

ABSTRAK

Dina Dwi Maylana. 220541100023. Skripsi. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya. Universitas Trunodjoyo Madura. 2026. Hubungan Antara Kesepian Dengan *Self-Disclosure* Kepada Chatbot AI Pada Mahasiswa Universitas Trunodjoyo Madura.

Penelitian ini bertujuan untuk mengetahui hubungan antara kesepian dengan *self-disclosure* kepada chatbot AI pada mahasiswa Universitas Trunodjoyo Madura. Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan teknik *non-probability sampling* jenis *purposive sampling*. Sampel penelitian berjumlah 385 mahasiswa Universitas Trunodjoyo Madura yang pernah menggunakan chatbot AI, yang ditentukan berdasarkan rumus Lemeshow. Instrumen penelitian menggunakan skala Kesepian dengan nilai reliabilitas Cronbach's Alpha sebesar 0,917 dan skala *Self-Disclosure* dengan nilai reliabilitas Cronbach's Alpha sebesar 0,950. Analisis data menggunakan uji korelasi Spearman Rank dengan bantuan software SPSS versi 23 for Windows. Berdasarkan hasil analisis data, diperoleh nilai *correlation coefficient* sebesar 0,173 dengan nilai signifikansi 0,001. Hasil uji Spearman Rank menunjukkan bahwa nilai signifikansi tersebut lebih kecil dari 0,05 ($0,001 < 0,05$), sehingga H_0 ditolak dan H_a diterima. Dengan demikian, dapat disimpulkan bahwa terdapat hubungan yang signifikan antara kesepian dengan *self-disclosure* kepada chatbot AI pada mahasiswa Universitas Trunodjoyo Madura. Nilai koefisien korelasi yang positif menunjukkan bahwa hubungan kedua variabel bersifat searah, yaitu semakin tinggi tingkat kesepian maka semakin tinggi pula kecenderungan melakukan *self-disclosure* kepada chatbot AI.

Kata Kunci: Kesepian, *Self-Disclosure*, Chatbot AI, Mahasiswa UTM

ABSTRACT

Dina Dwi Maylana. 220541100023. Thesis. Department of Psychology, Faculty of Social and Cultural Sciences. Trunodjoyo University of Madura. 2026. *The Relationship Between Loneliness and Self-Disclosure to AI Chatbots Among Students at Trunodjoyo University, Madura.*

This study aims to examine the relationship between loneliness and self-disclosure to an AI chatbot among students at Trunodjoyo University of Madura. This study employs a quantitative correlational approach using purposive sampling as a non-probability sampling technique. The sample consisted of 385 students at Trunodjoyo University of Madura who had used an AI chatbot, selected based on Lemeshow's formula. The research instruments included a Loneliness Scale with a Cronbach's Alpha reliability coefficient of 0.917 and a Self-Disclosure Scale with a Cronbach's Alpha reliability coefficient of 0.950. Data analysis was conducted using the Spearman Rank correlation test with the assistance of SPSS version 23 for Windows. Based on the data analysis results, a correlation coefficient of 0.173 was obtained with a significance value of 0.001. The results of the Spearman's rank test indicate that this significance value is less than 0.05 ($0.001 < 0.05$); therefore, the null hypothesis H_0 is rejected and the alternative hypothesis H_a is accepted. Thus, it can be concluded that there is a significant relationship between loneliness and self-disclosure to an AI chatbot among students at Trunodjoyo University of Madura. The positive correlation coefficient indicates that the relationship between the two variables is positive; that is, the higher the level of loneliness, the greater the tendency to engage in self-disclosure to an AI chatbot.

Keywords: Loneliness, Self-Disclosure, AI Chatbot, College Students UTM