

ABSTRAK

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PENGARUH DIMENSI ATTACHMENT TERHADAP SUICIDAL IDEATION PADA EMERGING ADULT DI JABODETABEK

(x + 41 halaman: 9 tabel; 11 lampiran)

Abstract — *The estimated number of deaths due to suicide in Indonesia is around 1800 cases per year and is the fourth leading cause of death for individuals in the stage of emerging adulthood. One of the factors contributing to the emergence of suicidal ideation is attachment system (with its dimensions; attachment-related anxiety and avoidance). Previous studies show insecure attachment has a correlation with the emergence of suicidal ideation. This study aims to examine the effect of the attachment dimensions on suicidal ideation experienced by emerging adults in Jabodetabek. This research method is a non-experimental quantitative using the Experiences In Close Relationship-Revised-General Short Form (ECR-R-GSF) and Suicidal Ideation Attributes Scale (SIDAS) questionnaires. This research resulted that only attachment-related anxiety ($B = 2.873$) had a significant positive effect of 2% on suicidal ideation in emerging adults in Jabodetabek ($F(1,219) = 5.563, p = .019, R^2 = .025, R^2_{adjusted} = .020$). In conclusion, the higher the attachment-related anxiety score, the higher the risk of having suicidal ideation.*

Keywords: Attachment; Emerging Adulthood; Suicidal Ideation

Abstrak—Perkiraan jumlah kematian akibat bunuh diri di Indonesia adalah sekitar 1800 kasus per tahun dan merupakan penyebab kematian urutan keempat bagi individu di tahap dewasa muda. Salah satunya faktor munculnya ide bunuh diri adalah sistem kelekatan (dengan dimensinya; *attachment-related anxiety* dan *avoidance*). Berdasarkan studi terdahulu, kelekatan tidak aman memiliki korelasi dengan munculnya ide bunuh diri. Penelitian ini bertujuan untuk menguji pengaruh dimensi *attachment* terhadap ide bunuh diri yang dialami oleh *emerging adult* di Jabodetabek. Metode penelitian ini adalah kuantitatif non eksperimental dengan menggunakan kuesioner *Experiences In Close Relationship-Revised-General Short Form* (ECR-R-GSF) dan *Suicidal Ideation Attributes Scale* (SIDAS). Hasil penelitian menunjukkan hanya *attachment-related anxiety* ($B = 2.873$) saja yang memiliki pengaruh positif signifikan sebesar 2% terhadap ide bunuh diri pada dewasa muda di Jabodetabek ($F(1,219) = 5.563, p = .019, R^2 = .025, R^2_{adjusted} = .020$). Kesimpulannya, semakin tinggi skor *attachment-related anxiety* maka resiko memiliki ide bunuh diri juga semakin tinggi.

Kata kunci: Kelekatan; Dewasa Muda; Ide Bunuh Diri

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