

Hubungan *Perceived Social Support* dengan Resiliensi pada *Emerging Adulthood* yang Berdomisili di Bali Pasca Putus Cinta

Intisari. Masa *emerging adulthood* (18–25 tahun) merupakan fase eksplorasi identitas yang rentan terhadap ketidakstabilan hubungan romantis, termasuk putus cinta yang dapat memicu keterpurukan emosional hingga meningkatkan risiko bunuh diri. Provinsi Bali memiliki tingkat bunuh diri yang tinggi, salah satunya disebabkan oleh permasalahan asmara. Penelitian ini bertujuan untuk mengetahui hubungan antara *perceived social support* dengan resiliensi pada *emerging adulthood* yang berdomisili di Bali pasca putus cinta. Pendekatan digunakan adalah kuantitatif korelasi dengan melibatkan 386 responden yang dipilih melalui *purposive sampling* berdasarkan kriteria usia 18-25 tahun, pengalaman keterpurukan pasca putus cinta, dan domisili Bali. Instrumen yang digunakan adalah *Connor-Davidson Resilience Scale 10-item* (CD-RISC-10) dan *Multidimensional Scale of Perceived Social Support* (MSPSS). Analisis uji korelasi Pearson menunjukkan hubungan positif signifikan antara *perceived social support* dengan resiliensi ($r = 0,306$, $p < 0,001$). Hasil ini menunjukkan bahwa semakin tinggi *perceived social support*, semakin tinggi pula resiliensi individu pasca putus cinta. Temuan ini menegaskan peran penting *perceived social support* dalam membangun resiliensi.

Kata Kunci: *perceived social support*, resiliensi, *emerging adulthood*, putus cinta, Bali.

The Relationship between Perceived Social Support and Resilience among Emerging Adults in Bali after Romantic Breakups

Abstract. Emerging adulthood (18-25 years) is a phase of identity exploration that is vulnerable to instability in romantic relationships, including breakups that can trigger emotional distress and increase the risk of suicide. Bali Province has a high suicide rate, one of which is caused by romantic problems. This study aims to determine the relationship between perceived social support and resilience in emerging adulthood who live in Bali after a breakup. The approach used was quantitative correlation involving 386 respondents selected through purposive sampling based on the criteria of age 18-25 years, experience of adversity after a breakup, and domicile in Bali. The instruments used were the 10-item Connor-Davidson Resilience Scale (CD-RISC-10) and the Multidimensional Scale of Perceived Social Support (MSPSS). Pearson correlation test analysis showed a significant positive relationship between perceived social support and resilience ($r = 0.306$, $p < 0.001$). These results indicate that the higher the perceived social support, the higher the resilience of individuals after a breakup. This finding confirms the important role of perceived social support in building resilience.

Keywords: Perceived social support, resilience, emerging adulthood, breakup, Bali.