

ABSTRAK

PENGARUH *ATTACHMENT* DAN KOMUNIKASI INTERPERSONAL TEHADAP KEPUASAN HUBUNGAN ROMANTIS JARAK JAUH PADA DEWASA MUDA

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Salah satu tugas perkembangan individu berusia 20-40 tahun adalah intimasi vs isolasi. Individu dapat membangun intimasi melalui hubungan romantis. Hubungan romantis jarak jauh sering kali mengalami kegagalan. Kepuasan dalam hubungan romantis dapat mempengaruhi keberlangsungan hubungan tersebut. Tujuan penelitian ini untuk mengetahui pengaruh *attachment* terhadap kepuasan hubungan romantis jarak jauh pada dewasa muda, mengetahui pengaruh komunikasi interpersonal terhadap kepuasan hubungan romantis jarak jauh pada dewasa muda, dan mengetahui pengaruh *attachment* dan komunikasi interpersonal terhadap kepuasan hubungan romantis jarak jauh pada dewasa muda. Penelitian ini menggunakan metode penelitian kuantitatif dengan teknik pengambilan sampel kuota (*nonprobability sampling*). Jumlah sampel dalam penelitian sebanyak 120 responden laki-laki dan perempuan yang sedang menjalani hubungan berpacaran jarak jauh. Teknik analisis yang digunakan adalah analisis regresi berganda. Hasil penelitian ini menunjukkan nilai signifikan dari variabel *attachment* sebesar $0,000 < 0,05$ (H_{a1} diterima dan H_{01} ditolak), artinya ada pengaruh *attachment* terhadap kepuasan hubungan romantis jarak jauh pada dewasa muda. Nilai signifikan dari variabel komunikasi interpersonal sebesar $0,000 < 0,05$ (H_{a2} diterima dan H_{02} ditolak), artinya ada pengaruh komunikasi interpersonal terhadap kepuasan hubungan romantis jarak jauh pada dewasa muda. Sedangkan secara simultan nilai signifikan dari kedua variabel independen sebesar $0,000 < 0,05$ (H_{a3} diterima dan H_{03} ditolak), artinya ada pengaruh *attachment* dan komunikasi interpersonal terhadap kepuasan hubungan romantis jarak jauh pada dewasa muda. Dari 120 responden, terdapat 109 responden dengan kepuasan hubungan romantis yang tinggi dan 11 responden dengan kepuasan hubungan romantis rendah.

Kata kunci: *attachment*, komunikasi interpersonal, kepuasan hubungan romantis, hubungan romantis jarak jauh

ABSTRACT

THE EFFECT OF ATTACHMENT AND INTERPERSONAL COMMUNICATION ON ROMANTIC LONG DISTANCES RELATIONSHIP SATISFACTION IN YOUNG ADULTS

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One of the developmental tasks of individuals aged 20-40 years is intimacy vs isolation. Individuals can build intimacy through romantic relationships. Long distance romantic relationships often fail. Satisfaction in a romantic relationship can affect the continuity of the relationship. The purpose of this study was to determine the effect of attachment on long-distance relationship satisfaction in young adults, to determine the effect of interpersonal communication on long-distance romantic relationship satisfaction in young adults, and to determine the effect of attachment and interpersonal communication on long-distance romantic relationship satisfaction in young adults. This study uses quantitative research methods with quota sampling techniques (non-probability sampling). The number of samples in the study were 120 male and female respondents who were undergoing long-distance relationships. The analysis technique used is multiple regression analysis. The results of this study indicate a significant value of the attachment variable of $0.000 < 0.05$ (H_{a1} is accepted and H_{01} is rejected), meaning that there is an influence of attachment on long-distance romantic relationship satisfaction in young adults. The significant value of the interpersonal communication variable is $0.000 < 0.05$ (H_{a2} is accepted and H_{02} is rejected), meaning that there is an influence of interpersonal communication on long-distance romantic relationship satisfaction in young adults. Meanwhile, simultaneously the significant value of the two independent variables is $0.000 < 0.05$ (H_{a3} is accepted and H_{03} is rejected), meaning that there is an influence of attachment and interpersonal communication on long-distance romantic relationship satisfaction in young adults. From 120 respondents, there are 109 respondents with high romantic relationship satisfaction and 11 respondents with low romantic relationship satisfaction.

Keywords: attachment, interpersonal communication, romantic relationship satisfaction, long-distance romantic relationship