



## PERAN GAYA KELEKATAN TERHADAP KESIAPAN MENIKAH PADA DEWASA AWAL

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**Abstract.** In the past decade, marriage rates in Indonesia have gradually declined, reflecting complex dynamics related to individuals' readiness for marriage. Marriage readiness is influenced by both external and internal factors, including attachment style. This study examined the role of attachment style on marriage readiness in early adulthood using a quantitative approach. A total of 248 unmarried participants aged 20 - 40 years took part. Measurement was conducted using the Attachment Style Questionnaire and the Criteria Marriage Readiness Questionnaire. Multiple regression analysis showed that attachment style (secure, fearful, dismissing, and preoccupied) simultaneously played a significant role in marriage readiness among early adulthood ( $F_{(4,243)} = 29,9$  ;  $p < ,001$ ). The determination coefficient ( $R^2$ ) of 0,330 indicated that attachment style explained 33% of the variance in marriage readiness, thus confirming the research hypothesis. These findings provide further insight into factors that shape an individual's readiness for marriage, particularly through their capacity to build intimacy and form openness toward the prospect of romantic relationships.

**Keywords:** *attachment style, marriage readiness, early adulthood*

**Abstrak.** Dalam satu dekade terakhir, angka pernikahan di Indonesia mengalami penurunan secara bertahap yang mengindikasikan adanya dinamika kompleks dalam kesiapan menikah. Kesiapan menikah tidak hanya ditentukan oleh faktor eksternal, tetapi juga faktor internal salah satunya *attachment style*. Penelitian dilakukan untuk melihat kontribusi *attachment style* terhadap kesiapan menikah pada dewasa awal dengan pendekatan kuantitatif. Sebanyak 248 partisipan berusia 20-40 tahun yang belum menikah berpartisipasi dalam penelitian ini. Pengukuran dilakukan menggunakan instrumen *Attachment Style Questionnaire* dan *Criteria Marriage Readiness Questionnaire*. Hasil analisis regresi berganda membuktikan bahwa *attachment style (secure, fearful, dismissing, and preoccupied)* secara simultan berperan signifikan terhadap kesiapan menikah pada dewasa awal ( $F_{(4,243)} = 29,9$  ;  $p < ,001$ ). Nilai determinasi ( $R^2$ ) sebesar 0,330 menandakan bahwa *attachment style* mampu menjelaskan 33% varians kesiapan menikah sehingga hipotesis penelitian diterima. Temuan ini membantu menjelaskan faktor yang memengaruhi kesiapan menikah individu, terutama melalui kemampuan membangun intimitas dan membentuk keterbukaan terhadap prospek hubungan romantis.

**Kata Kunci:** *gaya kelekatan, kesiapan menikah, dewasa awal*