

**ABSTRAK**

Pengaruh *Intimate Friendship* Terhadap *Self Disclosure* Pada Dewasa Awal di DKI Jakarta

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Masa dewasa awal merupakan masa peralihan remaja menuju dunia dewasa, dimana perkembangan hubungan yang intim sebagai tugas penting masa dewasa awal dan salah satu unsur penting dari keintiman adalah pengungkapan diri (*self disclosure*). Faktor yang mempengaruhi *self disclosure* adalah mitra dalam hubungan, individu melakukan *self-disclosure* kepada seseorang yang dianggapnya dekat dan dapat dipercaya, seperti teman sehingga dibutuhkan suatu intimitas dalam sebuah pertemanan atau *intimate friendship*. *Intimate friendship* juga termasuk dalam perasaan menyukai, dimana individu cenderung melakukan *self-disclosure* kepada orang yang disukai atau cintai. Tujuan penelitian ini adalah untuk mengetahui pengaruh *intimate friendship* terhadap *self-disclosure*. Metode penelitian ini menggunakan pendekatan kuantitatif, dengan teknik pengambilan sampel *non probability sampling* jenis *purposive sampling*, dengan sampel 150 orang dewasa awal di DKI Jakarta berusia 20-30 tahun. Alat ukur *intimate friendship* memiliki reliabilitas ( $\alpha$ ) = 0,892, dengan 22 aitem valid, sedangkan alat ukur *self disclosure* memiliki reliabilitas ( $\alpha$ ) 0,930 dengan 23 aitem valid. Hasil uji regresi didapati nilai sig. ( $p$ ) = 0,000, ( $p < 0,05$ ), artinya hipotesis diterima yaitu terdapat pengaruh *intimate friendship* terhadap *self disclosure* pada dewasa awal di DKI Jakarta dengan kontribusi sebesar 16,6%. Semakin tinggi *intimate friendship* maka semakin tinggi *self disclosure*. Berdasarkan hasil kategorisasi, sebesar 56,7% dewasa awal di DKI Jakarta termasuk dalam kategori *self disclosure* rendah, yang didominasi oleh perempuan.

Kata Kunci: *Intimate Friendship*, *Self Disclosure*, Dewasa Awal

**ABSTRACT**

*The Effect of Intimate Friendship on Self-Disclosure in Early Adults in DKI Jakarta*

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*Early adulthood is a transitional period for adolescents into the adult world, where the development of intimate relationships is an important task of early adulthood and one of the important elements of intimacy is self-disclosure. Factors that influence self-disclosure are partners in relationships, individual self-disclosure to someone they consider close and trustworthy, like a friend, so that intimacy is needed in a friendship or called intimate friendship. Intimate friendship is also included in the feeling of liking, where individuals tend to do self-disclosure to people they like or love. The purpose of this study was to determine the effect of intimate friendship on self-disclosure. This research method uses a quantitative approach, with a non-probability sampling technique of purposive sampling, with a sample of 150 early adults in DKI Jakarta aged 20-30 years. The intimate friendship measuring tool has reliability ( $\alpha$ ) = 0.892, with 22 valid items, while the self-disclosure measuring tool has reliability ( $\alpha$ ) 0.930 with 23 valid items. The results of the regression test found sig. ( $p$ ) = 0.000, ( $p < 0.05$ ), meaning that the hypothesis is accepted, there is an influence of intimate friendship on self-disclosure in early adulthood in DKI Jakarta with a contribution of 16.6%. The higher the intimate friendship, the higher the self-disclosure. Based on the categorization results, 56.7% fall into the category of low self-disclosure, which is dominated by early adult women in DKI Jakarta.*

**Keywords:** *Intimate Friendship, Self-Disclosure, Early Adults*