

The Roles of Personality Dimensions and Attachment Styles on Working Mothers' Psychological Distress During the COVID-19 Pandemic

[Peran Dimensi Kepribadian dan *Attachment Styles* Terhadap *Psychological Distress* Selama Pandemi *COVID-19* Pada Ibu Bekerja]

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The COVID-19 pandemic situation causes psychological distress for working mothers. Personality and attachment styles are protective factors against psychological distress. The purpose of this study was to determine the relationship between personality dimensions and types of attachment styles with psychological distress level. This study also aims to find the predictors of psychological distress. The measuring instruments are the Big Five Inventory (BFI), Attachment Styles Questionnaire (ASQ), and the Kessler Psychological Distress Scale (K10). The three measuring instruments were administered to 297 women aged 26-39 years old, who were working from home, and had children aged 1-5 years. Participants were obtained using convenience sampling and the data collection process took place online. Data analysis utilized Spearman's correlation to test the correlation between variables and multiple regression to test predictor regression of each variable. The results showed positive relationship on the dimension of neuroticism, type of discomfort, type of relationships, type of approval, and type of preoccupation with psychological distress level. The dimension of extraversion, agreeableness, conscientiousness, and the type of confidence showed a negative relationship, while the dimension of openness did not show any relation. The results of the regression test showed three aspects that act as predictors, namely the dimension of neuroticism, type of approval, and type of preoccupation. The dimension of neuroticism was the predictor with highest contribution. Based on these results, it can be concluded that personality dimensions contribute more dominantly to psychological distress than types of attachment styles.

Keywords: attachment styles, personality, COVID-19 pandemic, psychological distress

Situasi pandemi *COVID-19* menimbulkan *psychological distress* pada ibu bekerja. Kepribadian dan *attachment styles* dapat menjadi faktor protektif terhadap *psychological distress*. Tujuan studi ini adalah mengetahui hubungan antara dimensi kepribadian dan tipe *attachment styles* dengan tingkat *psychological distress*. Selain itu, studi ini juga ingin mencari prediktor *psychological distress*. Alat ukur yang digunakan adalah *Big Five Inventory (BFI)*, *Attachment Styles Questionnaire (ASQ)*, dan *Kessler Psychological Distress Scale (K10)*. Alat ukur diadministrasikan kepada 297 perempuan berusia 26-39 tahun, yang melakukan *work from home (WFH)*, dan memiliki anak berusia 1-5 tahun. Partisipan diperoleh dengan *convenience sampling* dan proses pengambilan data berlangsung secara daring. Analisis data menggunakan *Spearman's correlation* untuk uji korelasi antar variabel dan *multiple regression* untuk uji prediktor tiap variabel. Hasil studi menunjukkan hubungan positif pada dimensi *neuroticism*, tipe *discomfort*, tipe *relationships*, tipe *approval*, dan tipe *preoccupation* terhadap tingkat *psychological distress*. Dimensi *extraversion*, *agreeableness*, *conscientiousness*, dan tipe *confidence* menunjukkan hubungan negative, sementara dimensi *openness* tidak menunjukkan hubungan. Hasil uji regresi menunjukkan tiga aspek yang berperan sebagai prediktor, yaitu dimensi *neuroticism*, tipe *approval*, dan tipe *preoccupation*. Dimensi *neuroticism* merupakan prediktor dengan kontribusi terbesar. Berdasarkan hasil tersebut, dapat disimpulkan bahwa dimensi kepribadian berkontribusi lebih dominan terhadap *psychological distress* daripada tipe *attachment styles*.

Kata kunci: attachment styles, kepribadian, pandemi COVID-19, psychological distress

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The COVID-19 pandemic situation that occurred in Indonesia has changed people's lifestyles significantly. Individuals must minimize activities outside their homes, conduct work and school activities from home, and reduce direct interactions with other people (Nasir, 2020; Setyaningrum & Yanuarita, 2020). This requires adaptation, so that individuals remain physically and psychologically healthy (Masyah, 2020). However, adaptation amidst the uncertainty of a pandemic can cause psychological distress (Brooks et al., 2020; Pranita & Dewi, 2020; Qodariah et al., 2020).

