

HUBUNGAN DUKUNGAN SOSIAL DENGAN *LONELINESS* PADA WANITA DI MASA *QUARTER LIFE CRISIS*

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RINGKASAN

Abstrak: Wanita di usia 20-an akan cenderung merasa cemas, gelisah dan takut terkait dengan karir, pertemanan dan pasangan, perasaan tersebut merupakan tanda *quarter life crisis* yang dapat memicu timbulnya *loneliness*, maka diperlukan dukungan sosial untuk mengurangi *loneliness* pada masa *quarter life crisis* tersebut. Sehingga penelitian ini bertujuan untuk mengetahui hubungan negatif antara dukungan sosial dengan *loneliness* pada wanita di masa *quarter life crisis*. Subjek penelitian dipilih menggunakan teknik *purposive sampling*, dengan kriteria wanita usia 18-29 tahun yang tengah khawatir dengan masa depannya. Penelitian ini menggunakan metode penelitian kuantitatif korelasional, dengan bantuan skala UCLA *Loneliness scale Version-3* dan *Multidimensional Scale of Perceive Social Support* yang dimodifikasi untuk pengambilan datanya. Hasil uji validitas skala *loneliness* berada diangka 0,352 s/d 0,601 dengan reabilitas 0,865. Uji validitas skala dukungan sosial berada diangka 0,419 s/d 0,661 dengan reabilitas 0,836. Hasil uji normalitas *loneliness* 0,200 dan dukungan sosial 0,078 artinya data terdistribusi normal. Hasil uji $F = 0,000 < 0,001$ artinya hipotesis diterima dengan nilai koefisien korelasi dukungan sosial orang spesial -0,389, dukungan sosial keluarga -0,247 dan dukungan sosial teman -0,285. Dapat disimpulkan bahwa dukungan sosial secara signifikan berpengaruh negatif terhadap *loneliness* pada wanita di masa *quarter life crisis*.

Kata kunci: *loneliness*, dukungan sosial, *quarter life crisis*

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**THE RELATIONSHIP BETWEEN SOCIAL SUPPORT WITH LONELINESS
IN WOMEN DURING THE QUARTER LIFE CRISIS**

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ABSTRACT

Abstract: Women in their 20s tend to feel anxious, restless and afraid regarding their career, friendships and partners. These feelings are a sign of a quarter life crisis which can trigger loneliness, so social support is needed to reduce loneliness during the quarter life crisis. So this research aims to determine the negative relationship between social support and loneliness in women during the quarter life crisis. Research subjects were selected using a purposive sampling technique, with the criteria being women aged 18-29 years who were worried about their future. This research uses quantitative correlational research methods, with the help of the UCLA Loneliness Scale Version-3 and the modified Multidimensional Scale of Perceive Social Support for data collection. The results of the loneliness scale validity test were at 0.352 to 0.601 with a reliability of 0.865. The validity test of the social support scale is 0.419 to 0.661 with a reliability of 0.836. The normality test results for loneliness are 0.200 and social support is 0.078, meaning the data is normally distributed. The test result is $F = 0.000 < 0.001$, meaning the hypothesis is accepted with a correlation coefficient value of social support for special people -0.389, family social support -0.247 and friends' social support -0.285. It can be concluded that social support has a significant negative effect on loneliness in women during the quarter life crisis.

Key word: loneliness, social support, quarter life crisis

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