

The Role of Perceived Partner Responsiveness in the Relationship between Attachment and Subjective Well-Being of Broken Home Women

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ABSTRAK

Rasa tidak aman akibat kehilangan attachment dengan orang tua dapat menyebabkan insecure attachment yang bertahan hingga dewasa, mengakibatkan depresi, kecemasan, dan rendahnya harga diri, serta mempengaruhi kesejahteraan subjektif. Penelitian ini bertujuan menganalisis dampak attachment anxiety dan attachment avoidance terhadap aspek kognitif terkait kesejahteraan subjektif perempuan dewasa awal yang orang tuanya bercerai dengan persepsi terhadap responsivitas pasangan sebagai variabel moderator. Penelitian ini termasuk dalam jenis penelitian korelasional. Populasi pada penelitian ini adalah perempuan dewasa awal. Sementara itu, sampel penelitian adalah 115 perempuan dewasa awal yang mengalami perceraian orang tua sebelum berusia 18 tahun. Pengumpulan data dilakukan dengan kuesioner yang terdiri atas tiga alat ukur, yaitu Experiences in Close Relationship-Revised (ECR-R), Satisfaction with Life Scale (SWLS), dan Perceived Partner Responsiveness Scale (PPRS). Data kemudian dianalisis menggunakan analisis korelasi dan analisis uji regresi. Hasil penelitian menunjukkan insecure attachment memiliki hubungan negatif secara signifikan dengan kesejahteraan subjektif. Sementara itu, persepsi terhadap responsivitas pasangan memiliki hubungan positif secara signifikan dengan kesejahteraan subjektif. Walaupun demikian, persepsi responsivitas pasangan tidak dapat berperan sebagai moderator antara kelekatan tidak aman dengan kesejahteraan subjektif. Implikasi penelitian ini adalah dapat memberikan informasi terbaru mengenai pentingnya responsivitas pasangan dalam mendukung kesejahteraan subjektif perempuan dari keluarga broken home.

ABSTRACT

Feelings of insecurity due to loss of attachment to parents can cause insecure attachment that persists into adulthood, resulting in depression, anxiety, and low self-esteem, as well as affecting subjective well-being. This study aims to analyze the impact of attachment anxiety and attachment avoidance on cognitive aspects related to the subjective well-being of early adult women whose parents are divorced with perceptions of their partner's responsiveness as a moderator variable. This research is included in the type of correlational research. The population in this study was early adult women. Meanwhile, the research sample was 115 early adult women who experienced their parents' divorce before the age of 18. Data collection was carried out using a questionnaire consisting of three measuring tools, namely Experiences in Close Relationships-Revised (ECR-R), Satisfaction with Life Scale (SWLS), and Perceived Partner Responsiveness Scale (PPRS). The data was then analyzed using correlation analysis and regression test analysis. The research results show that insecure attachment has a significant negative relationship with subjective well-being. Meanwhile, perceptions of a partner's responsiveness have a significantly positive relationship with subjective well-being. However, perceived partner responsiveness cannot act as a moderator between insecure attachment and subjective well-being. The implication of this research is that it can provide the latest information regarding the importance of partner responsiveness in supporting the subjective well-being of women from broken homes.

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1. INTRODUCTION

Divorce has become increasingly common in Indonesia. This is supported by the results of previous research which stated that the divorce rate in Indonesia is increasing every year (Fauzan & Mujahid, 2022; Darmawijaya & Hasanah, 2020; Afsari & Andini, 2019). Divorce does not only affect husbands and wives, but also has a big impact on the lives of children until they become adults, especially for adult women. The impact of divorce on children until they become adults is that they continue to try to adjust to the loss they face (Essau et al., 2017; Willoughby et al., 2019). Adult women who experience parental divorce tend to experience self-esteem, psychological problems (psychosomatic symptoms and depression), higher interpersonal (conflict in relationships), behavioral problems that tend to increase the risk of divorce in women, and higher levels of stress accompanied by lower well-being. They also experience fear in relationships and this problem can continue throughout their lives (Olofsson, 2019; Thomas & Högnäs, 2015).

