

HUBUNGAN ATTACHMENT STYLE DENGAN INTIMACY PADA DEWASA AWAL YANG BELUM MENIKAH DI JEMBER

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ABSTRAK

Fenomena penundaan pernikahan pada dewasa awal menimbulkan pertanyaan mengenai faktor-faktor yang berhubungan dengan intimacy dalam hubungan interpersonal. Penelitian ini bertujuan untuk mengetahui hubungan attachment style dengan intimacy pada dewasa awal yang belum menikah di Kabupaten Jember. Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan melibatkan 123 dewasa awal berusia 20–35 tahun yang belum menikah dan berdomisili di Kabupaten Jember. Pengambilan sampel menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan Skala *Attachment Style* yang dimodifikasi dari Hazan dan Shaver (1987) dengan reliabilitas sebesar $\alpha = 0.705$ serta skala PAIR *Intimacy* berdasarkan Olson et al. (2011) dengan reliabilitas sebesar $\alpha = 0.861$. Analisis data menggunakan korelasi *Pearson Product Moment*. Penelitian ini mengusulkan empat hipotesis: (1) Hasil penelitian menunjukkan bahwa hipotesis pertama ditolak karena tidak terdapat hubungan yang signifikan antara *attachment style* dan *intimacy* ($r = 0.121$; $p = 0.183$). (2) Hipotesis kedua diterima karena *secure attachment* berhubungan positif dan signifikan dengan *intimacy* ($r = 0.253$; $p = 0.005$). (3) Hipotesis ketiga diterima karena *avoidant attachment* berhubungan negatif dan signifikan dengan *intimacy* ($r = -0.192$; $p = 0.033$). (4) Hipotesis keempat ditolak karena *anxious attachment* tidak berhubungan signifikan dengan *intimacy* ($r = 0.163$; $p = 0.072$). Temuan ini menunjukkan bahwa hubungan *attachment style* dengan *intimacy* perlu dipahami secara spesifik pada masing-masing dimensi *attachment style* serta mengindikasikan bahwa *intimacy* pada dewasa awal kemungkinan juga dipengaruhi oleh faktor-faktor lain di luar *attachment style*.

Kata kunci: *attachment style*, dewasa awal, *intimacy*, relasi interpersonal

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**THE RELATIONSHIP BETWEEN ATTACHMENT STYLE AND INTIMACY
IN UNMARRIED YOUNG ADULTS IN JEMBER**

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ABSTRACT

The declining marriage rate and increasing tendency to postpone marriage among early adults have raised questions regarding factors associated with intimacy in interpersonal relationships. This study aimed to examine the relationship between attachment style and intimacy among unmarried early adults in Jember Regency. A quantitative correlational design was employed involving 123 unmarried early adults aged 20–35 years selected through purposive sampling. Data were collected using a modified Attachment Style Scale adapted from Hazan and Shaver (1987) with a reliability coefficient of $\alpha = 0.705$ and the PAIR Intimacy Scale based on Olson et al. (2011) with a reliability coefficient of $\alpha = 0.861$. Data were analyzed using Pearson Product-Moment correlation. The study proposed four hypotheses: (1) The first hypothesis was rejected, as attachment style was not significantly related to intimacy ($r = .121$, $p = .183$). (2) The second hypothesis was supported, showing that secure attachment was positively and significantly related to intimacy ($r = 0.253$, $p = 0.005$). (3) The third hypothesis was supported, indicating that avoidant attachment was negatively and significantly related to intimacy ($r = -0.192$, $p = 0.033$). (4) The fourth hypothesis was rejected, as anxious attachment was not significantly related to intimacy ($r = 0.163$, $p = 0.072$). These findings suggest that the relationship between attachment style and intimacy should be understood at the dimensional level and that intimacy among emerging adults may also be associated with other factors beyond attachment style.

Keyword: *attachment style, early adulthood, intimacy, interpersonal relationships*

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