ABSTRAK

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HUBUNGAN *SELF-DISCLOSURE* DAN *LONELINESS* PADA MAHASISWA PERGURUAN TINGGI DI DKI Jakarta YANG BELUM MEMILIKI PASANGAN
(xiv + 76 halaman: 1 gambar; 18 tabel ; 4 lampiran)

Mahasiswa perguruan tinggi di DKI Jakarta yang belum memiliki pasangan memiliki tingkat *loneliness* yang cukup tinggi dan memiliki tantangan serta kebutuhan yang bertolak belakang dengan *loneliness*, seperti memiliki teman untuk berbagi aspirasi. Tantangan dan kebutuhan tersebut dapat diperoleh melalui *self-disclosure*. Penelitian ini bertujuan untuk mengetahui hubungan *self-disclosure* dan *loneliness* pada mahasiswa perguruan tinggi di DKI Jakarta yang belum memiliki pasangan.

Penelitian dilakukan secara kuantitatif menggunakan kuesioner *online* berisi alat ukur *Self-Disclosure Index* dan *UCLA Loneliness Scale (Version 3)* kepada 128 partisipan. Kemudian, dilakukan uji reliabilitas, validitas, normalitas, dan hipotesis. Uji hipotesis dilakukan menggunakan *pearson product moment correlation test*.

Berdasarkan hasil penelitian, terdapat hubungan negatif yang signifikan antara *self-disclosure* dan *loneliness* pada mahasiswa perguruan tinggi di DKI Jakarta yang belum memiliki pasangan, (r (128) = -.169, p = .028), tidak ada perbedaan *self-disclosure* yang signifikan antara melakukan *self-disclosure* secara *online* maupun *offline*, (t (126) = -1.394, p = .166), tidak ada perbedaan *self-disclosure* yang signifikan antara perempuan dan laki-laki, (t (126) = 0.433, p = .666), tidak ada perbedaan *loneliness* yang signifikan antara perempuan dan laki-laki, (t (126) = 0.239, p = .811), dan tidak ada perbedaan *loneliness* yang signifikan antar usia partisipan (F (7, 120) = .764, p = .618).

Kata kunci : *emerging adulthood, loneliness*, mahasiswa*, self-disclosure*
Referensi : 57(1958-2017)

ABSTRACT

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**THE RELATIONSHIP BETWEEN SELF-DISCLOSURE AND
LONELINESS ON SINGLE COLLEGE STUDENTS IN DKI JAKARTA**
(xiv + 76 pages: 1 figures; 18 tables ; 4 attachments)

Single college students in DKI Jakarta have quite high *loneliness* rate. They have challenges and needs which contradicts loneliness, like having friends whom they can share their aspirations with. Those challenges and needs can be achieved through self-disclosure. So, this research was focused on finding out the relationship between self-disclosure and loneliness of single college students in DKI Jakarta.

The research was conducted quantitatively using online questionnaire which contained Self-Disclosure Index and UCLA Loneliness Scale (Version 3) to 128 respondents. Then, reliability, validity, normality, and correlational test were conducted. The correlational test was done using pearson product moment correlation test.

Result shows that there is a significant negative correlation between self-disclosure and loneliness on single college students in DKI Jakarta, $(r (128) = -.169, p = .028)$, there is not any significant self-disclosure difference between doing self-disclosure via online media and offline media, $(t (126) = -1.394, p = .166)$, there is not any significant self-disclosure difference between female and male, $(t (126) = 0.433, p = .666)$, there is not any significant loneliness difference between female and male, $(t (126) = 0.239, p = .811)$, and there is not any significant loneliness between ages of the respondents $(F (7, 120) = .764, p = .618)$.

Keywords : *college students*, *emerging adulthood, loneliness, self-disclosure*
Reference : 57(1958-2017)