

ABSTRACT

RELATIONSHIP BETWEEN ADULT ATTACHMENT STYLE AND SOCIAL MEDIA ADDICTION ON PSYCHOLOGICAL STUDENT IN UNIVERSITY OF X

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This study aimed to examine the relationship between adult attachment style and social media addiction. The participant of the study were 215 psychological students of university X in Jakarta Barat. Participants completed 2 questionnaires which consisted of “Adult Attachment Scale” and “Social Media Addiction Scale”. Data were analyzed using One Way Anova by SPSS 24 for windows. The result is F at 9.188 with a significance of 0.000 ($p < 0.05$). This result indicated that there is significant relationship between adult attachment style and social media addiction. Post hoc comparison with One Way ANOVA shows a significant difference in mean score of social media addiction between fearful styles compared to the three other style attachments. The mean score of social media addiction on the fearful style ($M=38.50$) is also higher than the other style ($M_{secure}=28.03$, $M_{Preoccupied}=32.42$, $M_{Dismissing}=28.29$). Thus, this study found that fearful style has a higher tendency towards social media addiction among the other style.

Keyword: *adult attachment style, social media addiction*

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ABSTRAK

HUBUNGAN ANTARA *ADULT ATTACHMENT STYLE* DENGAN ADIKSI MEDIA SOSIAL PADA MAHASISWA FAKULTAS PSIKOLOGI UNIVERSITAS X

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Penelitian ini bertujuan untuk menguji hubungan antara *adult attachment style* dan adiksi media sosial. Partisipan dalam penelitian ini adalah 215 mahasiswa psikologi Universitas X di Jakarta Barat. Partisipan mengisi 2 kuesioner yang terdiri dari "*Adult Attachment Scale*" dan "Skala Adiksi Media Sosial". Data dianalisa dengan *One Way ANOVA* menggunakan *SPSS 24 for Windows*. Hasil analisa yaitu nilai F sebesar 9.188 dengan signifikansi 0.000 ($p < 0.05$). Hasil ini menunjukkan adanya perbedaan skor *mean* adiksi media sosial yang signifikan antara *fearful style* dibandingkan dengan ketiga *attachment style* lainnya. Skor *mean* adiksi media sosial pada *fearful style* ($M=38.50$) juga lebih tinggi dibandingkan ketiga *attachment style* lainnya ($M_{secure}=28.03$, $M_{Preoccupied}=32.42$, $M_{Dismissing}=28.29$). Dengan demikian, penelitian ini menemukan bahwa *fearful style* memiliki kecenderungan lebih tinggi terhadap adiksi media sosial di antara gaya lainnya.

Kata kunci: *adult attachment style*, adiksi media sosial

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