

ABSTRAK

Syafira Khairani. 220541100054. Program Studi Psikologi. Hubungan *Self Disclosure* dengan *Psychological well being* pada Laki-laki Dewasa Awal.

Laki-laki dewasa awal berada pada fase perkembangan yang dihadapkan pada berbagai tuntutan, seperti kemandirian, relasi interpersonal, pekerjaan, serta tekanan sosial untuk tampil kuat dan mampu mengendalikan emosi. Kondisi tersebut dapat membuat laki-laki lebih berhati-hati dalam mengungkapkan pikiran, perasaan, maupun pengalaman pribadinya kepada orang lain. *Self disclosure* menjadi salah satu hal penting karena dapat membantu individu membangun komunikasi yang lebih terbuka, memperoleh dukungan sosial, serta menjaga *psychological well being*. Tujuan penelitian ini adalah untuk mengetahui hubungan antara *self disclosure* dengan *psychological well being* pada laki-laki dewasa awal. Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian korelasional. Sampel dalam penelitian ini berjumlah 390 laki-laki dewasa awal berusia 18–29 tahun yang berdomisili di Surabaya dan dipilih menggunakan teknik purposive sampling. Instrumen yang digunakan dalam penelitian ini adalah skala *self disclosure* yang disusun berdasarkan dimensi DeVito dan skala *psychological well being* yang disusun berdasarkan aspek Ryff. Analisis data meliputi uji validitas, uji reliabilitas, uji asumsi, uji deskriptif, serta uji hipotesis dengan bantuan IBM SPSS Statistics versi 25. Uji hipotesis menggunakan korelasi Pearson Product Moment menunjukkan nilai koefisien korelasi sebesar 0,335 dengan nilai signifikansi 0,000 ($p < 0,05$). Hasil tersebut menunjukkan bahwa terdapat hubungan positif yang signifikan antara *self disclosure* dengan *psychological well being* pada laki-laki dewasa awal. Artinya, semakin tinggi *self disclosure*, maka semakin tinggi pula *psychological well being* yang dimiliki individu. Sebaliknya, semakin rendah *self disclosure*, maka semakin rendah pula *psychological well being* individu. Sebagian besar responden memiliki tingkat *self disclosure* pada kategori sedang sebesar 63,10% dan *psychological well being* pada kategori sedang sebesar 62,80%. Hasil penelitian ini menunjukkan bahwa *self disclosure* memiliki keterkaitan dengan *psychological well being*, meskipun kekuatan hubungannya tergolong rendah sehingga *psychological well being* juga dapat dipengaruhi oleh faktor lain di luar variabel penelitian ini.

Kata Kunci: *Self Disclosure*, *Psychological well being*, Laki-laki Dewasa Awal, Surabaya.

ABSTRACT

Syafira Khairani. 220541100054. Psychology Study Program. The Relationship Between Self Disclosure and Psychological well being among Early Adult Men.

Men in early adulthood are in a developmental phase in which they are faced with various demands, such as independence, interpersonal relationships, work, and social pressure to appear strong and able to control their emotions. These conditions may make men more cautious in expressing their thoughts, feelings, and personal experiences to others. Self disclosure becomes an important aspect because it can help individuals build more open communication, obtain social support, and maintain psychological well being. The purpose of this study was to determine the relationship between self disclosure and psychological well being among men in early adulthood. This study used a quantitative approach with a correlational research design. The sample in this study consisted of 390 men in early adulthood aged 18–29 years who lived in Surabaya and were selected using purposive sampling technique. The instruments used in this study were a self disclosure scale developed based on DeVito's dimensions and a psychological well being scale developed based on Ryff's aspects. Data analysis included validity testing, reliability testing, assumption testing, descriptive analysis, and hypothesis testing with the assistance of IBM SPSS Statistics version 25. Hypothesis testing using Pearson Product Moment correlation showed a correlation coefficient of 0.335 with a significance value of 0.000 ($p < 0.05$). These results indicate that there is a significant positive relationship between self disclosure and psychological well being among men in early adulthood. This means that the higher the self disclosure, the higher the psychological well being possessed by the individual. Conversely, the lower the self disclosure, the lower the individual's psychological well being. Most respondents had a moderate level of self disclosure, with a percentage of 63,10%, and psychological well being in the moderate category, with a percentage of 62,80%. The results of this study indicate that self disclosure is related to psychological well being, although the strength of the relationship is classified as low, so psychological well being may also be influenced by other factors outside the variables examined in this study.

Keywords: Self Disclosure, Psychological well being, Men in Early Adulthood, Surabaya.