Psychological distress includes symptoms of depression and anxiety (Mirowsky & Ross, 2002, as cited in Drapeau et al., 2012). Women who work and also has the role as mothers (or also known as "working mothers") tend to experience greater impacts due to the double burden (Luo et al., 2020; Margetić et al., 2021; Qodariah et al., 2020). They feel they have to take full responsibility for household work and also feel they have priority in their roles as mothers and wives (Nurrachman, 2011). Women tend to prioritize their roles as mothers and wives over working for self-fulfillment or financial needs (Nurrachman, 2011; Pandia, 2011; Shanti, 2011).

The pandemic makes the dual role of a woman more difficult to carry out because both roles or jobs often have to be done simultaneously. This is because working mothers have to work on both burdens simultaneously and must be in the same place, namely at home (Qodariah et al., 2020). Working mothers often do domestic work alone (Wibawa & Widyaningsih, 2011), so that work and household matters are mixed (Qodariah et al., 2020). Apart from that, working mothers must also pay attention to the health of their family and themselves to avoid exposure to COVID-19 (Mazza et al., 2020).

If this situation continues, it can have a negative impact on the child's parenting and psychological

Situasi pandemi *COVID-19* yang terjadi di Indonesia telah mengubah pola hidup masyarakat secara signifikan. Individu harus meminimalisir aktivitas di luar rumah, bekerja dan sekolah dari rumah, serta mengurangi interaksi langsung dengan orang lain (Nasir, 2020; Setyaningrum & Yanuarita, 2020). Hal ini mengharuskan adaptasi, agar individu tetap sehat secara fisik dan psikologis (Masyah, 2020). Walaupun demikian, adaptasi di tengah ketidakpastian pandemi dapat menimbulkan *psychological distress* (Brooks et al., 2020; Pranita & Dewi, 2020; Qodariah et al., 2020).

Psychological distress mencakup gejala depresi dan kecemasan (Mirowsky & Ross, 2002, sitat dalam Drapeau et al., 2012). Perempuan yang bekerja dan juga berperan sebagai ibu (atau juga dikenal dengan istilah "ibu bekerja") cenderung mengalami dampak lebih besar karena beban ganda (Luo et al., 2020; Margetić et al., 2021; Qodariah et al., 2020). Mereka merasa harus bertanggung jawab penuh atas pekerjaan rumah tangga dan juga merasa memiliki prioritas pada peran sebagai ibu dan istri (Nurrachman, 2011). Perempuan cenderung memprioritaskan peran sebagai ibu dan istri daripada bekerja untuk pemenuhan diri atau kebutuhan finansial (Nurrachman, 2011; Pandia, 2011; Shanti, 2011).

Pandemi membuat peran ganda sebagai perempuan menjadi lebih sulit untuk dijalankan karena kedua peran atau pekerjaan tersebut seringkali harus dilakukan bersamaan. Hal ini karena ibu bekerja harus mengerjakan kedua beban yang dimiliki secara bersamaan dan harus pada satu tempat yang sama, yaitu di rumah (Qodariah et al., 2020). Ibu bekerja sering melakukan pekerjaan domestik sendirian (Wibawa & Widyaningsih, 2011), sehingga urusan pekerjaan dan rumah tangga bercampur (Qodariah et al., 2020). Selain itu, ibu bekerja juga harus memerhatikan kesehatan keluarga dan diri sendiri untuk menghindari terpapar *COVID-19* (Mazza et al., 2020).

Apabila situasi tersebut berlanjut, dapat berdampak buruk pada pengasuhan dan kesehatan psikologis anak

health (Liang et al., 2021; Liu & Doan, 2020; Mazza et al., 2020). Therefore, working mothers need to overcome psychological distress in order to carry out their role well (Margetić et al., 2021; Mazza et al., 2020; Rettew et al., 2021).

