *spearman rho correlation*. Hasil penelitian menunjukkan bahwa gaya kelekatan terokupasi memiliki hubungan positif signifikan dengan *stonewalling* ($r = .190$; $p = .007$), sehingga hasilnya berbeda dengan hipotesis pertama. Gaya kelekatan takut-menghindar memiliki hubungan positif signifikan dengan *stonewalling* ($r = .263$; $p = .000$), sehingga hipotesis kedua diterima.

Kata kunci: *Stonewalling*, Gaya Kelekatan, Gaya Kelekatan Terokupasi, Gaya Kelekatan Takut-Menghindar, *Stonewalling*, Individu Menikah, Pernikahan.

***RELATIONSHIP BETWEEN PREOCCUPIED AND FEARFUL
ATTACHMENT STYLE WITH STONEWALLING
IN MARRIED INDIVIDUALS***

ABSTRACT

Hermawan, V. D. 2024. Relationship between Preoccupied and Fearful Attachment Style with Stonewalling in Married Individuals. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aimed to explore the relationship between preoccupied attachment style and fearful attachment style with stonewalling in married individuals. The research presented two hypotheses. The first hypothesis suggested that the preoccupied attachment style was negatively related to stonewalling in married individuals. The second hypothesis posited that the fearful attachment style was positively related to stonewalling in married individuals. The respondents of this study comprised 200 married individuals who had been married for at least seven years and were currently living with their spouses. Attachment styles were measured using the preoccupied attachment subscale ($\alpha = .738$) and the fearful attachment subscale ($\alpha = .820$) of the Trent Relationship Scale Questionnaire (T-RSQ). Stonewalling was measured using the stonewalling subscale ($\alpha = .877$) of the Four Horsemen of the Apocalypse Scale. Both scales had been translated into Indonesian using the back-translation method. This study was a quantitative correlational research, employing Spearman's rho correlation for data analysis. The results indicated that the preoccupied attachment style had a significant positive relationship with stonewalling ($r = .190$; $p = .007$), which contrasted with the first hypothesis. The fearful attachment style had a significant positive relationship with stonewalling ($r = .263$; $p = .000$), thus supporting the second hypothesis.

Key words: Stonewalling, Attachment Styles, Preoccupied Attachment Style, Fearful Attachment Style, Married Individuals, Married.