

GAMBARAN KECENDERUNGAN HOARDING PADA DEWASA AWAL

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INTISARI

Perilaku menyimpan barang yang dianggap normal ternyata dapat menjadi gejala gangguan psikologis yang mengarah pada hoarding disorder. Kondisi ini terkadang kurang disadari oleh individu itu sendiri meskipun dampak dari gejala tersebut sudah dirasakan. Penelitian ini bertujuan untuk mendeskripsikan tingkat kecenderungan *hoarding disorder* pada dewasa awal. *Hoarding disorder* merupakan gangguan yang ditandai dengan kesulitan membuang barang, dorongan menyimpan secara berlebihan, serta akumulasi barang yang dapat mengganggu fungsi ruang dan aktivitas kehidupan sehari-hari. Penelitian ini menggunakan pendekatan kuantitatif dengan metode deskriptif. Responden penelitian berjumlah 160 orang dewasa awal yang dipilih melalui teknik *accidental sampling*. Instrumen penelitian menggunakan *Saving Inventory-Revised* (SI-R) yang telah diterjemahkan dan diadaptasi dalam bahasa Indonesia (α 0,932). Hasil penelitian menunjukkan bahwa tingkat kecenderungan *hoarding disorder* pada dewasa awal tergolong tinggi, dengan persentase sebesar 53,1%. Dimensi yang paling dominan adalah *difficulty discarding* dan *clutter*, sementara dimensi *acquisition* memperoleh nilai yang lebih rendah, meskipun perbedaannya tidak signifikan. Analisis karakteristik demografis menunjukkan bahwa kecenderungan hoarding disorder muncul pada berbagai kelompok, meliputi usia, status tinggal, status pernikahan, status pekerjaan, tingkat pendidikan, latar belakang suku bangsa, serta jenis kelamin perempuan yang menunjukkan kecenderungan tinggi. Temuan ini memberikan gambaran bahwa perilaku menyimpan barang berlebihan dapat muncul pada kelompok dewasa awal tanpa dibatasi faktor demografis tertentu.

Kata kunci: Dewasa Awal, *Hoarding disorder*, Penimbunan

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1. Peneliti
 2. Dosen pembimbing 1
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THE DESCRIPTION OF HOARDING DISORDER TENDENCIES IN EARLY ADULTHOOD

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ABSTRAK

The behavior of storing items that are considered normal can turn out to be a symptom of a psychological disorder that leads to hoarding disorder. This condition is sometimes not realized by the individual himself even though the impact of the symptoms has been felt. This study aims to describe the level of tendency of *hoarding disorder* in early adulthood. *Hoarding disorder* is a disorder characterized by difficulty throwing away things, the urge to store excessively, and the accumulation of items that can interfere with the function of space and activities of daily life. This study uses a quantitative approach with a descriptive method. The study respondents amounted to 160 early adults who were selected through *accidental sampling* techniques. The research instrument used *Saving Inventory-Revised* (SI-R) which has been translated and adapted in Indonesian (α 0.932). The results showed that the level of *hoarding disorder* tendency in early adulthood was relatively high, with a percentage of 53.1%. The most dominant dimensions were *difficulty discarding* and *clutter*, while acquisition dimensions obtained lower values, although the difference was not significant. Analysis of demographic characteristics shows that the tendency of hoarding disorder to arise in various groups, including age, residence status, marital status, employment status, education level, ethnic background, and female gender which shows a high trend. These findings provide an idea that excessive storage behavior can appear in early adult groups without being limited by certain demographic factors..

Keywords: Early Adulthood , Hoarding disorder, Hoarding

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