

## ABSTRAK

**Nindya Aglis Maulidiyah. 190541100024. Pengaruh *Anxious Attachment* terhadap *Acceptance of Dating Violence* pada Mahasiswa Universitas Trunojoyo Madura. Skripsi. Program Studi Psikologi Universitas Trunojoyo Madura. 2026.**

*Dating violence* merupakan fenomena yang semakin meningkat di kalangan mahasiswa dan memberikan dampak serius terhadap kesehatan mental serta kualitas hubungan interpersonal. Salah satu faktor psikologis yang diduga memengaruhi penerimaan terhadap kekerasan dalam pacaran adalah *anxious attachment*, yaitu pola keterikatan yang ditandai dengan kecemasan berlebihan terhadap penolakan dan kehilangan pasangan. Penelitian ini bertujuan untuk mengetahui pengaruh *anxious attachment* terhadap *acceptance of dating violence* pada mahasiswa Universitas Trunojoyo Madura. Penelitian ini menggunakan pendekatan kuantitatif dengan instrumen berupa skala *Anxious Attachment* (ECR-R) dan skala *Acceptance of Dating Violence* (ADV). Responden dalam penelitian ini berjumlah 110 mahasiswa. Hasil analisis regresi linier sederhana menunjukkan nilai  $F = 5,053$  dengan tingkat signifikansi sebesar  $0,027$  ( $p < 0,05$ ), yang berarti terdapat pengaruh signifikan antara *anxious attachment* terhadap *acceptance of dating violence*. Nilai koefisien regresi menunjukkan  $\beta = 0,221$  dengan arah hubungan positif, yang mengindikasikan bahwa semakin tinggi tingkat *anxious attachment*, maka semakin tinggi pula kecenderungan individu untuk menerima atau mentoleransi kekerasan dalam hubungan pacaran. Persamaan regresi yang diperoleh yaitu  $Y = 43,254 + 0,378X$ . Selain itu, nilai koefisien determinasi ( $R^2$ ) sebesar  $0,049$  menunjukkan bahwa *anxious attachment* memberikan kontribusi sebesar  $4,9\%$  terhadap *acceptance of dating violence*, sedangkan sisanya sebesar  $95,1\%$  dipengaruhi oleh faktor lain di luar penelitian ini.

**Kata Kunci:** *Anxious Attachment, Acceptance of Dating Violence, Mahasiswa, Dating Violence, Universitas Trunojoyo Madura.*

## ABSTRACT

**Nindya Aglis Maulidiyah. 190541100024. *The Effect of Anxious Attachment on Acceptance of Dating Violence in Students of Trunojoyo Madura University*. Thesis. Psychology Study Program, Trunojoyo University of Madura. 2026.**

*Dating violence is a growing phenomenon among college students and has a serious impact on mental health and the quality of interpersonal relationships. One of the psychological factors that is suspected to affect acceptance of dating violence is anxious attachment, which is a pattern of attachment characterized by excessive anxiety about rejection and loss of a partner. This study aims to determine the effect of anxious attachment on acceptance of dating violence in students of Trunojoyo Madura University. This study uses a quantitative approach with instruments in the form of an Anxious Attachment (ECR-R) scale and an Acceptance of Dating Violence (ADV) scale. The respondents in this study amounted to 110 students. The results of simple linear regression analysis showed a value of  $F = 5.053$  with a significance level of  $0.027$  ( $p < 0.05$ ), which means that there is a significant influence between anxious attachment and acceptance of dating violence. The regression coefficient value showed  $\beta = 0.221$  with a positive relationship direction, indicating that the higher the level of anxious attachment, the higher the individual's tendency to accept or tolerate violence in a dating relationship. The regression equation obtained is  $Y = 43.254 + 0.378X$ . In addition, a determination coefficient value ( $R^2$ ) of  $0.049$  showed that anxious attachment contributed  $4.9\%$  to acceptance of dating violence, while the remaining  $95.1\%$  was influenced by other factors outside this study.*

**Keywords:** *Anxious Attachment, Acceptance of Dating Violence, Students, Dating Violence, Trunojoyo Madura University.*