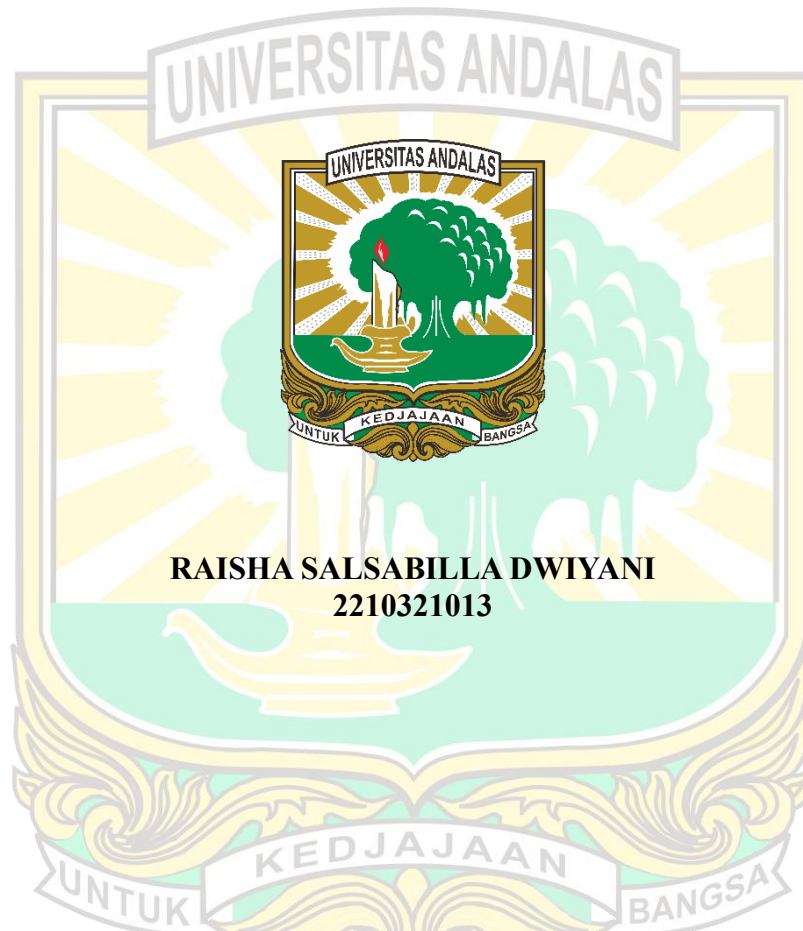


**HUBUNGAN *ADVERSE CHILDHOOD EXPERIENCES* DENGAN
SELF-ESTEEM PADA *EMERGING ADULT***

SKRIPSI

**Diajukan Untuk Memenuhi Salah Satu Syarat Untuk Mendapatkan
Gelar Sarjana Psikologi**



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CORRELATION BETWEEN ADVERSE CHILDHOOD EXPERIENCES AND SELF-ESTEEM IN EMERGING ADULT

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ABSTRACT

During the emerging adulthood phase, self-esteem is a crucial psychological aspect that helps individuals accomplish their developmental tasks. However, when individuals in emerging adulthood have a history of adverse childhood experiences, they are expected to have low self-esteem. This study aims to examine the relationship between adverse childhood experiences and self-esteem in emerging adulthood. The research method used in this study is a quantitative method, specifically Spearman's Rank correlation analysis. The sample consisted of 96 individuals in emerging adulthood in West Sumatra and the sampling technique used was voluntary sampling. Data collection was conducted using the Adverse Childhood Experiences International Questionnaire (ACE-IQ) and an adapted version of the Self-Liking/Self-Competence Scale-Revised (SLCS-R). The reliability coefficient for the Adverse Childhood Experiences scale was 0,880, and for the self-esteem scale, it was 0,874. The outcome of this study is a significant relationship between adverse childhood experiences and self-esteem in emerging adult. This is evident from the significance value of 0,006 and the correlation coefficient of -0,280. This results suggest that the higher the level of adverse childhood experiences, the lower the self-esteem among emerging adult, and vice versa. For emerging adults, these findings are expected to raise their awareness of the impact of ACEs, thereby enhancing their sense of competence and self-acceptance.

Keywords: *emerging adulthood, self-esteem, adverse childhood experiences*

HUBUNGAN *ADVERSE CHILDHOOD EXPERIENCES* DENGAN *SELF-ESTEEM* PADA *EMERGING ADULT*

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ABSTRAK

Pada fase *emerging adulthood*, *self-esteem* menjadi aspek psikologis krusial yang membantu individu dalam menyelesaikan tugas perkembangannya. Riwayat *adverse childhood experiences* diperkirakan dapat memicu rendahnya *self-esteem* pada individu di fase ini. Penelitian ini bertujuan untuk mengkaji hubungan *adverse childhood experiences* dengan *self-esteem* pada *emerging adult*. Metode penelitian yang digunakan dalam penelitian ini yaitu metode kuantitatif berupa analisis korelasi *Spearman's Rank*. Responden dalam penelitian ini berjumlah 96 orang *emerging adult* di Sumatera Barat dengan menggunakan teknik *voluntary sampling*. Pengumpulan data dilakukan dengan mengadopsi alat ukur *adverse childhood experiences international questionnaire* (ACE-IQ) dan mengadaptasi alat ukur *self-liking/self-competence scale-revised* (SLCS-R). Reliabilitas pada skala *adverse childhood experiences* sebesar 0,880 dan pada skala *self-esteem* sebesar 0,874. Hasil penelitian ini menunjukkan bahwa terdapat hubungan secara signifikan antara *adverse childhood experiences* dengan *self-esteem* pada *emerging adult*. Hal ini terlihat dari nilai signifikansi sebesar 0,006 dan koefisien korelasi sebesar -0,280. Hasil ini menunjukkan semakin tinggi *adverse childhood experiences*, maka semakin rendah *self-esteem* pada *emerging adult* dan begitu sebaliknya. Bagi *emerging adult*, hasil ini diharapkan mengembangkan kesadaran *emerging adult* terhadap dampak ACEs untuk meningkatkan rasa kompeten dan penerimaan diri.

Kata kunci: *emerging adulthood*, *self-esteem*, *adverse childhood experiences*