

## **PERAN ATTACHMENT STYLES TERHADAP KESEPIAN PADA MAHASISWA RANTAU**

*Adeliya Saraswati<sup>1</sup>, Bhina Patria<sup>2</sup>*

Fakultas Psikologi Universitas Gadjah Mada

\*Corresponding Author: [Adeliya.Saraswati@mail.ugm.ac.id](mailto:Adeliya.Saraswati@mail.ugm.ac.id)

### **Abstrak**

Penelitian ini bertujuan untuk mengetahui peran *attachment styles* (*secure*, *fearful*, *preoccupied*, dan *dismissing*) terhadap kesepian pada mahasiswa rantau di Indonesia. Partisipan dalam penelitian ini berjumlah 332, berusia 18-25 tahun, dan merupakan mahasiswa rantau atau pernah merantau selama berkuliah. Alat pengukuran dalam penelitian ini menggunakan *UCLA Loneliness Scale* (Versi 3) dan *Attachment Style Questionnaire* Versi Indonesia. Hasil analisis regresi linier berganda menunjukkan bahwa skor *attachment styles* secara keseluruhan signifikan dalam memprediksi kesepian pada mahasiswa rantau ( $R^2 = 0,32$ ). Variabel *secure*, *fearful*, dan *preoccupied* berperan signifikan terhadap kesepian. Adapun, variabel *dismissing attachment* tidak berperan signifikan terhadap kesepian pada mahasiswa rantau kemungkinan disebabkan oleh kondisi data yang tidak memenuhi uji asumsi normalitas dan heteroskedastisitas. Hasil penelitian ini bisa diimplikasikan dengan berbagai cara: bagi pembaca untuk memperhatikan *attachment styles*-nya dan mencari bantuan psikologis secara mandiri, orang tua untuk responsif dan hangat terhadap kebutuhan anak, universitas menyediakan program dukungan seperti *peer support group*, dan praktisi psikologi mengembangkan intervensi untuk membentuk gaya keterikatan yang lebih aman.

**Kata kunci:** *Attachment Styles, Kesepian, Mahasiswa Rantau*

### **Abstract**

This study aims to examine the role of attachment styles (*secure*, *fearful*, *preoccupied*, and *dismissing*) in loneliness among non-local university students in Indonesia. The participants consisted of 332 individuals aged 18–25 who were currently or had previously studied away from their hometowns. The



instruments used in this study were the UCLA Loneliness Scale (Version 3) and the Indonesian version of the Attachment Style Questionnaire. Results from multiple linear regression analysis showed that attachment style scores overall significantly predicted loneliness among out-of-town students ( $R^2 = 0.32$ ). The secure, fearful, and preoccupied attachment styles were significant predictors of loneliness. However, the dismissing attachment style did not significantly predict loneliness, possibly due to the data not meeting the assumptions of normality and heteroscedasticity. The findings of this study can be utilized in several ways: by readers to reflect on their own attachment styles and seek psychological support independently, by parents, who are encouraged to be responsive and warm in meeting their children's needs, by universities to provide support programs such as peer support groups, by psychology practitioners to develop interventions aimed at fostering more secure attachment styles.

***Keywords :*** Attachment Styles, Loneliness, Non-Local, College Students