

***THE RELATIONSHIP OF INSECURE ATTACHMENT WITH GHOSTING
BEHAVIOR IN EARLY ADULT ROMANTIC RELATIONS***

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Abstract

This research is a quantitative research with correlational method which aims to see whether insecure attachment types preoccupied, fearful, and dismissing have a relationship with ghosting behavior. The subjects in this study were early adult individuals aged 20-40 years who had ghosted as many as 168 respondents. The sampling technique in this study used the accidental sampling technique. In this study, insecure attachment was measured using the Relationship Scales Questionnaire (RSQ) scale, while ghosting behavior was measured using the Breakup Strategies Questionnaire (BSQ) scale. The results of the correlation test show that there is a correlation between the insecure attachment of preoccupied and fearful types with ghosting behavior, while the dismissing type does not show a correlation with ghosting behavior.

Keywords: *Insecure attachment, ghosting, early adulthood*

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**HUBUNGAN *INSECURE ATTACHMENT* DENGAN PERILAKU *GHOSTING*
PADA HUBUNGAN ROMANTIS DEWASA AWAL**

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Abstrak

Penelitian ini merupakan penelitian kuantitatif dengan metode korelasional yang bertujuan untuk melihat apakah *insecure attachment* tipe *preoccupied*, *fearful*, dan *dismissing* memiliki hubungan dengan perilaku *ghosting*. Subjek pada penelitian ini adalah individu dewasa awal yang berusia 20-40 tahun yang pernah melakukan *ghosting* sebanyak 168 responden. Teknik pengambilan sampel dalam penelitian ini menggunakan teknik *accidental sampling*. Dalam penelitian ini, *insecure attachment* diukur menggunakan skala *Relationship Scales Questionnaire* (RSQ), sedangkan perilaku *ghosting* diukur menggunakan skala *Breakup Strategies Questionnaire* (BSQ). Hasil uji korelasi menunjukkan adanya korelasi antara *insecure attachment* tipe *preoccupied* dan *fearful* dengan perilaku *ghosting*, sedangkan tipe *dismissing* tidak menunjukkan korelasi dengan perilaku *ghosting*.

Kata kunci: *Insecure attachment*, *ghosting*, dewasa awal

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