

**HUBUNGAN *PARENTAL ATTACHMENT* DAN *SELF-ESTEEM*
TERHADAP *SOCIAL ANXIETY* DI KALANGAN REMAJA
SURABAYA**

Diajukan Kepada Universitas Islam Negeri Sunan Ampel Surabaya
untuk Memenuhi Salah Satu Persyaratan Program Strata Satu
Psikologi (S. Psi)



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UNIVERSITAS UIN SUNAN AMPEL SURABAYA**

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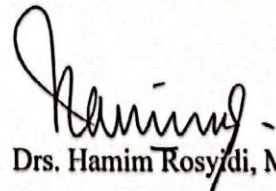
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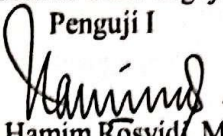
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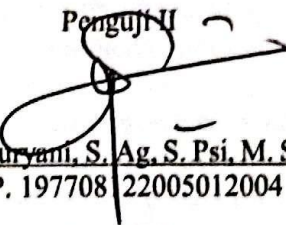
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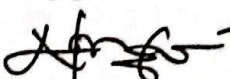
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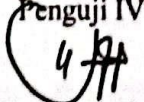
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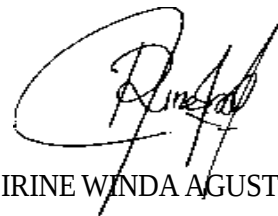
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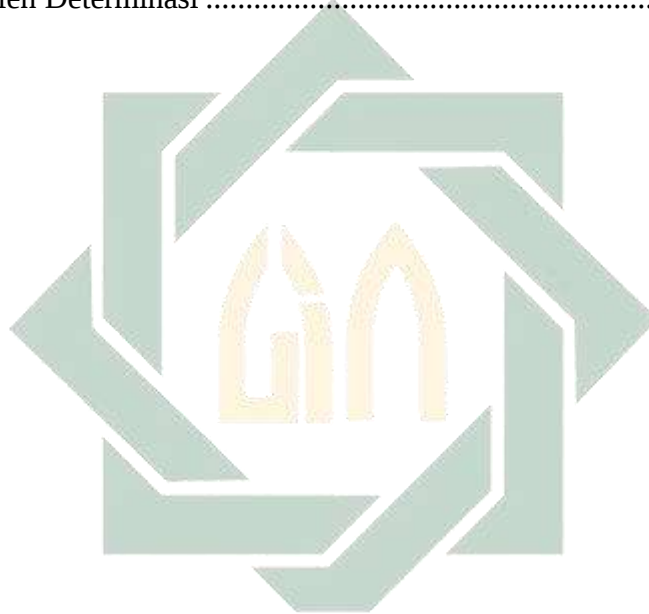
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INTISARI

Penelitian ini bertujuan untuk mengkaji hubungan antara *parental attachment* dan *self-esteem* terhadap *social anxiety* di kalangan remaja Surabaya. Metode penelitian menggunakan pendekatan kuantitatif dengan desain korelasional. Responden terdiri dari 358 remaja berusia 14–18 tahun. Data dikumpulkan menggunakan kuesioner yang mengukur *parental attachment*, *self-esteem*, dan tingkat *social anxiety*. Menggunakan analisis regresi linier berganda menggunakan SPSS. Hasil analisis menunjukkan bahwa *parental attachment* dan *self-esteem* memiliki hubungan negatif yang signifikan sebesar 36% terhadap *social anxiety*. Artinya, *parental attachment* dan *self-esteem* yang baik pada individu akan berhubungan dengan tingkat *social anxiety* yang rendah, begitu pula sebaliknya. Implikasi penelitian ini menunjukkan pentingnya peran orang tua dalam membangun ikatan emosional yang positif dengan remaja, serta perlunya pengembangan program yang dapat meningkatkan *self-esteem* sebagai strategi untuk mencegah dan mengurangi *social anxiety*. Program intervensi berbasis keluarga dan sekolah yang melibatkan pelatihan komunikasi efektif dan keterampilan pengasuhan dapat membantu menciptakan lingkungan yang mendukung kesehatan mental remaja.

Kata kunci: *parental attachment, self-esteem, social anxiety*

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ABSTRACT

This study aims to examine the relationship between parental attachment and self-esteem with social anxiety among adolescents in Surabaya. The research employed a quantitative approach with a correlational design. The respondents consisted of 358 adolescents aged 14–18 years. Data were collected using questionnaires measuring parental attachment, self-esteem, and levels of social anxiety. Multiple linear regression analysis was conducted using SPSS. The results revealed a significant negative relationship of 36% between parental attachment and self-esteem with social anxiety. This indicates that good parental attachment and high self-esteem are associated with lower levels of social anxiety, and vice versa. The findings emphasize the importance of parents in fostering positive emotional bonds with adolescents and highlight the need for programs aimed at improving self-esteem as a strategy to prevent and reduce social anxiety. Family- and school-based intervention programs that include training in effective communication and parenting skills can help create a supportive environment for adolescent mental health.

Keywords: *parental attachment, self-esteem, social anxiety*

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