Adult women with divorced parents tend to feel problems with trust which have an impact on the need for more attention and closeness from men, but are followed by feelings of fear of being dumped or abandoned. Apart from that, it was also revealed that there are those who feel that they have to be a strong woman who cannot depend on other people, so they can only rely on themselves and limit themselves from other people. Various emotional turmoil and experiences felt from parents' divorce can also give rise to ideas or attempts to commit suicide (Umma, 2022; Miller, 2017). Divorce also causes children to experience attachment problems due to the loss of a parental figure (D'Rozario & Pilkington, 2021; Praptomojati, 2018). Divorce can make parents focus more on each other's emotional problems, problems with their partner, and the departure of one of the parental figures affects the attachment felt by the child (Ikrima & Khoirunnisa, 2021; Cassidy & Shaver, 2016). This can make children feel insecure and form an insecure attachment which leads to the use of maladaptive strategies when dealing with various situations in life (Ikrima & Khoirunnisa, 2021; Mikulincer & Shaver, 2016). The issue of attachment is something that needs to be explored further because attachments obtained during childhood will influence the individual's views and expectations when they grow up.

The development of theory and studies shows that attachment in adults can be seen through the dimensions of attachment anxiety and attachment avoidance. High levels of attachment anxiety and attachment avoidance indicate that individuals tend to have insecure attachments. Meanwhile, low attachment anxiety and attachment avoidance indicate that individuals tend to have a secure attachment (Zheng, Luo, & Chen, 2020; Andayu et al., 2019). The development of attachment patterns will influence how individuals live their daily lives. Individuals with high attachment anxiety tend to think that their world is dangerous and feel that they do not deserve to be loved and are filled with worry and fear of being abandoned. Meanwhile, individuals with high attachment avoidance tend to suppress their needs, thoughts, feelings, and are more fragile and try to only rely on themselves and limit themselves to the presence of other people. Especially in adult women with divorced parents, attachment anxiety can be reflected in their desire to get more attention from their partner accompanied by a fear of being abandoned in a relationship. Meanwhile, attachment avoidance shows that women with divorced parents tend to only rely on themselves to avoid disappointment due to unreliable figures. Several studies reveal that individuals who have high attachment anxiety or attachment avoidance tend to lack feelings of gratitude and view themselves negatively, and often make social comparisons with other people (Nourialeagha et al., 2020; Pinkus, 2019). High levels of attachment anxiety and attachment avoidance can cause individuals to have low awareness in living their current life (mindful awareness).

Attachment problems can also make individuals experience depression, anxiety and low self-esteem, thus affecting their life satisfaction (Conradi et al., 2018; Widom et al., 2018). This impacts various aspects of an individual's life. Attachment is related to an individual's level of subjective well-being (SWB). Previous research shows that higher levels of attachment anxiety and attachment avoidance are associated with lower levels of individual subjective well-being (Mónaco et al., 2021; Li & Zheng, 2014). Other research also reveals that, the higher the level of attachment anxiety and attachment avoidance, the greater the decline in the level of subjective well-being when individuals are in early adulthood, namely the emergence of negative emotions and fear in living life (Joshnloo, 2018; Kona et al., 2019). A decrease in the level of subjective well-being can worsen various aspects of an individual's life. Individuals who have low subjective well-being tend to have difficulty building positive and meaningful relationships with other people, have low self-esteem, have difficulty resolving conflicts and dealing with stress well. Therefore, there is a need for social relationships that can improve individual subjective well-being. One of the variables that is considered capable of improving an individual's subjective well-being is

the social support received by the individual. Social relationships are the things that most often become a source of happiness or distress for individuals (Hakim & Hartati, 2017; Harijanto & Setiawan, 2017).

Individuals' perceptions of the social support they receive (perceived social support) can have an impact on their mental health. For adult women who are married and whose parents are divorced, one of the important social supports is support from their partner. For married adult women, perceived social support for their partner is obtained through perceptions of their partner's responsiveness (perceived partner responsiveness). Perception of a partner's responsiveness is an individual's overall view that the partner is able to understand, validate, and care so that the individual feels they are getting the support they need. Support from a partner is very important for individuals with high attachment anxiety because partners are able to provide emotional support, making individuals feel loved, supported, and show more constructive emotions and behavior. Individuals with high attachment avoidance can also feel helped by having a partner who supports and helps fulfill their needs, and can make individuals maintain self-control and independence (Angela & Ariela, 2021; Simpson & Overall, 2014). Partner behavior that is felt to be responsive in meeting individual needs can lead to reduced excessive emotional reactivity, increased trust, reduced defense and destructive responses that can arise. so that it can increase the sense of security and improve well-being in individuals with attachment anxiety and attachment avoidance over time.

