

HUBUNGAN ANTARA *SECURE ATTACHMENT* DENGAN KOMPETENSI SOSIAL PADA REMAJA DI SMAN 5 SAROLANGUN

Putri Annur Hidayah B., Program Psikologi, Fakultas Psikologi
Universitas Putra Indonesia YPTK Padang
Email: pupuyhdyh@gmail.com

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan *secure attachment* dengan kompetensi sosial pada siswa SMAN 5 Sarolangun. Alat ukur yang digunakan dalam penelitian ini adalah skala *secure attachment*, dan skala kompetensi sosial. Teknik pengambilan sampel adalah random sampling yaitu teknik penentuan sampel dengan pertimbangan tertentu, sehingga jumlah sampel pada penelitian ini yaitu sebanyak 122 siswa. Uji validitas dan reliabilitas dalam penelitian ini menggunakan teknik *Cronbach Alpha*. Hasil uji coba menunjukan koefisien validitas pada *secure attachment* bergerak dari 0,341 sampai 0,628 sedangkan koefisien reliabilitas nya sebesar 0,885, sedangkan koefisien validitas pada kompetensi sosial bergerak dari 0,310 sampai 0,735 sedangkan koefisien reliabilitas nya sebesar 0,907. Hasil penelitian menunjukkan terdapat hubungan positif yang sangat signifikan antara *secure attachment* dengan kompetensi sosial ($r = 0,582$; $p = 0,000$ artinya $p < 0,01$) hal tersebut berarti semakin tinggi *secure attachment*, semakin tinggi pula kompetensi sosial yang dimiliki remaja. *secure attachment* memberikan sumbangan efektif sebesar 33,9% terhadap kompetensi sosial.

Kata Kunci :

Secure Attachment, Kompetensi Sosial, Remaja di SMA, Sarolangun

THE RELATIONSHIP BETWEEN SECURE ATTACHMENT AND SOCIAL COMPETENCE IN ADOLESCENTS AT SMAN 5 SAROLANGUN

Putri Annur Hidayah B., Psychology, Faculty of Psychology
Putra Indonesia University YPTK Padang
Email: pupuyhdyh@gmail.com

ABSTRACT

This study aims to examine the relationship between secure attachment and social competence among students at SMAN 5 Sarolangun Senior High School. The research instruments consisted of a secure attachment scale and a social competence scale. A random sampling technique with specific considerations was employed, resulting in a sample of 122 students. The validity and reliability of the instruments were tested using Cronbach's Alpha. The validity coefficients for the secure attachment scale ranged from 0.341 to 0.628, with a reliability coefficient of 0.885. For the social competence scale, the validity coefficients ranged from 0.310 to 0.735, with a reliability coefficient of 0.907. The results indicate a highly significant positive correlation between secure attachment and social competence ($r = 0.582$; $p = 0.000$, where $p < 0.01$). This finding suggests that higher levels of Secure Attachment are associated with higher levels of social competence in adolescents. Furthermore, Secure Attachment was found to account for 33.9% of the variance in social competence..

Keywords:

Secure Attachment, Social Competence, High School Adolescents, Sarolangun