

## ABSTRAK

Aprillia, Ni Wayan Putri. 2024. Hubungan antara persepsi dukungan sosial dan kedukaan karena kematian hewan peliharaan pada dewasa awal. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara persepsi dukungan sosial dan kedukaan karena kematian hewan peliharaan pada dewasa awal. Hipotesis yang diajukan pada penelitian ini adalah terdapat hubungan negatif antara persepsi dukungan sosial dan kedukaan karena kematian hewan peliharaan pada dewasa awal. Partisipan dalam penelitian ini adalah dewasa awal yang berumur 20-40 tahun dengan total 241 partisipan. Alat ukur yang digunakan dalam penelitian ini adalah *Social Support Questionnaire 6-Items* (SSQ6) yang telah diadaptasi oleh Kristo (2019) dengan menggunakan salah satu dimensinya, yaitu *Social Support Questionnaire 6-Items Satisfaction* (SSQ6S), serta *Core Bereavement Items* (CBI) yang telah diadaptasi dan dimodifikasi oleh Fitriyana dkk. (2013). Skala SSQ6S memiliki reliabilitas alpha Cronbach ( $\alpha$ ) sebesar 0.730 dan skala CBI memiliki reliabilitas alpha Cronbach ( $\alpha$ ) sebesar 0.910. Hasil uji korelasi menggunakan *Spearman's Rho* menunjukkan hasil  $\rho = 0.000$  dan  $r = 0.390$ . Hasil penelitian menunjukkan bahwa variabel persepsi dukungan sosial berkorelasi positif dengan kedukaan. Hasil analisis tambahan yang dilakukan menunjukkan bahwa dukungan sosial mayoritas bersumber dari keluarga.

**Kata kunci:** persepsi dukungan sosial, kedukaan, kematian hewan peliharaan, dewasa awal

## ABSTRACT

Aprillia, Ni Wayan Putri. 2024. The relationship between perceived social support and grief caused by pet death in young adulthood. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

*This research is conducted to determine the relationship between perceived social support and grief caused by pet death in young adulthood. The hypothesis in this research is that there is a negative relationship between perceived social support and grief caused by pet death in young adulthood. The participants in this research were young adults aged 20-40 years with 241 participants in total. The measuring instruments that used in this study are the adapted version of Social Support Questionnaire (SSQ6) from Kristo (2019) by using one of its dimensions, Social Support Questionnaire 6-Items Satisfaction (SSQ6S), and the adapted and modified version of Core Bereavement Items (CBI) from Fitriyana et al. (2013). SSQ6S has a Cronbach's alpha reliability ( $\alpha$ ) of 0.730 and CBI has a Cronbach's alpha reliability ( $\alpha$ ) of 0.910. Correlation analysis was conducted using the Spearman's Rho method with the results of the value of  $\rho = 0.000$  and  $r = 0.390$ . Based on these results, it can be concluded that there is a positive correlation between perceived social support and grief caused by pet death in young adulthood. The results of additional analysis also showed that the source of social support mostly comes from family.*

**Keywords:** *perceived social support, grief, pet death, young adulthood*