

ABSTRAK

Fenomena peningkatan perceraian dan penurunan angka pernikahan di Indonesia, menunjukkan adanya kesenjangan antara pandangan ideal pernikahan dengan realitas yang ada. Hal tersebut sejalan dengan kasus perceraian yang ada di Purwokerto. Selama 6 tahun terakhir, kasus perceraian selalu stabil mencapai lebih dari 2500 putusan. Kondisi ini mengindikasikan pentingnya kesiapan menikah (*readiness for marriage*). Salah satu faktor internal yang berperan dalam kesiapan tersebut adalah *adult attachment style*, yang terbentuk dari pengalaman relasi sebelumnya dan memengaruhi cara individu dalam membangun hubungan. Namun, studi empiris yang secara spesifik dalam konteks komunikasi *interpersonal* meneliti pengaruh masing-masing dimensi *adult attachment style* terhadap kesiapan menikah pada mahasiswa masih terbatas, khususnya di Purwokerto. Penelitian ini bertujuan untuk mengetahui pengaruh *adult attachment style* terhadap *readiness for marriage* pada mahasiswa di Purwokerto. Penelitian ini menggunakan pendekatan kuantitatif yang dilakukan kepada 151 sampel mahasiswa Purwokerto dengan kriteria berusia 18-25 tahun dan pernah atau sedang menjalani hubungan romantis. Data yang didapat, dianalisis menggunakan metode analisis regresi linier berganda. Hasil analisis menunjukkan bahwa *secure attachment* berpengaruh positif signifikan terhadap *readiness for marriage* sebesar 15,21%, *preoccupied attachment* berpengaruh negatif signifikan terhadap *readiness for marriage* sebesar 1,67%. Sedangkan *fearful attachment* dan *dismissing attachment* tidak menunjukkan pengaruh yang signifikan terhadap *readiness for marriage*. Dapat disimpulkan bahwa tidak semua dimensi *adult attachment style* memiliki pengaruh terhadap kesiapan menikah, tetapi secara simultan variabel ini berpengaruh signifikan dengan *secure attachment* sebagai variabel paling dominan dalam meningkatkan kesiapan menikah. Penelitian berkontribusi pada pengembangan kajian pola kelekatan dewasa dan kesiapan menikah pada individu dewasa awal dalam konteks komunikasi *interpersonal*.

Kata Kunci: *Adult Attachment Style, Readiness for Marriage, Mahasiswa, Komunikasi Interpersonal.*

ABSTRACT

The rising divorce rate and declining marriage rate in Indonesia highlight a gap between the idealized view of marriage and its actual reality. This trend is also reflected in divorce statistics in Purwokerto, where the number of cases has remained consistently high over the past six years, exceeding 2,500 rulings annually. This situation underscores the importance of readiness for marriage. One internal factor that plays a role in this readiness is adult attachment style, which is shaped by previous relational experiences and influences how individuals build romantic relationships. However, empirical studies that specifically examine the influence of each dimension of adult attachment style on marriage readiness among university students within the context of interpersonal communication remain limited, particularly in Purwokerto. This study aims to examine the influence of adult attachment style on readiness for marriage among university students in Purwokerto. This study employs a quantitative approach and was conducted on 151 university students in Purwokerto who met the criteria of being aged 18–25 years and having been or currently being in a romantic relationship. The data were analyzed using multiple linear regression analysis. The results indicate that secure attachment has a significant positive effect on readiness for marriage, accounting for 15.21% of the variance, while preoccupied attachment has a significant negative effect, accounting for 1.67% of the variance. Meanwhile, fearful attachment and dismissing attachment do not have a significant effect on readiness for marriage. It can be concluded that not all dimensions of adult attachment style influence marriage readiness; however, these variables collectively have a significant effect, with secure attachment being the most dominant variable in enhancing readiness for marriage. This study contributes to the development of research on adult attachment patterns and marriage readiness among young adults within the context of interpersonal communication.

Keywords: *Adult Attachment Style, Readiness for Marriage, University Students, Interpersonal Communication.*