To overcome psychological distress due to the dual role as a working mother during the pandemic, personality factors play an important role. There are five aspects of personality, namely: (1) neuroticism; (2) extraversion; (3) agreeableness; (4) openness; and (5) conscientiousness (Feist et al., 2013). Neuroticism is related to emotional stability, extraversion is related to enthusiasm, agreeableness is related to caring, openness is related to openness to new experiences, and conscientiousness is related to responsibility.

Individuals with high neuroticism tend to easily experience psychological distress because they are more easily influenced by negative emotions and have a tendency to avoid problems (Agbaria & Mokh, 2022; Margetić et al., 2021; Prentice et al., 2020; Sofia et al., 2021). Conversely, individuals with high extraversion, openness, agreeableness, and conscientiousness tend to be able to cope with stress better (Agbaria & Mokh, 2022; Margetić et al., 2021; Prentice et al., 2020; Sofia et al., 2021).

Attachment styles also influence how individuals deal with stress. There are five types of attachment styles, namely: (1) secure; (2) discomfort; (3) relationships; (4) approval; and (5) preoccupation. Secure is related to independence and trust, discomfort and relationships are related to the avoidant type, while approval and preoccupation are the anxious type (Mikulincer & Shaver, 2007). Individuals with a secure attachment style are better at dealing with stress because they can regulate negative emotions and find solutions (Liang et al., 2021; Mazza et al., 2021; Moccia et al., 2020). Individuals with insecure attachment styles tend to experience psychological distress due to the inability to regulate emotions and seek support (Drapeau et al., 2012; Margetić et al., 2021; Mikulincer & Shaver, 2007; Moccia et al., 2020).

In Indonesia, collective and patriarchal culture also influences working mothers. They tend to avoid conflict and suppress emotions (Haar & Krahe, 1999, as cited in Halim et al., 2004; Rahmawati & Halim, 2018). These cultural characteristics can make it

(Liang et al., 2021; Liu & Doan, 2020; Mazza et al., 2020). Maka dari itu, ibu bekerja perlu mengatasi *psychological distress* agar dapat menjalankan perannya dengan baik (Margetić et al., 2021; Mazza et al., 2020; Rettew et al., 2021).

Untuk mengatasi *psychological distress* karena peran ganda sebagai ibu bekerja selama pandemi, faktor kepribadian memainkan peran penting. Ada lima aspek kepribadian, yaitu: (1) *neuroticism*; (2) *extraversion*; (3) *agreeableness*; (4) *openness*; dan (5) *conscientiousness* (Feist et al., 2013). *Neuroticism* berhubungan dengan stabilitas emosional, *extraversion* berhubungan dengan semangat, *agreeableness* berhubungan dengan kepedulian, *openness* berhubungan dengan keterbukaan, dan *conscientiousness* berhubungan dengan tanggung jawab.

Individu dengan *neuroticism* tinggi cenderung mudah mengalami *psychological distress* karena lebih mudah terpengaruh oleh emosi negatif dan tendensi untuk menghindari masalah (Agbaria & Mokh, 2022; Margetić et al., 2021; Prentice et al., 2020; Sofia et al., 2021). Sebaliknya, individu dengan *extraversion*, *openness*, *agreeableness*, dan *conscientiousness* tinggi cenderung dapat mengatasi stres dengan lebih baik (Agbaria & Mokh, 2022; Margetić et al., 2021; Prentice et al., 2020; Sofia et al., 2021).

Attachment styles juga memengaruhi cara individu mengatasi stres. Ada lima tipe *attachment styles*, yaitu: (1) *secure*; (2) *discomfort*; (3) *relationships*; (4) *approval*; dan (5) *preoccupation*. *Secure* berhubungan dengan kemandirian dan kepercayaan, *discomfort* dan *relationships* berhubungan dengan tipe *avoidant*, sedangkan *approval* dan *preoccupation* adalah tipe *anxious* (Mikulincer & Shaver, 2007). Individu dengan *secure attachment style* lebih baik dalam mengatasi stres karena mereka dapat meregulasi emosi negatif dan mencari solusi (Liang et al., 2021; Mazza et al., 2021; Moccia et al., 2020). Individu dengan *insecure attachment styles* cenderung mengalami *psychological distress* karena ketidakmampuan meregulasi emosi dan mencari dukungan (Drapeau et al., 2012; Margetić et al., 2021; Mikulincer & Shaver, 2007; Moccia et al., 2020).

