

## Keterkaitan antara *Pet attachment* dengan *Perceived stress* pada Pemilik Hewan yang Mulai Memelihara Hewan pada Masa Pembatasan Sosial Akibat Pandemi COVID-19

Intisari. Penelitian ini bertujuan untuk mengidentifikasi dan menjelaskan keterkaitan antara tingkat *pet attachment* dengan *perceived stress* pada pemilik hewan yang baru memelihara hewan peliharaan saat terdampak COVID-19 dengan rentang waktu pemeliharaan 2020 dan aktif memelihara hewan sampai saat ini. Sampel penelitian ini berjumlah 384 orang yang dipilih menggunakan teknik *purposive sampling* dengan kriteria responden yaitu memiliki hewan peliharaan yang mulai dipelihara sejak awal tahun 2020 dan masih aktif memelihara hingga saat ini, serta berdomisili di Indonesia. Pengambilan data dilakukan menggunakan dua skala, yaitu *Perceived stress Scale* (PSS) dan *Lexington Attachment To Pets Scale* (LAPS). Uji hipotesis dilakukan dengan menggunakan teknik statistik parametrik *Pearson*. Hasil penelitian menunjukkan bahwa terdapat keterkaitan yang signifikan antara tingkat *pet attachment* dengan tingkat *perceived stress* yang dirasakan oleh pemilik hewan yang mulai memelihara hewan pada masa pembatasan sosial akibat pandemi COVID-19, dengan nilai korelasional sebesar ( $r=0,267$ ).

Kata Kunci: *pet attachment, perceived stress, hewan*

### *The Relationship Between Pet attachments and Perceived stress in Animal Owners Who Start Keeping Animals During the Period of Social Restrictions Due to the COVID-19 Pandemic*

Abstract. The objective of this study is to analyse and elucidate the correlation between the degree of pet attachment and the level of perceived stress in individuals who acquired pets during the COVID-19 pandemic in 2020 and have continued to care for them since then. The study's sample consisted of 384 individuals who were selected using the purposive sampling technique. The criteria for selection were that the respondents owned dogs that they have kept since the beginning of 2020 and continue to actively care for them. Additionally, the respondents had to reside in Indonesia. The data gathering process involved the utilisation of two scales: the Perceived Stress Scale (PSS) and the Lexington Attachment to Pets Scale (LAPS). Pearson parametric statistical techniques were employed to conduct hypothesis testing. The findings indicated a notable association ( $r = 0.267$ ) between the degree of emotional bond with pets and the reported level of stress experienced by those who began owning animals during the COVID-19 pandemic's societal limitations.

*Keywords: pet attachment, perceived stress, animal*