

Abstrak

Penelitian ini bertujuan untuk mengetahui peran *adult attachment* (*anxious* dan *avoidant attachment*) dalam memoderasi pengaruh *self-disclosure* terhadap kepuasan hubungan romantis pada fase *emerging adulthood*. Pendekatan penelitian yang digunakan adalah kuantitatif kausalitas. Subjek penelitian melibatkan 220 mahasiswa UIN Sunan Gunung Djati Bandung berusia 18–25 tahun yang dipilih melalui teknik *purposive sampling*. Instrumen yang digunakan pada penelitian ini adalah *Revised Self-Disclosure Scale* (RSDS), *Revised Adult Attachment Scale* (RAAS), dan *Relationship Assessment Scale* (RAS). Analisis data dilakukan menggunakan metode *Partial Least Squares Structural Equation Modeling* (PLS-SEM). Hasil penelitian menunjukkan bahwa secara parsial, *self-disclosure* dan *anxious attachment* berpengaruh positif dan signifikan terhadap kepuasan hubungan romantis, sedangkan *avoidant attachment* berpengaruh negatif dan signifikan terhadap kepuasan hubungan romantis. Hasil uji moderasi membuktikan bahwa *anxious* maupun *avoidant attachment* tidak berperan memoderasi pengaruh *self-disclosure* terhadap kepuasan hubungan romantis. Hal ini menunjukkan bahwa keterbukaan diri merupakan prediktor independen yang kuat, di mana aksinya mampu mengesampingkan hambatan gaya kelekatan tidak aman individu demi mencapai kepuasan relasional.

Kata Kunci: *Self-disclosure, adult attachment, kepuasan hubungan romantis, mahasiswa, anxious attachment, avoidant attachment.*



Abstract

This study aims to determine the role of adult attachment (anxious and avoidant attachment) in moderating the effect of self-disclosure on romantic relationship satisfaction during emerging adulthood. The research approach used was quantitative causality. The subjects were 220 students of UIN Sunan Gunung Djati Bandung aged 18–25 years, selected through a purposive sampling technique. The instruments used in this study were Revised Self-Disclosure Scale (RSDS), Revised Adult Attachment Scale (RAAS), and Relationship Assessment Scale (RAS). Data analysis was conducted using Partial Least Squares Structural Equation Modeling (PLS-SEM). The results showed that partially, self-disclosure and anxious attachment had a positive and significant effect on romantic relationship satisfaction, while avoidant attachment had a negative and significant effect on romantic relationship satisfaction. The moderation test proved that neither anxious nor avoidant attachment moderated the effect of self-disclosure on romantic relationship satisfaction. This indicates that self-disclosure is a strong independent predictor that can override the individual's insecure attachment barriers to achieve relational satisfaction.

Keywords: *Self-disclosure, adult attachment, romantic relationship satisfaction, student, anxious attachment, avoidant attachment.*