Di Indonesia, budaya kolektif dan patriarki juga memengaruhi ibu bekerja. Mereka cenderung menghindari konflik dan meredakan emosi (Haar & Krahe, 1999, sitat dalam Halim et al., 2004; Rahmawati & Halim, 2018). Karakteristik budaya ini dapat membuat mereka

difficult for them to deal with stress and are more likely to experience psychological distress (Xiao, 2021).

Observing the role of personality factors and attachment styles together in the Indonesian context is very important. Working mothers need to learn to overcome psychological distress by utilizing the positive aspects of their personality and attachment styles (Drapeau et al., 2012; Mikulincer & Shaver, 2007). This factor is relatively stable and can be adjusted to the situation (Drapeau et al., 2012; Mikulincer & Shaver, 2007). In the Indonesian cultural context, working mothers need to learn to regulate emotions and seek positive social support (Xiao, 2021).

Therefore, it is an important step to examine these two factors in a study in the Indonesian context. This study is expected to provide deeper insight into how these factors interact with each other and contribute to psychological distress in working mothers in Indonesia (Drapeau et al., 2012; Luo et al., 2020).

This study utilizes qualitative and quantitative approaches. A qualitative approach can explore women's experiences in dealing with stress and the influence of personality and attachment styles on their experiences. A quantitative approach can measure levels of psychological distress, personality, and attachment styles using existing scales that have been validity tested.

When collecting qualitative data, this study utilized in-depth interviews and observational methods when necessary. In the interview, the authors asked about the daily experiences of working mothers during the pandemic, how they deal with stress, and how personality and attachment styles influence how they deal with stress.

Quantitative data collection can be conducted by distributing online surveys or contacting respondents by telephone or e-mail. The survey will include three scales to measure study variables. Respondents will be asked to fill out the survey as honestly as possible.

Data analysis utilizes statistical tests such as multiple regression to assess the influence of personality factors and attachment styles on psychological distress. The results of the analysis can be used to develop recommendations and suggestions for working

kesulitan mengatasi stres dan lebih berpotensi mengalami *psychological distress* (Xiao, 2021).

Melihat peran faktor kepribadian dan *attachment styles* bersamaan dalam konteks Indonesia sangat penting. Ibu bekerja perlu belajar mengatasi *psychological distress* dengan memanfaatkan aspek positif dari kepribadian dan *attachment styles* mereka (Drapeau et al., 2012; Mikulincer & Shaver, 2007). Faktor ini relatif stabil dan dapat disesuaikan dengan situasi (Drapeau et al., 2012; Mikulincer & Shaver, 2007). Dalam konteks budaya Indonesia, ibu bekerja perlu belajar meregulasi emosi dan mencari dukungan sosial yang positif (Xiao, 2021).

Maka dari itu, menjadi langkah penting untuk mengkaji kedua faktor tersebut dalam studi dengan konteks Indonesia. Studi ini diharapkan dapat menyediakan wawasan lebih mendalam tentang bagaimana faktor tersebut saling berinteraksi dan berkontribusi terhadap *psychological distress* pada ibu bekerja di Indonesia (Drapeau et al., 2012; Luo et al., 2020).

Studi ini menggunakan pendekatan kualitatif dan kuantitatif. Pendekatan kualitatif dapat menggali pengalaman perempuan dalam mengatasi stres dan pengaruh kepribadian serta *attachment styles* dalam pengalaman mereka. Pendekatan kuantitatif dapat mengukur tingkat *psychological distress*, kepribadian, dan *attachment styles* dengan skala yang telah ada dan telah diuji validitasnya.

Saat mengumpulkan data kualitatif, studi ini menggunakan wawancara mendalam dan metode observasi saat diperlukan. Dalam wawancara, para penulis dapat bertanya tentang pengalaman sehari-hari ibu bekerja selama pandemi, bagaimana upaya mengatasi stres, serta bagaimana kepribadian dan *attachment styles* memengaruhi cara mengatasi stres.