Perceptions of a partner's responsiveness are also known to increase openness and emotional expression in relationships, and can predict high well-being in individuals (Ruan et al., 2020; Tasfiliz et al., 2018). Individuals who perceive that their partner is responsive are more able to express their emotions when dealing with conflict in the relationship, compared to when individuals feel that their partner is less responsive. However, there has been no research that discusses the role of perceptions of a partner's responsiveness as a moderator in relation to the relationship between attachment anxiety and attachment avoidance and subjective well-being. Therefore, the research conducted wanted to determine the role of perceptions of a partner's responsiveness as a moderator in the relationship between attachment (including attachment anxiety and attachment avoidance) and the subjective well-being of early adult women who experienced their parents' divorce.

This study aims to analyze the role of perceptions of a partner's responsiveness as a moderator between the relationship between attachment and subjective well-being in early adult women who experienced parental divorce. It is hoped that this research will be useful in increasing understanding regarding the role of perceptions of a partner's responsiveness in relation to the relationship between attachment and subjective well-being in early adult women, which can be useful for the development of psychological science, especially in relation to the domains of development, relationships and family. Apart from that, it is also hoped that this research will provide practical benefits for various groups of society. First, the results of this research can help participants to better understand the role of perceptions of a partner's responsiveness in their contribution to the attachment relationship and the individual's subjective well-being. Second, for all family members, especially partners, to better understand the role of perceptions of their partner's responsiveness which can be a very useful source of social support for improving the subjective well-being of women who experience parental divorce. Third, it is hoped that this research can become an additional reference for related professions, such as psychologists and psychiatrists, in determining intervention programs to improve subjective well-being, especially for women who are married and have experienced parental divorce.

2. METHOD

This research is included in the type of correlational research. The criteria for the population or participants in this study were early adult women aged between 20 and 40 years, experienced their parents' divorce before the age of 18, and were currently married. All research participants were taken according to predetermined characteristics. The number of participants sampled in this study was 115 people. Data collection in this research was carried out online using a Google Forms questionnaire which was distributed via various researchers' social media, namely Instagram, Line, Twitter and Whatsapp. Researchers also collaborated with various communities of individuals who experienced parental divorce to help distribute questionnaires and access databases of potential participants. In searching for participants, researchers contacted approximately 200 participants one by one via social media to ask about participants' willingness/voluntariness to participate in the research.

In this research, the measurement instrument used to measure the attachment anxiety and attachment avoidance variables is experiences in close relationships-revised developed by Fraley et al., (2000). The ECR-R measuring tool has been adapted to the Indonesian version. This measuring instrument has a total of 36 statement items consisting of 18 initial statement items to measure

attachment related-anxiety and 18 subsequent statement items to measure attachment related-avoidance. Participants can choose answer options consisting of 7 Likert scales, number 1 means "Strongly Disagree" to scale 7 means "Strongly Agree".

An example of an attachment anxiety item is "When my partner is not with me, I worry that he or she might be attracted to someone else." An example of an attachment avoidance item is, "I find it relatively easy to get close to my partner." Calculating the attachment related-anxiety score is done by calculating the average score on items number 1 to 18. To calculate the attachment related-avoidance score, it can be calculated by calculating the average score for items 19-36. The higher the average score indicates the higher the individual's attachment anxiety and attachment avoidance score. The reliability of the ECR-R consists of 36 items with Cronbach's Alpha calculations obtaining a result of 0.887, so the measuring instrument is considered to have high reliability.

The measurement instrument used to measure the variable perception of partner responsiveness is the perceived partner responsiveness scale (PPRS) Reis et al., (2017). The perceived partner responsiveness scale consists of 18 statement items with 9 answer choice scales ranging from 1 meaning "Not true at all" to 9 "Very True". Examples of items include "My partner is interested in what I think and feel." The scoring process is carried out by adding up all the total scores from the 18 existing statement items. The higher the score indicates the more responsive the partner.

