

## **ABSTRACT**

Elizabeth (00000015457)

### **THE EFFECT OF ADULT ATTACHMENT ON RELATIONSHIP QUALITY IN NEWLYWED INDIVIDUALS**

(xii + 116 page; 3 figures; 21 tables; 15 appendixes)

The divorce rate in Indonesia has been increasing, and the newlywed phase has been found as the critical phase that might foreshadow the longevity of a marriage. The adult attachment has been studied as an important predictor of a romantic relationship, and the present study is conducted objectively to analyze the effect of adult attachment towards the partner on relationship quality in the newlywed individuals. Using multiple regression method, a self-report data using the adapted version of the Experience in Close Relationship-Revised (ECR-R) and the Perceived Relationship Quality Components (PRQC) from 153 newlywed individuals were examined. The result suggested that adult attachment towards the partner could predict relationship quality. Significance and greater effect were found on attachment avoidance compared to attachment anxiety. Analyses of the six components of relationship quality and participant's data demographic were also reported. Further implications of these findings were outlined for future research in the fields of marriage, and for the counselors, the newlyweds, and reader in general.

Key words: adult attachment; attachment avoidance; attachment anxiety; relationship quality; newlyweds.

References: 109 (1985-2018)

## **ABSTRAK**

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### ***THE EFFECT OF ADULT ATTACHMENT ON RELATIONSHIP QUALITY IN NEWLYWED INDIVIDUALS***

(xii + 116 halaman; 3 gambar; 21 tabel; 15 lampiran)

Tingkat perceraian di Indonesia tercatat meningkat dari tahun ke tahun, dan fase menjadi pengantin yang baru menikah telah ditemukan sebagai fase kritis yang dapat menandakan umur panjang sebuah pernikahan. Para peneliti telah menemukan bahwa *adult attachment* menjadi faktor penting dalam hubungan romantis, dan penelitian ini dilakukan untuk menelaah pengaruh *adult attachment* pada pasangan terhadap kualitas hubungan di individu yang tergolong pengantin yang baru menikah. Teknik multiple regression digunakan untuk menelaah data yang terkumpul dari 153 partisipan. Instrumen penelitian yang digunakan adalah *Experience in Close Relationship-Revised* (ECR-R) dan *Perceived Relationship Quality Components* (PRQC). Hasil penelitian ini menunjukkan bahwa *adult attachment* terhadap pasangan berpengaruh secara signifikan terhadap kualitas hubungan. *Attachment avoidance* memiliki pengaruh yang signifikan dan lebih besar dibandingkan *attachment anxiety*. Penelitian ini juga melakukan analisis tambahan mengenai pengaruh *adult attachment* pada pasangan terhadap keenam komponen kualitas hubungan serta data demografis partisipan. Implikasi dari penelitian ini dibahas terhadap konteks penelitian selanjutnya, praktisi, pengantin baru, serta pembaca secara umum.

Kata kunci: *adult attachment*; *attachment avoidance*; *attachment anxiety*; kualitas hubungan; pengantin baru.

Referensi: 109 (1985-2018)