

## Hubungan Antara *Breakup Distress* dengan Potensi *Rebound Relationship* pada Individu Dewasa Awal

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### Abstrak

*Rebound relationship* merupakan hubungan romantis baru yang terjalin saat seseorang masih intens memikirkan hal-hal berkaitan dengan hubungan sebelumnya dan atau dengan mantan pasangannya, baik hal-hal yang menyenangkan maupun tidak menyenangkan. Sementara *breakup distress* merupakan emosi negatif yang individu alami paska putus cinta. Penelitian ini bertujuan untuk mengetahui hubungan antara *breakup distress* dan potensi *rebound relationship* dengan menggunakan analisis korelasi. Partisipan penelitian ini adalah individu dewasa awal berusia 18-25 tahun yang sedang berpacaran dan pernah mengalami putus cinta (N=191). Instrumen penelitian menggunakan *Breakup Distress Scale* (BDS) dan *Positive and Negative Ex-Relationship Thoughts* (PANERT) *Scale* yang diadaptasikan ke dalam Bahasa Indonesia. Analisis statistik korelasi Spearman's menunjukkan korelasi positif antara *breakup distress* dengan potensi terlibat *rebound relationship*. Analisis Mann-Whitney U menunjukkan adanya perbedaan dalam potensi *rebound relationship* berdasarkan lama hubungan yang dijalin.

**Kata Kunci:** *Breakup Distress, Rebound Relationship, Romantic Relationship*

### Abstract

*Rebound relationship* is a new romantic relationship that forms when someone is still intensely thinking about things related to their previous relationship and/or with their ex-partner, both pleasant and unpleasant aspects. Meanwhile, *breakup distress* refers to the negative emotions individuals experience after a breakup. This study aims to examine the relationship between *breakup distress* and the potential for a *rebound relationship* using correlation analysis. The participants of this study are early adults aged 18-25 who are dating and have experienced a breakup (N=191). The research instruments used are the *Breakup Distress Scale* (BDS) and the *Positive and Negative Ex-Relationship Thoughts* (PANERT) *Scale* adapted into the Indonesian language. Spearman's correlation statistical analysis indicates a positive correlation between *breakup distress* and the potential involvement in a *rebound relationship*. The Mann-Whitney U analysis indicates that there is a difference in the potential for a *rebound relationship* based on the duration of the relationship established.

**Keywords:** *Breakup Distress, Rebound Relationship, Romantic Relationship*