In the PPRS measuring tool, researchers have carried out a translation process first into Indonesian with back-to-back translation. Then ask for expert help to review the translation results of the measuring instrument. Apart from that, the researcher also conducted a Cronbach's Alpha reliability test on all 18 items of perception of a partner's responsiveness. The reliability results of the tool measuring perceptions of partner responsiveness amounted to 18 items and showed a good reliability value, namely 0.961.

Finally, the subjective well-being variable is measured through the Satisfaction with Life Scale (SWLS) measurement instrument. This measuring instrument has been translated into Indonesian by Akhtar (2019). SWLS includes 5 statement items to measure an individual's cognitive assessment of their subjective well-being with 7 scale options ranging from 1, namely "Strongly Disagree" to scale 7, namely "Strongly Agree". An example of a question item from the SWLS, namely "I feel satisfied with my life". An individual's life satisfaction score is obtained by adding up the scores from the five existing statement items. The higher the SWLS score, the more satisfied the individual is with his life. The reliability of the 5-item SWLS was measured using the Cronbach's Alpha method with satisfactory reliability coefficient results, namely 0.828.

The researcher has submitted an ethical review organized by the Human-Related Research Ethics Commission (KEPTM) Unit of the Faculty of Psychology, Tarumanagara University. Based on the results of the Ethics Commission's consideration hearing at the Ethics Review meeting on April 8 2022, the Ethics Commission decided to approve and allow the implementation of this research. Analysis and processing of research data is carried out to answer the hypothesis that was created by the researcher at the beginning of the research. The data analysis and processing process uses the SPSS IBM Statistics version 22 program. The steps taken in the initial data analysis process include classical assumption tests, namely normality tests, multicollinearity tests, heteroscedasticity. After all tests have met the requirements, the researcher continues testing the data through correlation tests and moderated regression tests.

3. RESULTS AND DISCUSSION

Result

The research results include a description of the correlation between variables as well as research hypothesis testing. The results of the correlation test show that all research variables are significantly correlated. Based on the results of the correlation matrix, the variables attachment anxiety and attachment avoidance are significantly negatively correlated with perceptions of partner responsiveness and cognitive assessments of subjective well-being. In addition, perceptions of a partner's responsiveness also have a significant positive correlation with cognitive assessments of subjective well-being. An overview of the correlation results between research variables can be presented in Table 1.

Table 1. The Research Variable Correlation Matrix Table

Variable	Mean	Elementary School	1	2	3	4
Attachment Anxiety	4.237	1.056	1			
Attachment Avoidance	2.449	1.073	0.471**	1		
Perceptions of partner responsiveness	6.933	1.665	-0.264**	-0.690**	1	
Subjective well-being	4.513	1.431	-0.424**	-0.449**	0.447**	1

**Significance of correlation at level 0.05 (2-tailed)

Furthermore, it can be seen that attachment anxiety is negatively related to perceptions of a partner's responsiveness ($r = -0.264$, $p = 0.05$) so it can be concluded that the first hypothesis (H_1) is accepted. Attachment avoidance is also negatively related to the perceived aspect of a partner's responsiveness ($r = -0.690$, $p = 0.05$) so that the second hypothesis (H_2) is accepted. These results indicate that attachment avoidance has a stronger negative relationship with perceptions of a partner's responsiveness compared to attachment anxiety. Apart from that, it is also known that there is a significant negative relationship between attachment anxiety and cognitive aspects of subjective well-being ($r = -0.424$, $p = 0.05$), as well as attachment avoidance and cognitive aspects of subjective well-being ($r = -0.449$, $p = 0.05$) so that the third (H_3) and fourth (H_4) hypotheses are accepted.

This result can be interpreted as meaning that the higher an individual's attachment anxiety and attachment avoidance, the lower the individual's cognitive assessment of their subjective well-being. Even though the results between attachment anxiety and attachment avoidance are the same, namely a negative relationship with SWB, the mechanisms that occur therein can be different. Finally, perceptions of a partner's responsiveness are also known to have a significant relationship with cognitive aspects of subjective well-being ($r = 0.447$, $p = 0.05$), so the fifth hypothesis (H_5) is accepted.

The results of the stage I regression test were carried out to test whether attachment, which includes attachment anxiety and attachment avoidance (IV), can significantly predict subjective well-being (DV). Based on the results of the first stage regression test, it is known that the attachment variables, both attachment anxiety and attachment avoidance dimensions, can both be significant predictors of individual cognitive assessments regarding subjective well-being ($p < 0.001$). More clearly, the table of stage I regression test results for attachment anxiety and attachment avoidance on subjective well-being can be presented in Table 2.

