

**HUBUNGAN *RELATIONAL BOREDOM*
DENGAN *ROMANTIC RELATIONSHIP QUALITY*
PADA GENERASI Z YANG BERPACARAN DI JAWA BARAT**

SKRIPSI

Disusun untuk memperoleh gelar Sarjana Psikologi di Program Studi Psikologi
Fakultas Ilmu Pendidikan Universitas Pendidikan Indonesia



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FAKULTAS ILMU PENDIDIKAN
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ABSTRAK

Luthfiyyah Nur Dini (2004936). *Hubungan Relational Boredom dengan Romantic Relationship Quality pada Generasi Z yang Berpacaran di Jawa Barat.* Skripsi. Program Studi Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. (2024).

Penelitian ini bertujuan untuk mengidentifikasi hubungan antara *relational boredom* dengan *romantic relationship quality* pada generasi Z yang berpacaran di Jawa Barat. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Partisipan dalam penelitian ini berjumlah 1.452 generasi Z berusia 18-27 tahun yang sedang menjalin hubungan berpacaran dan berdomisili di Jawa Barat. Instrumen yang digunakan untuk mengukur variabel *relational boredom* adalah Relational Boredom Scale ($\alpha=0,882$), sedangkan instrumen untuk mengukur variabel *romantic relationship quality* adalah Partner Behaviors as Social Context Scale ($\alpha=0,925$) yang telah dialihbahasakan ke dalam Bahasa Indonesia. Teknik analisis data yang digunakan adalah uji korelasi Spearman's rho. Hasil penelitian menunjukkan adanya hubungan negatif yang signifikan antara *relational boredom* dengan *romantic relationship quality* pada generasi Z yang berpacaran di Jawa Barat. Dengan demikian, generasi Z hendaknya dapat memelihara hubungan berpacaran dengan sehat, salah satu caranya adalah dengan melakukan kegiatan yang variatif dan menyenangkan seperti berekreasi, mengikuti kelas kreatif, atau berbisnis bersama sehingga dapat meminimalisir kemunculan *relational boredom* dan meningkatkan *romantic relationship quality*.

Kata Kunci: generasi Z, *relational boredom*, *romantic relationship quality*

ABSTRACT

Luthfiyyah Nur Dini (2004396). *The Relationship between Relational Boredom and the Quality of Generation Z Romantic Relationship Dating in West Java.* Undergraduate Thesis. Psychology, Faculty of Education, Universitas Pendidikan Indonesia. (2024).

This research aimed to examine the relationship between relational boredom and quality of generation Z romantic relationship dating in West Java. This research used a quantitative approach with a correlational research design. The participants in this research were 1.452 generation Z aged between 18-27 years who are in a dating relationship and live in West Java. The instrument used to measure relational boredom variable is Relational Boredom Scale ($\alpha=0,882$), while the instrument to measure romantic relationship quality variable is Partner Behaviors as Social Context Scale ($\alpha=0,925$) which have been translated into Indonesian. Technique used for the data analysis is Spearman's rho correlation test. The result showed a significant negative correlation between relational boredom and quality of generation Z's romantic relationship dating in West Java. Thus, generation Z should be able to maintain dating relationship, which is by doing novel and exciting activities such as going on vacation, taking creative classes, or doing business together to minimize emergence of relational boredom and increase the quality of romantic relationship.

Keywords: generation Z, relational boredom, romantic relationship quality

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