

Abstrak

Penelitian tersebut dilakukan untuk mengetahui sejauh mana kontribusi dimensi Attachment to God terhadap dimensi Psychological Well – Being. Adapun responden dalam penelitian tersebut adalah 200 jemaat gereja “X” Bandung yang berada pada masa dewasa muda.

Metode pengukuran yang digunakan adalah analisis regresi, melalui dua kuesioner yang terpisah, yaitu AGI (Attachment to God Inventory) yang terdiri dari 28 item dimana 14 item mencerminkan dimensi anxiety about abandonment, dan 14 item sisanya mencerminkan dimensi avoidance of intimacy, serta Ryff’s Psychological Well – Being Scale yang terdiri dari 84 item, dimana masing – masing dimensi psychological well – being memiliki 14 item. Keduanya sama – sama memiliki item yang positif dan negatif.

Hasil penelitian yang diperoleh menunjukkan bahwa kedua dimensi Attachment to God berkontribusi terhadap dimensi Psychological Well – Being. Kontribusi terbesar terdapat pada dimensi self acceptance (31,9%), environmental mastery (29,4%), purpose in life (28,7%), personal growth (24,2%), positive relationship with others (20,9%), dan autonomy (10,9%). Keduanya memiliki kontribusi yang berbanding terbalik dan signifikan terhadap kelima dimensi Psychological Well – Being, kecuali personal growth pada dimensi anxiety about abandonment, dan autonomy pada dimensi avoidance of intimacy. Berdasarkan hasil tersebut, peneliti menyarankan pihak gereja untuk mengadakan pembinaan rohani guna meningkatkan kedekatan jemaat dengan Tuhan sebagai figur attachment.

Kata kunci : Attachment to God, Psychological Well – Being, Early Adulthood

Abstract

This research is conducted to determine the existence of the contribution from the dimension of Attachment to God towards the dimension of Psychological Well – Being. The respondents of this research are taken from 200 presbyterian in “X” church Bandung in their early adulthood period.

The measurement method which is used in this research is analysis regression from two different questionnaires separately. The first questionnaire is AGI (Attachment to God Inventory), which have 28 items whereas 14 items show the dimension of anxiety about abandonment, and another 14 items show the dimension of avoidance of intimacy. The second is Ryff’s Psychological Well – Being Scale which have 84 items, whereas each of their dimension have 14 items. Both of them have positive and negative items.

The result from this research acknowledges that both of the dimension of Attachment to God are contributes to the dimension of Psychological Well – Being. The biggest contribution emerges from self acceptance (31,9%), environmental mastery (29,4%), purpose in life (28,7%), personal growth (24,2%), positive relationship with others (20,9%), and autonomy (10,9%). Both have an inversely proportional and a significant contribution to the dimension of Psychological Well – Being, except for personal growth at dimension of anxiety about abandonment, and autonomy at the dimension of avoidance of intimacy. From this result, researcher suggest a spiritual coaching from the church to Presbyterian in purpose to increase the intimacy between Presbyterian with God as an attachment figure.

Keywords : Attachment to God, Psychological Well – Being, Early Adulthood

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