

## **Abstrak**

Mahasiswa seringkali merasakan krisis di masa dewasa awal akibat banyaknya tugas perkembangan yang harus dipenuhi. Kurangnya kemampuan adaptasi dalam menghadapi krisis di masa ini dapat menimbulkan peningkatan *neuroticism personality* yang dimiliki. Gejala peningkatan tersebut dapat terlihat dari instabilitas emosi yang ditandai oleh perilaku mudah marah, cemas berlebih, merasa depresi, impulsif meningkatnya kesadaran diri, dan merasa diri rentan. Ketika mengalami instabilitas emosi tersebut, biasanya mahasiswa akan membagikan pikiran dan perasaannya guna melepas beban yang dirasakan atau sekedar untuk didengarkan. Penelitian ini bertujuan untuk mencari tahu apakah terdapat pengaruh *neuroticism personality* terhadap *self-disclosure* pada mahasiswa. Penelitian menggunakan metode kausalitas dengan analisis regresi linier sederhana. Alat ukur yang digunakan adalah Revised Self-Disclosure Scale dan *NEO-Five Factor Inventory*. Jumlah subjek yang berpartisipasi adalah 51 mahasiswa yang sudah pernah menyelesaikan sesi konseling di Unit Layanan Psikologi UIN SGD Bandung. Hasil penelitian menunjukkan terdapat pengaruh *neuroticism personality* terhadap *self-disclosure* pada mahasiswa

Kata Kunci: *neuroticism personality*, *self-disclosure*, mahasiswa

## **Abstract**

*Students often feel a crisis in early adulthood due to the many developmental tasks that must be fulfilled. The lack of adaptability in dealing with crises at this time can lead to an increase in neuroticism personality. Symptoms of this increase can be seen from emotional instability which is characterized by anger hostility, excessive anxiety, feeling depressed, impulsiveness, increased self-consciousness, and feeling vulnerable. When experiencing emotional instability, students will usually share their thoughts and feelings to release the burden they feel or just to be heard. This study aims to find out whether there is an influence of neuroticism personality on self-disclosure in college students. The study used the causality method with simple linear regression analysis. The measuring instruments used are the Revised Self-Disclosure Scale and the NEO-Five Factor Inventory. The number of participating subjects was 51 students who had completed counseling sessions at the Psychology Service Unit of UIN SGD Bandung. The results showed that there is an influence of neuroticism personality on self-disclosure in students.*

*Keywords: neuroticism personality, self disclosure, college students.*