



Pengalaman Kekerasan Dalam Pacaran Pada Mahasiswi dan *Self Esteem* Sebagai Prediktornya

Radinka Raissa Darwis¹, Sutarimah Ampuni²

^{1,2}Fakultas Psikologi, Universitas Gadjah Mada, Yogyakarta, Indonesia

E-mail : *¹ radinkaraissa@mail.ugm.ac.id,²s.ampuni@ugm.ac.id.

Abstrak

In romantic relationships, situations often arise that fall short of expectations and can sometimes lead to violence. This study aimed to explore how self-esteem influences the experience of dating violence among female university students. The initial hypothesis suggested that lower self-esteem is linked to a higher likelihood of experiencing dating violence. The study involved 200 active female students from various universities across Indonesia, aged between 18 and 24 years. Of these participants, 160 (80%) were based in the Jabodetabek area, while 40 (20%) were from other regions. Data was collected through an online survey. Self-esteem was assessed using the Rosenberg Self-Esteem Scale (RSE), originally developed by Rosenberg (1965) and later adapted by Fitria (2015), consisting of 10 items with a high reliability score of 0.955. Experiences of dating violence were measured using a 40-item scale created by Setyadi (2013), with a reliability score of 0.824. The findings revealed that self-esteem accounted for 8,3% of the variance in dating violence experiences among female students.

Keywords: Self esteem, violence in dating

ABSTRAK

Penelitian ini melibatkan 200 mahasiswa perempuan aktif dari berbagai universitas di Indonesia, berusia 18 hingga 24 tahun. Dari jumlah tersebut, 160 mahasiswa (80%) berasal dari wilayah Jabodetabek, sementara 40 mahasiswa lainnya (20%) berasal dari daerah lain. Pengumpulan data dilakukan melalui survei daring. *Self-esteem* diukur menggunakan *Rosenberg Self-Esteem Scale* (RSE), yang diadaptasi oleh Fitria (2015). Skala ini terdiri dari 10 item dan menunjukkan skor reliabilitas yang tinggi, yaitu 0,955. Pengalaman kekerasan dalam pacaran diukur menggunakan skala 40 item yang dikembangkan oleh Setyadi (2013), dengan skor reliabilitas sebesar 0,824. Hasil penelitian menunjukkan bahwa *self-esteem* berkontribusi sebesar 8,3% terhadap variansi dalam pengalaman kekerasan dalam pacaran pada mahasiswa perempuan, menyoroti peran signifikan *self-esteem* dalam memengaruhi kerentanan terhadap kekerasan dalam hubungan romantis.

Kata Kunci: kekerasan dalam berpacaran, *Self esteem*