

INTISARI

PENGARUH DUKUNGAN SOSIAL DAN *ATTACHMENT* TERHADAP PERASAAN KESEPIAN PADA SANTRI YANG TINGGAL DI PONDOK PESANTREN AL-YASINI

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Lingkungan sosial yang baru bagi remaja seperti belajar di sekolah yang baru, pindah ke kota yang baru, ataupun berpisah dari keluarga dapat menimbulkan kesepian. Dalam rasa kesepian ada beberapa faktor yang dapat membantu mengurangi rasa kesepian pada individu, seperti misalnya attachment dan dukungan sosial.. Penelitian ini bertujuan untuk mengetahui bagaimana hubungan antara dukungan sosial dan attachment terhadap perasaan kesepian pada santri yang tinggal di Pondok Pesantren Al-yasini sebanyak 150 santri. Pengambilan data menggunakan skala regresi ganda. Berdasarkan perhitungan pada skala dukungan sosial terdapat 37 item valid dengan reliabilitas 0,688, pada skala attachment terdapat 26 item valid dengan reliabilitas 0,582, dan pada skala lingkungan keluarga terdapat 33 item valid dengan reliabilitas 0,682. Dari hasil perhitungan uji f diperoleh nilai F sebesar 22,767 dengan signifikansi sebesar $0,000 < 0,05$, artinya ada pengaruh dukungan sosial dan attachment secara simultan terhadap perasaan kesepian. Dengan demikian hipotesis yang menyatakan ada pengaruh dukungan sosial dan attachment terhadap perasaan kesepian santri Pondok Pesantren Al-yasini diterima (H_a).

Kata Kunci: *Attachment*, Dukungan Sosial, Rasa Kesepian

ABSTRACT

THE EFFECT OF SOCIAL SUPPORT AND ATTACHMENT ON LONELINESS IN STUDENTS LIVING IN AL-YASINI ISLAMIC BOARDING SCHOOL

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A new social environment for adolescents such as studying at a new school, moving to a new city, or being separated from family can cause loneliness. In loneliness there are several factors that can help reduce feelings of loneliness in individuals, such as attachment and social support. This study aims to find out how the relationship between social support and attachment has on feelings of loneliness in students who live in Al-Yasini Islamic Boarding School as many as 150 Students. Retrieval of data using multiple regression scale. Based on calculations on the social support scale there are 37 valid items with a reliability of 0.688, on the attachment scale there are 26 valid items with a reliability of 0.582, and on the family environment scale there are 33 valid items with a reliability of 0.682. From the results of the f test calculation, an F value of 22.767 is obtained with a significance of $0.000 < 0.05$, meaning that there is an effect of social support and attachment simultaneously on feelings of loneliness. Thus the hypothesis which states that there is an effect of social support and attachment on the feelings of loneliness of Al-Yasini Islamic Boarding School students is accepted (H_a).

Keywords: *Attachment*, Social Support, Loneliness