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***SELF DISCLOSURE* SEBAGAI MEDIATOR ANTARA PENGARUH
FAMILY OF ORIGIN TERHADAP KUALITAS HUBUNGAN ROMANTIS
PADA DEWASA AWAL YANG BERPACARAN DI KOTA BANDUNG**

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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2021**

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Sebuah Skripsi yang diajukan untuk memenuhi salah satu syarat
memperoleh gelar Sarjana Psikologi pada Program Studi Psikologi,
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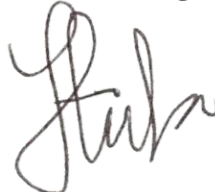
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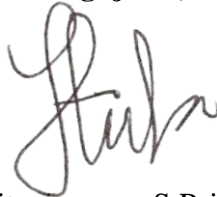
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ABSTRAK

Shania Salsabila (1703680). *Self disclosure* sebagai mediator antara pengaruh *family of origin* terhadap kualitas hubungan romantis pada dewasa awal yang berpacaran di Kota Bandung. Skripsi. Program Studi Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. (2021).

Penelitian ini bertujuan untuk menguji peran *self disclosure* sebagai mediator antara pengaruh *family of origin* terhadap kualitas hubungan romantis pada dewasa awal yang berpacaran di Kota Bandung. Responden dalam penelitian ini berjumlah 353 orang dewasa awal berusia 20-30 tahun yang sedang menjalin hubungan berpacaran dan berdomisili di Kota Bandung. Instrumen yang digunakan dalam penelitian ini telah diadaptasi ke dalam Bahasa Indonesia, yaitu *Family of Origin scale* (FOS) untuk mengukur *family of origin* dengan reliabilitas 0,96, *The Revised Self-Disclosure* (RSDS) untuk mengukur *self disclosure* dengan reliabilitas 0,91, dan *Perceived Relationship Quality Components Inventory* (PRQC) untuk mengukur kualitas hubungan romantis dengan reliabilitas 0,95. Teknik analisis data yang digunakan adalah regresi linier sederhana dan berganda serta sobel test. Hasil yang diperoleh menunjukkan bahwa *self disclosure* signifikan memediasi pengaruh *family of origin terhadap* kualitas hubungan romantis dewasa awal yang berpacaran di Kota Bandung.

Kata kunci : *family of origin, self disclosure*, kualitas hubungan romantis, dewasa awal

ABSTRACT

Shania Salsabila (1703680). Self disclosure as a mediator between the influence of family of origin to the quality of young adult romantic relationships dating in the city of Bandung. Thesis. Study Program Psychology, Faculty of Education, Indonesian University of Education (2021).

This study aims to examine the role of self disclosure as a mediator between the influence of family of origin to the quality of young adult romantic relationships dating in the city of Bandung. Respondents in this study amounted to 353 early adults aged 20-30 years who are in a dating relationship and domiciled in the city of Bandung. The instruments used in this study have been adapted into Indonesian, namely the Family of Origin scale (FOS) to measure family of origin with a reliability of 0.96, The Revised Self-Disclosure (RSDS) to measure self-disclosure with a reliability of 0.91, and Perceived Relationship Quality Components Inventory (PRQC) to measure the quality of romantic relationships with a reliability of 0.95. The data analysis technique used is linear regression and multiple regression and Sobel test. The results obtained indicate that self-disclosure significantly mediates the influence of family of origin to the quality of young adult romantic relationships dating in the city of Bandung.

Key word : family of origin, self disclosure, quality of romantic relationship, young adult

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