

Abstrak

Perceraian orang tua dapat menimbulkan berbagai dampak psikologis pada remaja, yaitu salah satunya adalah *fear of abandonment* atau ketakutan akan ditinggalkan. Penelitian ini bertujuan untuk mengetahui pengaruh spiritualitas dan dukungan sosial terhadap *fear of abandonment* pada remaja korban perceraian di SMK Negeri 1 Kuningan. Penelitian dilakukan dengan pendekatan kuantitatif korelasional dengan melibatkan 80 responden dengan kriteria siswa aktif di SMK Negeri 1 Kuningan yang berlatar belakang dari keluarga bercerai. Data dikumpulkan menggunakan alat ukur *Daily Spiritual Experience Scale* (DESS), *Scale of Perceived Social Support* (MSPSS), dan *Experience in Close Relationship-Relationship Structures* (ECR-RS), kemudian dianalisis dengan regresi berganda. Hasil penelitian menunjukkan bahwa spiritualitas dan dukungan sosial secara simultan tidak berpengaruh terhadap *fear of abandonment* dengan kontribusi kedua variabel sebesar 5,9% sedangkan 94,1% sisanya dipengaruhi oleh faktor lain. Secara parsial, spiritualitas berpengaruh terhadap *fear of abandonment*, sedangkan dukungan sosial tidak berpengaruh. Spiritualitas berkontribusi lebih besar dibandingkan dukungan sosial.

Kata Kunci : spiritualitas, dukungan sosial, *fear of abandonment*

Abstrak

Parental divorce can have various psychological impacts on adolescents, one of which is *fear of abandonment*. This study aimed to examine the effects of spirituality and social support on *fear of abandonment* among adolescents from divorced families at SMK Negeri 1 Kuningan. This research employed a quantitative correlational approach involving 80 respondents who met the criteria of being active students at SMK Negeri 1 Kuningan and coming from divorced families. Data were collected using the *Daily Spiritual Experience Scale* (DSES), the *Multidimensional Scale of Perceived Social Support* (MSPSS), and the *Experiences in Close Relationships-Relationship Structures* (ECR-RS), and were analysed using multiple linear regression. The results indicated that spirituality and social support simultaneously had no significant effect on *fear of abandonment*, with both variables accounting for 5.9% of the variance, while the remaining 94.1% was

explained by other factors. Partially, spirituality had a significant effect on fear of abandonment, whereas social support had no significant effect. Furthermore, spirituality contributed more to fear of abandonment than social support.

Keywords: *spirituality, social support, fear of abandonment, parental divorce, adolescence*