Table 2. The Table of Stage I Regression Test Results for Attachment Anxiety and Attachment Avoidance on Subjective Well-Being

	Variable	R	R2	F	Sig.
Subjective well-being	Attachment Anxiety	0.424	0.180	24.777	<0.001
	Attachment Avoidance	0.449	0.202	28.599	<0.001

Attachment anxiety was also found to be a significant predictor of individual cognitive assessments of individual subjective well-being with a coefficient of determination R^2 of 0.180 ($r = 0.424$; $p < 0.001$). Based on this data, it is known that attachment anxiety can contribute 18% to the cognitive aspect of subjective well-being, while as much as 82% is influenced by other variables outside this regression equation or other variables not studied. The results of the stage I regression test also show that attachment avoidance can significantly predict cognitive aspects of subjective well-being by 0.202% ($r = 0.449$; $p < 0.001$). Based on this data, it appears that the cognitive aspect of an individual's subjective well-being is influenced by attachment avoidance with a score of 20.2%, while the remaining 79.8% is influenced by other variables. Because the results of the first stage regression analysis were found to be significant, the next stage of regression analysis can be carried out by adding the variable perception of the partner's responsiveness as an independent variable.

The results of the stage II regression test data analysis show that, when taken into account together with attachment anxiety, the moderating variable, namely perception of the partner's responsiveness, has a significant effect on cognitive assessments related to subjective well-being with a significance value of $p < 0.001$. Similar to the test results on attachment anxiety, when taking into account perceptions of a partner's responsiveness as a moderator variable, attachment avoidance also has a significant influence on cognitive assessments of subjective well-being with a significance value of 0.023 ($p < 0.05$). The results of stage II regression analysis can be presented in Table 3.

Table 3. The Table of Stage II Regression Test Results for Attachment Anxiety, Attachment Avoidance, and Perceptions of Couples' Responsiveness to Cognitive Aspects of Subjective Well-Being

Variable	Model	Unstandardized Coefficient		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
Subjective Well-Being	1 (Constant)	4.239	0.773		5.486	<0.001
	Attachment Anxiety	-0.446	0.111	-0.329	-4.014	<0.001
	Perceptions of Partner Responsiveness	0.312	0.071	0.361	4.402	<0.001

Variable	Model	Unstandardized Coefficient		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
Subjective Well-Being	1 (Constant)	3.818	0.984		3.878	<0.001
	Attachment Avoidance	-0.358	0.152	-0.269	-2.357	0.02
	Perceptions of Partner Responsiveness	0.227	0.098	0.262	2.302	0.023

The third stage of the regression test was continued to look at the interaction role of attachment anxiety and perceptions of the partner's responsiveness to subjective well-being, as well as attachment avoidance and perceptions of the partner's responsiveness to subjective well-being. The results of the regression test of the interaction of attachment anxiety, attachment avoidance and perceived partner responsiveness on cognitive assessments of subjective well-being can be presented in Table 4.

Table 4. The Table of Regression Test Results of the Interaction of Attachment Anxiety, Attachment Avoidance and Perception of Partner Responsiveness on Cognitive Assessments on subjective well-being

Variable	Model	Unstandardized Coefficient		Standardize d Coefficient	Q	Sig.
		B	Std. Error	B		
Subjective Well-Being	(Constant)	5.954	2.391		2.49	0.014
	Attachment Anxiety	-0.807	0.49	-0.595	-1.648	0.102
	Perceived Partner Responsiveness	0.073	0.323	0.084	0.224	0.823
	Anx * Perception of Partner's Responsiveness	0.051	0.067	0.335	0.758	0.45
Subjective Well-Being	(Constant)	5.734	1.58		3.629	<.001
	Attachment Avoidance	-0.899	0.381	-0.674	-2.358	0.02
	Perceived Partner Responsiveness	-0.053	0.206	-0.061	-0.257	0.798
	Avd*Perception of Partner's Responsiveness	0.085	0.055	0.323	1.544	0.125

It can be seen that the interaction between attachment anxiety and perceptions of the partner's responsiveness to the cognitive aspects of subjective well-being showed insignificant results, namely $p = 0.450$, so it has exceeded the significance limit ($p > 0.05$). The results of this data indicate that the variable perception of a partner's responsiveness does not act as a moderator variable in the relationship between attachment anxiety and cognitive aspects of subjective well-being, so it can be concluded that the sixth hypothesis (H_6) is rejected.

