

ABSTRAK

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PENGARUH *SELF-ESTEEM* TERHADAP PERILAKU KEKERASAN EMOSIONAL DALAM PACARAN PADA INDIVIDU *EMERGING ADULTHOOD* DI DKI JAKARTA

(xii + 30 halaman; 3 tabel; 11 lampiran)

Pacaran merupakan fenomena umum yang dapat menimbulkan konflik yang dapat beralih pada kekerasan dalam pacaran. Kekerasan emosional merupakan salah satu bentuk kekerasan yang sering terjadi namun tidak banyak disadari dan dibahas. Kekerasan ini rentan terjadi pada *emerging adulthood* yang menjalani masa ketidakstabilan. Kekerasan emosional dalam pacaran dapat dipengaruhi beberapa faktor, salah satunya adalah *self-esteem*. Penelitian ini dilakukan untuk mengetahui apakah *self-esteem* memiliki pengaruh yang signifikan pada perilaku kekerasan emosional dalam pacaran pada individu *emerging adulthood* di DKI Jakarta. Penelitian ini menggunakan metode penelitian kuantitatif dengan menggunakan instrumen penelitian *Rosenberg Self-Esteem Scale* dan *Multidimensional Measure of Emotional Abuse Short Form*. Hasil menunjukkan bahwa tidak terdapat hubungan antara *self-esteem* dengan perilaku kekerasan emosional dalam pacaran ($r=-0.124$, $p=0.155$), mengindikasikan bahwa hipotesis penelitian tidak dapat dibuktikan. Hal ini diduga terjadi dikarenakan individu *emerging adulthood* yang mengalami banyak stres dan pengelolaan emosi yang belum stabil. Selain itu, terdapat faktor-faktor lain yang mempengaruhi perilaku kekerasan emosional dalam pacaran yang tidak diteliti dalam penelitian ini. Mengetahui hasil penelitian ini, penelitian selanjutnya perlu dilakukan.

Kata kunci: pacaran; *self-esteem*; kekerasan emosional; *emerging adulthood*
Referensi: 44 (1965-2021)

ABSTRACT

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THE INFLUENCE OF SELF-ESTEEM TO EMOTIONALLY ABUSIVE BEHAVIOR IN DATING ON EMERGING ADULTHOOD INDIVIDUALS IN DKI JAKARTA

(xii + 30 pages; 3 table; 11 attachments)

Dating is a common phenomenon that can lead to conflict and resulted in dating violence. Emotional abuse is one form of violence that often occurs, but rarely realized and discussed. This abuse is prone to occur in emerging adulthood who are undergoing a period of instability. Emotional abuse in dating can be influenced by several factors, one of which is namely self-esteem. This study was conducted to determine whether self-esteem has a significant influence on emotionally abusive behaviors in dating in emerging adulthood in DKI Jakarta. This study is done with quantitative research methods using the Rosenberg Self-Esteem Scale and Multidimensional Measure of Emotional Abuse Short Form as the research instruments. The results showed there was no relationship between self-esteem and emotionally abusive behavior in dating ($r=-0.124$, $p=0.155$), indicating that the research hypothesis cannot be proven. This is allegedly happening due to emerging adulthood individuals who are experiencing stresses and unstable ways of managing emotions. There are also other factors influencing the behavior of emotional abuse in dating that was not examined in this study. Knowing the result, further research needs to be done.

*Keywords: dating; self-esteem; emotional abuse; emerging adulthood
References: 44 (1965-2021)*