Pengumpulan data kuantitatif dapat dilakukan dengan menyebarkan survei daring atau menghubungi responden melalui telepon atau *e-mail*. Survei tersebut akan mencakup tiga skala untuk mengukur variabel studi. Responden akan diminta untuk mengisi survei dengan sejujur mungkin.

Analisis data menggunakan pengujian statistik seperti regresi berganda untuk menilai pengaruh faktor kepribadian dan *attachment styles* terhadap *psychological distress*. Hasil analisis dapat digunakan untuk menyusun rekomendasi dan saran untuk ibu bekerja di

mothers in Indonesia so they can better deal with psychological distress.

In addition, the results of this study can be used as a basis for developing intervention programs that are appropriate to the Indonesian cultural context. The program can help women with these dual roles to manage stress more effectively and carry out their roles better.

Indonesia's collective and patriarchal culture needs to be considered in developing intervention programs. The program should include emotional regulation skills training, increased social support, and a deeper understanding of how personality factors and attachment styles can be utilized to overcome psychological distress.

Based on the previous explanation, it can be concluded that the COVID-19 pandemic situation has changed the lifestyle of women in Indonesia who are working mothers. They face various pressures, including psychological distress, which can affect their parenting and psychological health. Personality factors and attachment styles play an important role in how individuals deal with stress. In the context of Indonesian culture, this study provides deeper insight into how these factors interact and contribute to psychological distress, so that it can help women with this dual role to cope better with stress.

Method

Participants

The criteria for becoming a participant in this study are: (1) women aged 26-39 years; (2) have a job; (3) working from home (WFH) during the COVID-19 pandemic; (4) have children aged 1-5 years; (5) not having a household assistant since the COVID-19 pandemic; and (6) have no history of mental health problems or disorders. Based on answers to questions regarding experiences of accessing and receiving treatment from health services before the COVID-19 pandemic, participants were categorized as meeting the criteria if they had never or did not routinely access and receive treatment from mental health services before the pandemic situation occurred. The selection of

Indonesia agar dapat mengatasi *psychological distress* dengan lebih baik.

Selain itu, hasil studi ini dapat digunakan sebagai dasar pengembangan program intervensi yang sesuai dengan konteks budaya Indonesia. Program tersebut dapat membantu perempuan dengan peran ganda ini untuk mengelola stres dengan lebih efektif dan menjalani perannya dengan lebih baik.

Budaya Indonesia yang bersifat kolektif dan patriarki perlu dipertimbangkan dalam pengembangan program intervensi. Program tersebut harus mencakup pelatihan keterampilan regulasi emosi, peningkatan dukungan sosial, dan pemahaman lebih dalam tentang bagaimana faktor kepribadian dan *attachment styles* dapat dimanfaatkan untuk mengatasi *psychological distress*.

Berdasarkan paparan sebelumnya, dapat disimpulkan bahwa situasi pandemi *COVID-19* telah mengubah pola hidup perempuan di Indonesia yang merupakan ibu bekerja. Mereka menghadapi berbagai tekanan, termasuk *psychological distress*, yang dapat memengaruhi pengasuhan anak dan kesehatan psikologis mereka. Faktor kepribadian dan *attachment styles* memainkan peran penting dalam cara individu mengatasi stres. Dalam konteks budaya Indonesia, studi ini menyediakan wawasan yang lebih mendalam tentang bagaimana faktor tersebut berinteraksi dan berkontribusi terhadap *psychological distress*, sehingga dapat membantu perempuan dengan peran ganda ini untuk mengatasi stres dengan lebih baik.

