

Peran *Rejection Sensitivity* terhadap *Authenticity* dalam Hubungan Romantis pada Dewasa Awal

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Abstrak. *Authenticity* merupakan aspek krusial dalam hubungan romantis yang sehat, namun tidak semua individu mampu menampilkannya secara konsisten. Salah satunya karena *rejection sensitivity*, yaitu kecenderungan berlebihan mengantisipasi dan bereaksi terhadap penolakan pasangan. Penelitian terdahulu lebih banyak meneliti konsekuensi *rejection sensitivity* terhadap kepuasan hubungan dan *self-silencing*, sementara perannya terhadap *authenticity* secara langsung belum banyak diteliti. Penelitian ini bertujuan mendalami peran *rejection sensitivity* terhadap *authenticity* dalam hubungan romantis dewasa awal, melibatkan 191 partisipan berusia 18–33 tahun yang sedang menjalani hubungan romantis minimal selama enam bulan. Metode yang digunakan adalah studi *cross-sectional* melalui survei berisi skala *Adult-Rejection Sensitivity Questionnaire* dan *Authenticity in Relationship Scale-Short Form*. Hasil regresi linear sederhana menunjukkan bahwa *rejection sensitivity* secara signifikan dan negatif berperan terhadap *authenticity* dalam hubungan romantis ($\beta = -0,442$, $p < ,001$). Artinya semakin tinggi *rejection sensitivity*, semakin rendah *authenticity* yang ditunjukkan individu dalam hubungan romantisnya. Temuan ini membuktikan bahwa *rejection sensitivity* dapat menghambat kemampuan individu dewasa awal untuk menjadi *authentic* dalam hubungan romantisnya, sekaligus memperluas literatur mengenai dinamika hubungan romantis.

Kata kunci: *rejection sensitivity*, *authenticity*, *hubungan romantis*, *dewasa awal*

Abstract. *Authenticity* is a crucial aspect of a healthy romantic relationship. However, not all individuals are able to display it consistently, one contributing factor being rejection sensitivity, a tendency to excessively anticipate and react to a partner's potential rejection. Previous research has predominantly examined the consequences of rejection sensitivity on relationship satisfaction and self-silencing, while its direct role in shaping authenticity remains understudied. This study aimed to examine the role of rejection sensitivity in predicting authenticity within romantic relationships among early adults, involving 191 participants aged 18–33 years who had been in a romantic relationship for at least six months. A cross-sectional survey method was employed, using the *Adult-Rejection Sensitivity Questionnaire* and the *Authenticity in Relationship Scale Short-Form*. Simple linear regression results showed that rejection sensitivity significantly and negatively predicted authenticity in romantic relationships ($\beta = -0,442$, $p < ,001$). This indicates that the higher an individual's rejection sensitivity, the lower the authenticity they display within their romantic relationship. These findings suggest that rejection sensitivity can hinder early adults' ability to be authentic in their romantic relationships, while also extending the literature on romantic relationship dynamics.

Keywords: rejection sensitivity, authenticity, romantic relationship, early adulthood