ABSTRAK

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PENGARUH *ATTACHMENT* TERHADAP RESILIENSI PADA MAHASISWA BEKERJA DI JABODETABEK
(x + 33 halaman: 5 tabel; 9 lampiran)

Abstract ── *Working student tend to experience stress, burn out, lower academic performance, and higher potential to drop out. Resilience has been found to be a protective factor during hard times. Resilience helps people to bounce back from adversity. Previous research proved that resilience is related to attachment. Therefore, this study aims to examine the effect of attachment towards resilience on 129 working student in Jabodetabek. This study is done through quantitative approach by using Experiences in Close Relationship-Revised-General Short Form (ECR-R-GSF) and Connor-Davidson Resilience Scale-25^{INDO} (CD-RISC-25^{INDO}) questionnaire measurement. This research found that attachment-related avoidant (β = -.467) and attachment-related anxiety (β = -.621) negative significantly predicts resilience by 12.7 % on working student in Jabodetabek ($F(2,129)$ = 10.312, $p<0.01$). In conclusion, low score on attachment dimension caused higher score on resilience, and the other way around.*

Keywords: Attachment ; Resilience; Working Student ; Jabodetabek

Abstrak ── Kuliah sambil bekerja ditemukan berpotensi menyebabkan stress, penurunan performa akademis, dan kemungkinan *drop out*. Dalam menghadapi hal ini, resiliensi dapat menjadi faktor protektif yang melindungi seseorang dari berbagai tekanan yang dihadapi. Resiliensi dikenal sebagai kemampuan beradaptasi dan bangkit kembali di tengah situasi sulit. Penelitian terdahulu menemukan bahwa resiliensi yang dimiliki seseorang berhubungan dengan *attachment*. Penelitian ini bertujuan untuk melihat pengaruh dimensi *attachment* terhadap resiliensi pada 129 mahasiswa bekerja di Jabodetabek. Penelitian dilakukan dengan desain kuantitatif melalui alat ukur *Experiences in Close Relationship-Revised-General Short Form* (ECR-R-GSF) dan Connor-Davidson Resilience Scale-25^{INDO} (CD-RISC-25^{INDO}). Hasil penelitian menunjukkan dimensi *attachment-related avoidant* (β = -.467) dan dimensi *attachment-related anxiety* (β = -.621) memiliki pengaruh negatif signifikan sebesar 12.7 % terhadap resiliensi mahasiswa bekerja di Jabodetabek ($F(2,129)$ = 10.312, $p<0.01$). Dapat disimpulkan, semakin rendah skor dimensi *attachment* individu, maka ia akan memiliki kemampuan resiliensi yang lebih baik, dan sebaliknya.

Kata Kunci: *Attachment* ; Mahasiswa Bekerja ; Resiliensi ; Jabodetabek

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