Furthermore, data analysis to see the interaction effect between attachment avoidance and perceptions of a partner's responsiveness on cognitive aspects of an individual's subjective well-being showed an insignificant result, namely 0.125. This result has exceeded the significance limit of $p < 05$ to be said to be significant. This also answers that the seventh research hypothesis (H_7) is rejected. Therefore, it can be concluded that the variable perception of a partner's responsiveness does not act as a moderator that can strengthen or weaken the relationship between attachment, both attachment anxiety and attachment avoidance, on cognitive aspects of subjective well-being.

Discussion

Based on the results of research analysis, it was found that there was a significant negative relationship between attachment anxiety, attachment avoidance and perceptions of partner responsiveness and cognitive aspects of subjective well-being. This condition shows that if adult women whose parents are divorced have high attachment anxiety and attachment avoidance, they tend to have a perception of their partner's responsiveness and low subjective well-being. In addition, research also shows a significant positive relationship between perceptions of a partner's responsiveness and subjective well-being. This means that if adult women whose parents are divorced have a positive perception of responsiveness towards their partner, their subjective well-being will also increase.

These results indicate that attachment avoidance has a stronger negative relationship with perceptions of a partner's responsiveness compared to attachment anxiety. This condition is caused by attachment avoidance, which describes how individuals tend to only rely on themselves, and try to avoid being hurt by other people and have a fear of being disappointed. This encourages the creation of unfavorable perceptions regarding how individuals perceive their partner's response to them. This can be interpreted as meaning that, the higher an individual's attachment anxiety and attachment avoidance, the lower the individual's cognitive assessment of their subjective well-being. The results of this study are in line with previous studies which found that attachment anxiety and attachment avoidance were negatively related to subjective well-being (Nae & Choi, 2022; Parmenter & Fiori, 2021; Waring, Kernes, & Bui, 2019).

Even though the results between attachment anxiety and attachment avoidance are the same, namely a negative relationship with SWB, the mechanisms that occur therein can be different. In attachment anxiety, distress-intensifying appraisals can occur, namely the individual perceives the challenges that arise as threats and is accompanied by the belief that they are unable to face them effectively. As a result, in individuals with attachment anxiety, distress conditions tend to be faced with repeated thoughts continuously so that they can further increase the negative emotions felt by the individual (Fransisca & Lidiawati, 2020; Gillath et al., 2016).

This is different from attachment avoidance which tries to deal with distress by suppressing the emotions felt (especially negative emotions), but fails and actually has an impact on increasing the negative emotions that the individual tries to hold back. However, both attachment anxiety and avoidance use maladaptive strategies for dealing with pressure and actually have an impact on decreasing SWB, which is characterized by increasing negative emotions. Finally, perceptions of a partner's responsiveness are also known to have a significant relationship to cognitive aspects of subjective well-being. These results are in accordance with previous research which revealed that perceptions of a partner's responsiveness are known to increase openness and emotional expression in relationships, and can predict high well-being in individuals (Ruan et al., 2020; Tasfiliz et al., 2018).

The variable perception of a partner's responsiveness does not act as a moderator that can strengthen or weaken the relationship between attachment, both attachment anxiety and attachment avoidance, on cognitive aspects of subjective well-being. This means that high or low perceptions of a partner's responsiveness cannot strengthen or weaken the relationship between attachment (both attachment anxiety and attachment avoidance) and the participant's subjective well-being. In the aspect of attachment anxiety, this is due to a strong worry that the individual will be abandoned and accompanied by negative thoughts that oneself is not worthy of being loved (Mikulincer & Shaver, 2016). This characteristic can make individuals with attachment anxiety try to seek excessive love and support from their partner. However, even though the individual feels that his partner is supportive and responsive to him, this does not change the feeling of anxiety felt by the individual that at any time he could be abandoned and feel that he is worthless, so that his subjective well-being can remain poor.

