

Abstract

Romantic breakup distress is defined as various negative emotions and feelings experienced by an individual about an ex-partner post-romantic breakup. Other factors have been indicated to impact an individual's experience of breakup distress, which includes self-concept clarity and intrusive thoughts. Assumptions have been generated that the intensity of breakup distress is influenced by one's level of self-concept clarity and distinctness of intrusive thoughts. Hence, this study aims to the relationship between self-concept clarity towards breakup distress using linear regression. Moreover, this study also aims to interpret the role of intrusive thoughts as the mediating variable. This study utilizes an online survey method with the following scales used: Breakup Distress Scale, Self-Concept Clarity Scale, and the Intrusion Questionnaire which all have been adapted to Bahasa Indonesia. Ultimately, self-concept clarity has a negative correlation toward breakup distress and predicts 9.6% for the dependent variable, though it is insignificant ($\beta = -.193$, $p = 0.062$). Notably, intrusive thought is able to mediate the relationship between self-concept clarity and breakup distress ($\beta = 0.224$, $p = 0.031$).

Keywords: *Breakup Distress, Self-Concept Clarity, Intrusive Thoughts*