ABSTRAK

Attachment dalam diri individu terbentuk di sepanjang hidup manusia. Penelitian ini melihat perbandingan pola attachment terhadap ibu dan pola attachment terhadap pasangan pada jemaat gereja “X” di kota Bandung.

Sampel penelitian berjumlah 73 responden berusia 18-40 tahun dengan usia pernikahan minimal 2 tahun. Setiap responden mengisi kuesioner yang terdiri dari data pribadi dan data penunjang, kuesioner Big Five Personality, serta kuesioner attachment ibu dengan validitas berkisar antara 0,307-0,640 dan kuesioner attachment pasangan dengan validitas berkisar antara 0,349-0,815. Hasil pengujian reliabilitas kuesioner attachment ibu dan pasangan untuk dimensi avoidant sebesar 0,853 dan 0,880 serta dimensi anxiety sebesar 0,727 dan 0,759. Skor responden dihitung dengan menggunakan McNemar dalam program SPSS 24. Skor juga diterapkan selang dengan faktor-faktor yang memengaruhi attachment.

Berdasarkan pengolahan data secara statistik, didapatkan nilai exact sig = 0,523. Kesimpulan yang diperoleh adalah tidak terdapat perbedaan yang signifikan antara pola attachment terhadap ibu dan terhadap pasangan artinya pola attachment yang terjadi relatif menetap antara pola attachment terhadap ibu dan pola attachment terhadap pasangan individu jemaat Gereja “X” Bandung.

Peneliti mengajukan saran kepada jemaat gereja “X” dapat tetap mempertahankan pola attachment yang tergolong pola secure atau mengembangkan pola attachment ke arah yang lebih secure. Selanjutnya dapat dilakukan penelitian untuk meneliti keterkaitan antara pola attachment dan faktor yang memengaruhinya secara lebih mendalam.

Kata Kunci: Attachment, Pola Attachment secure, Pola Attachment Insecure
Attachment in the individual is formed throughout human life. This study looked at the comparison of attachment style to mother and attachment style to couple in church "X" in Bandung city.

The sample of the research is 73 respondents aged 18-40 years with a minimum marriage age of 2 years. Each respondent completed a questionnaire consisting of personal data and supporting data, Big Five Personality questionnaire, and mother attachment questionnaire with validity ranged from 0.307-0.640 and couples attachment questionnaire with validity ranged from 0.349-0.815. The results of reliability test of mother attachment and couple attachment questionnaires for avoidant dimensions equal to 0.853 and 0.880 and anxiety dimensions equal to 0.727 and 0.759. The respondents scores were calculated using McNemar in the SPSS 24 program. Scores were also cross tabulated with factors affecting attachments.

Based on statistical data processing, the exact sig = 0.523 is obtained. The conclusion obtained is that there is no significant difference between attachment style to mother and to couple means attachment style that occurs relatively settled between attachment style to mother and attachment style to couple of church "X" Bandung.

The researcher proposes to the church "X" to keep the attachment style to a secure style or develop a more secure attachment style. Further research can be done to examine the relationship between the attachment style and the factors that affect it in more depth.

**Keywords**: Attachment, Secure attachment style, Insecure attachment style.
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LAMPIRAN I : Alat Ukur Pola *Attachment* (ECR)
LAMPIRAN II : Validitas dan Reliabilitas Alat Ukur
LAMPIRAN III : Skor Dimensi *Attachment*
LAMPIRAN IV : Distribusi Frekuensi Data Demografis
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