



Peran Adverse Childhood Experiences terhadap Subjective Well-being yang Dimoderatori oleh Parasocial Relationship pada Emerging Adulthood

Azzahra Salsabilla Brotokusumo, Sutarimah Ampuni, S.Psi., M.Si., M.Psych., Ph.D., Psikolog

Universitas Gadjah Mada, 2025 | Diunduh dari <http://etd.repository.ugm.ac.id/>

# Peran *Adverse Childhood Experiences* Terhadap *Subejctive Well-Being* Yang Dimoderatori Oleh *Parasocial Relationship* Pada *Emerging Adulthood*

Azzahra Salsabilla Brotokusumo<sup>1</sup>, Sutarimah Ampuni<sup>2</sup>

<sup>1,2</sup>Fakultas Psikologi Universitas Gadjah Mada

E-mail: <sup>1</sup>[Azzahra.salsabilla.brotokusumo@mail.ugm.ac.id](mailto:Azzahra.salsabilla.brotokusumo@mail.ugm.ac.id), <sup>2</sup>[S.ampuni@ugm.ac.id](mailto:S.ampuni@ugm.ac.id)

**Abstract.** Emerging adulthood is a developmental phase marked by psychological vulnerability, particularly among individuals with a history of Adverse Childhood Experiences (ACE). This study aimed to examine the role of ACE on subjective well-being (SWB), including positive affect, negative affect, and life satisfaction, with parasocial relationships (PSR) as a moderator. A quantitative non-experimental cross-sectional design was employed. A total of 307 emerging adults aged 18–29 completed the WHO ACE-IQ, PANAS, SWLS, and PRISM scales. Data were analyzed using moderated regression with robust standard errors. The results indicated that PSR did not moderate the relationship between ACE and any component of SWB. However, ACE was negatively associated with positive affect and life satisfaction, and positively associated with negative affect. In contrast, PSR was positively associated with positive affect and life satisfaction. These findings suggest that while PSR may function as a source of emotional support, it is insufficient as a protective mechanism against the detrimental effects of ACE.

**Keywords:** *Adverse Childhood Experiences, Subjective Well-being, Parasocial Relationship, Emerging Adulthood*



**Peran Adverse Childhood Experiences terhadap Subjective Well-being yang Dimoderatori oleh Parasocial Relationship pada Emerging Adulthood**

Azzahra Salsabilla Brotokusumo, Sutarimah Ampuni, S.Psi., M.Si., M.Psych., Ph.D., Psikolog

Universitas Gadjah Mada, 2025 | Diunduh dari <http://etd.repository.ugm.ac.id/>

UNIVERSITAS  
GADJAH MADA

**Abstrak.** *Emerging adulthood* merupakan fase perkembangan yang rentan terhadap penurunan subjective well-being (SWB), terutama pada individu dengan riwayat *Adverse Childhood Experiences* (ACE). Penelitian ini bertujuan menguji peran ACE terhadap komponen SWB (afek positif, afek negatif, dan kepuasan hidup) dengan *parasocial relationship* (PSR) sebagai moderator. Penelitian menggunakan pendekatan kuantitatif non-eksperimental dengan desain *cross-sectional*. Sebanyak 307 *emerging adults* berusia 18–29 tahun berpartisipasi dan mengisi skala WHO ACE-IQ, PANAS, SWLS, serta PRISM. Analisis data dilakukan menggunakan regresi moderasi dengan pendekatan robust. Hasil menunjukkan bahwa PSR tidak memoderasi hubungan antara ACE dan seluruh komponen SWB. Namun, ACE berperan negatif terhadap afek positif dan kepuasan hidup, serta berperan positif terhadap afek negatif. Selain itu, PSR berperan positif terhadap afek positif dan kepuasan hidup. Temuan ini menunjukkan bahwa PSR berfungsi sebagai sumber dukungan emosional, namun belum cukup kuat sebagai mekanisme protektif terhadap dampak ACE.

**Kata kunci:** *Adverse Childhood Experiences, Subjective Well-being, Parasocial Relationship, Emerging Adulthood*