In attachment avoidance, there is the idea that other people cannot fulfill the individual's needs, which makes the individual feel disappointed (Mikulincer & Shaver, 2016). As a result, individuals who have attachment avoidance will tend to rely on maladaptive strategies by suppressing their needs, thoughts and feelings to avoid being hurt by other people. Individuals try to rely on themselves and limit themselves to other people. Therefore, it can be said that even though the perception of a partner's response is good, individuals can still have a high fear of being disappointed or hurt in many ways, so that their subjective well-being tends to be poor.

This research reveals that attachment anxiety and attachment avoidance have a significant influence on subjective well-being. It is important for individuals to be aware of their attachment patterns and the self-concept that is formed in relation to attachment anxiety and attachment avoidance because it is related to the individual's self-development in dealing with various pressing factors in their life (Bayrak et al., 2018). An increase in attachment anxiety and attachment avoidance in an individual is related to an increase in negative self-concept. Individuals feel helpless, have low self-confidence, and are less optimistic in facing the stressful events they experience. So this can affect the individual's subjective well-being.

Another thing that can be related to an individual's subjective well-being is how individuals with high attachment anxiety and attachment avoidance can solve problems with certain communication patterns. The use of constructive communication skills is also important in relationships that involve high levels of attachment anxiety and attachment avoidance (Mardani et al., 2021). It is further known that individuals with an attachment anxiety pattern are afraid of rejection and therefore have low communication skills, so they tend to express complaints. Likewise, less positive communication patterns

are found in individuals with high attachment avoidance, where individuals tend to refuse to communicate deeply and constructively.

It is important to consider other factors that can potentially help maintain an individual's subjective well-being when facing conflict that can affect subjective well-being. It is important for individuals to be aware of how attachment patterns are formed within themselves and their impact on various aspects of life. Apart from that, training in constructive communication skills is also important for individuals with high attachment anxiety and attachment avoidance. Awareness and self-development in a better direction can have the potential to improve various aspects of life and to better subjective well-being.

Apart from the findings above, this research has the advantage that similar research has never been conducted in Indonesia which explores the role of perceptions of a partner's responsiveness as a moderator in the relationship between attachment anxiety and attachment avoidance in relation to subjective well-being in early adult women who experience divorce. parent. The implication of this research is that it can provide the latest information regarding the importance of partner responsiveness in supporting the subjective well-being of women from broken homes.

The limitation of this research is that it does not include consideration of the background of the parental divorce case that occurred, what the condition or relationship between the individual and their parents was after the divorce, the structure of the participant's family image after the parents' divorce, and the social relationships that the individual has as a whole. Another limitation of the study is that the majority of participants had only been married for 0-2 years (62.6%) and for 3-5 years (20.87%). Research results may be different for participants who have been married for more than 5 years.

Future research can consider participant characteristics based on differences in background from cases of parental divorce which may have different impacts on participants, such as conflict between parents, father or stepmother, and the figure of the caregiver who takes care of them after their parents divorce. Future research could also carry out regression tests to see the role of attachment on cognitive aspects of subjective well-being in groups with low and high perceptions of partner responsiveness. This can be done to find out further whether there are differences in groups with different perceptions of partner responsiveness. Additional data analysis tests can also be carried out to further enrich the required data.

4. CONCLUSION

Based on the research analysis, it was found that there is a significant negative relationship between attachment anxiety, attachment avoidance, perceptions of partner responsiveness, and the cognitive aspects of subjective well-being. Additionally, the research indicates a significant positive relationship between perceptions of a partner's responsiveness and subjective well-being. An interesting finding is the strong relationship between attachment avoidance and perceptions of a partner's responsiveness—perceptions of responsiveness are greatly influenced by the level of attachment avoidance. However, it was observed that perceptions of a partner's responsiveness do not moderate the relationship between attachment anxiety, attachment avoidance, and the subjective well-being of early adult women who experienced their parents' divorce. This suggests that whether a partner is perceived as responsive or unresponsive does not strengthen or weaken the relationship between attachment anxiety and subjective well-being, nor between attachment avoidance and subjective well-being in these women. Although the perception of a partner's responsiveness does not alter the relationship between attachment anxiety and attachment avoidance on an individual's subjective well-being, it does significantly affect the level of subjective well-being, which is crucial for early adult women dealing with their parents' divorce.

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