

Hubungan Romantis di Masa Dewasa Awal

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Abstrak

Perceived marital conflict, yaitu cara anak memahami, mengevaluasi, dan bereaksi terhadap konflik yang terjadi di antara kedua orang tua, dapat berkontribusi pada rasa *insecurity* anak dalam hubungan romantis mereka di masa dewasa awal, yang ditandai dengan perasaan tidak aman, khawatir, dan tidak percaya diri saat menjalani hubungan romantis. Penelitian ini bertujuan untuk mengetahui peran *perceived marital conflict* terhadap perasaan *insecurity* anak dalam menjalin hubungan romantis di masa dewasa awal. Partisipan dari penelitian ini adalah individu dewasa awal berusia 18-25 tahun ($N=128$) yang pernah melihat, mendengar, menyaksikan, atau mengetahui konflik yang terjadi di antara kedua orang tua. Penelitian ini menggunakan instrumen Children's Perception of Interparental Conflict (CPIC) dan Experiences in Close Relationship-Revised (ECR-R) versi Bahasa Indonesia. Penelitian ini menggunakan analisis regresi linear sederhana yang memiliki hasil bahwa *perceived marital conflict* berperan secara signifikan ($0,00; p<0,05$) terhadap keberadaan perasaan *insecurity* anak dalam menjalin hubungan romantis di masa dewasa awal. Penelitian ini memberikan wawasan tentang bagaimana dinamika konflik orang tua dapat mempengaruhi pola keterikatan pada hubungan romantis individu di masa dewasa, serta memberikan implikasi bagi para konselor, orang tua, dan individu dengan perasaan *insecurity*.

Kata kunci: *perceived marital conflict, insecurity, hubungan romantis, dewasa awal*

Abstract

Perceived marital conflict, which refers to how children understand, evaluate, and react to conflict between their parents, can contribute to children's feelings of insecurity in their romantic relationships during early adulthood. This insecurity is characterized by feelings of unease, worry, and lack of confidence when engaging in romantic relationships. This study aims to examine the role of *perceived marital conflict* in contributing to children's feelings of insecurity in forming romantic relationships in early adulthood. Participants in this study were early adults aged 18-25 years ($N=128$) who have witnessed, heard, observed, or were aware of conflict between their parents. The study used the Children's Perception of Interparental Conflict (CPIC) and the Indonesian version of the Experiences in Close Relationship-Revised (ECR-R) instruments. Simple linear regression analysis revealed that *perceived marital conflict* significantly ($0.00; p<0.05$) contributes to children's feelings of insecurity in forming romantic relationships in early adulthood. This study provides insights into how parental conflict dynamics can influence attachment patterns in individuals' romantic relationships during adulthood, as well as implications for counselors, parents, and individuals experiencing feelings of insecurity.

Keyword: *perceived marital conflict, insecurity, romantic relationships, early adulthood*