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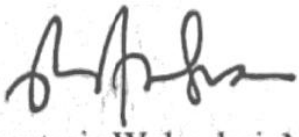

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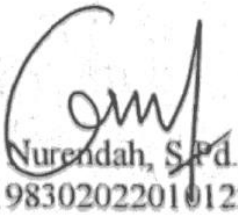

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ABSTRAK

Ahmad Sopian (1906199), *Hubungan Kecemasan Kencan dengan Kesepian Romantis pada Dewasa Awal.* Skripsi, Program Studi Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. Bandung (2023)

Penelitian ini bertujuan untuk mengetahui hubungan antara kecemasan kencan dengan kesepian romantis pada dewasa awal. Subjek pada penelitian ini merupakan individu dewasa awal, yaitu usia 20-40 tahun yang tidak sedang menjalin hubungan formal atau pernikahan (N=436). Teknik pengambilan sampel yang digunakan adalah *convenience sampling* dengan rumus penentuan jumlah sampel minimal menggunakan tabel *Isaac* dan *Michael*. Instrumen yang digunakan untuk mengukur kecemasan kencan dan kesepian romantis adalah versi adaptasi dari DAS-A (Glickman dan La Greca, 2004) dan SELSA-S:Romantic Subscale (DiTommaso, Banner dan Best, 2004). Proses pengumpulan data dilakukan secara *online* dengan menyebarkan link kuesioner di beberapa *platform* media sosial. Analisis data menggunakan uji Spearman Rho dengan menggunakan bantuan *software SPSS* versi 25.0 *for windows.* Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan ($\alpha = 0.05$) antara kecemasan kencan dan kesepian romantis pada dewasa awal, dengan tingkat koefisien sebesar 0.289.

Kata Kunci : *Dewasa awal, Kecemasan kencan, Kesepian romantis*

ABSTRACT

Ahmad Sopian (1906199), *The Relationship Between Dating Anxiety and Romantic Loneliness in Early Adults*. Thesis, Psychology Study Program, Faculty of Education, Indonesian University of Education. Bandung (2023).

This study aims to determine the relationship between dating anxiety and romantic loneliness in early adulthood. Subjects in this study were early adult individuals, aged 20-40 years who are not in a formal relationship or marriage (N=436). The sampling technique used is convenience sampling with the formula for determining the minimum number of samples using the tables of Isaac and Michael. The instruments used to measure dating anxiety and romantic loneliness are adapted versions of the DAS-A (Glickman dan La Greca, 2004) and SELSA-S:Romantic Subscale (DiTommaso, Banner dan Best, 2004). The data collection process was carried out online by distributing questionnaire link on several social media platforms. Data analysis used the Spearman Rho test with the help of SPSS software version 25.0 for windows. The results showed that there was a significant ($\alpha = 0.05$) relationship between dating anxiety and romantic loneliness in early adulthood, with a coefficient of 0.289.

Keywords: *Dating anxiety, Early adulthood, Romantic loneliness*

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