

Hubungan antara Big Five Personality dengan Alexithymia pada Dewasa Awal

Nisa Agil Nasta'iin
Nurul Adiningtyas, S.Psi, M.Psi, Psikolog
Universitas Mercu Buana, Jakarta

ABSTRAK

Studi ini bertujuan untuk memahami hubungan antara big five personality dengan alexithymia pada dewasa awal di Dki Jakarta. Peneliti melakukan penyebaran kuesioner melalui Google Form untuk mendapatkan data dari para responden. Pengambilan dilaksanakan selama 7 hari. Responden peneliti yang mengisi Form dengan lengkap ada 210 orang dengan 164 orang berjenis kelamin perempuan dan 46 orang berjenis kelamin laki-laki. Penelitian ini menggunakan Non-Probability Sampling dengan Purposive Sampling dan pengumpulan data dilakukan dengan teknik statistik korelasi dari Pearson oleh bantuan program statistik SPSS. Dalam penelitian ini menggunakan metode kuantitatif, dengan menggunakan alat ukur short of big five inventory-2 (BFI-2S) untuk mengukur variabel big five personality dan alat ukur Toronto Alexithymia Scale-20 (TAS-20) untuk mengukur variabel alexithymia. Hasil dalam penelitian ini menunjukkan adanya hubungan yang negatif antara tipe kepribadian extraversion, agreeableness, conscientiousness, dan open mindedness dengan alexithymia, kemudian adanya hubungan yang positif antara tipe kepribadian negative emotionality dengan alexithymia yang memiliki nilai Signifikansi sebesar Sig= 0,000 ($P < 0,05$).

Kata Kunci: big five personality, alexithymia, dewasa awal

The Relationship between Big Five Personality and Alexithymia in Early Adults

Nisa Agil Nasta'iin
Nurul Adiningtyas, S.Psi, M.Psi, Psychologist
Mercu Buana University, Jakarta

ABSTRACT

This study aims to determine whether there is a relationship between Big Five Personality with Alexithymia on early adulthood at DKI Jakarta. Researchers distributed questionnaire deployments through Google Form to obtain data from respondents. Data collection is carried out for about 7 days. The study respondents who filled out the form with complete there were 210 people with 164 people being male and 46 people being female. This research uses Non - Probability Sampling with Purposive Sampling and data collection was carried out using correlation statistics technique Pearson by the help of the SPSS statistical program. This study uses a quantitative method, using the short of big five inventory-2 (BFI-2S) to measure the big five personality variable and the Toronto Alexithymia Scale-20 (TAS-20) to measure the alexithymia variable. The results in this study indicate that there is a negative relationship between the extraversion, agreeableness, conscientiousness, and open mindedness personality type with alexithymia, then there is a positive relationship between the negative emotional personality type and alexithymia which has a significance value of Sig= 0.000 ($P < 0.05$).

Keywords : big five personality, alexithymia, early adulthood

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