Metode

Partisipan

Kriteria untuk menjadi partisipan studi ini adalah: (1) perempuan berusia 26-39 tahun; (2) memiliki pekerjaan; (3) bekerja dari rumah (*Work from Home/ WFH*) selama pandemi *COVID-19*; (4) memiliki anak berusia 1-5 tahun; (5) tidak memiliki asisten rumah tangga (ART) sejak pandemi *COVID-19*; dan (6) tidak memiliki riwayat masalah atau gangguan kesehatan mental. Berdasarkan jawaban dari pertanyaan mengenai pengalaman mengakses dan memperoleh penanganan dari layanan kesehatan sebelum pandemi *COVID-19*, partisipan dikategorikan memenuhi kriteria jika mereka tidak pernah atau tidak secara rutin mengakses dan memperoleh penanganan dari layanan

participants in this study utilized a convenience sampling technique, because participants in this study had to meet certain desired criteria and be easy to reach or contact.

Measuring Instruments

There are three measuring instruments utilized in this study, namely: (1) Big Five Inventory (BFI; John et al., 2008); (2) Attachment Styles Questionnaire (ASQ; Feeney et al., 1994, as cited in Mikulincer & Shaver, 2007); and (3) Kessler Psychological Distress Scale (K10; Kessler et al., 2002). The Big Five Inventory (BFI) is utilized to look at personality profiles, the Attachment Styles Questionnaire (ASQ) is utilized to look at types of attachment styles, and the Kessler Psychological Distress Scale (K10) is utilized to measure the level of psychological distress experienced. All measuring instruments in this study use versions that have been adapted into Bahasa Indonesia. The Bahasa Indonesia version of the Big Five Inventory (BFI) measuring instrument is the result of an adaptation by Ramdhani (2012), the Bahasa Indonesia version of the Attachment Styles Questionnaire (ASQ) measuring instrument is the result of an adaptation by Dewi et al. (2016), and the Bahasa Indonesia version of the Kessler Psychological Distress Scale (K10) measuring instrument comes from the Australian Mental Health Outcomes and Classification Network (2005).

Big Five Inventory (BFI)

The Big Five Inventory (BFI) measuring instrument has 44 statements with each statement assessed using a range of five scales, with the range of: “1 (*Strongly Disagree*)” to “5 (*Strongly Agree*)”. There are five domains in the Big Five Inventory (BFI) measuring instrument that describe personality profiles, namely: (1) neuroticism; (2) extraversion; (3) openness; (4) agreeableness; and (5) conscientiousness. The validity test is carried out by looking at the Corrected Item-Total Correlation (CITC) value and the reliability test is based on the Cronbach's alpha value.

Based on the results in Table 1, it can be seen that all domains in the Big Five Inventory (BFI) measuring instrument are proven to be valid and reliable, except for the agreeableness domain. The total number of items from the validity and reliability tests carried out

kehatan mental di masa sebelum situasi pandemi berlangsung. Pemilihan partisipan pada studi ini menggunakan teknik *convenience sampling*, karena partisipan dalam studi ini harus memenuhi kriteria tertentu yang diinginkan dan mudah untuk dijangkau atau ditemui.

Alat Ukur

Terdapat tiga alat ukur yang digunakan dalam studi ini, yaitu: (1) *Big Five Inventory (BFI)* (John et al., 2008); (2) *Attachment Styles Questionnaire (ASQ)*; Feeney et al., 1994, sitat dalam Mikulincer & Shaver, 2007); dan (3) *Kessler Psychological Distress Scale (K10)*; Kessler et al., 2002). *Big Five Inventory (BFI)* digunakan untuk melihat profil kepribadian, *Attachment Styles Questionnaire (ASQ)* digunakan untuk melihat tipe *attachment styles*, dan *Kessler Psychological Distress Scale (K10)* digunakan untuk mengukur tingkat *psychological distress* yang dialami. Seluruh alat ukur dalam studi ini menggunakan versi yang telah diadaptasi ke dalam Bahasa Indonesia. Alat ukur *Big Five Inventory (BFI)* versi Bahasa Indonesia yang digunakan merupakan hasil adaptasi oleh Ramdhani (2012), alat ukur *Attachment Styles Questionnaire (ASQ)* versi Bahasa Indonesia yang digunakan merupakan hasil adaptasi oleh Dewi et al. (2016), dan alat ukur *Kessler Psychological Distress Scale (K10)* versi Bahasa Indonesia yang digunakan berasal dari Australian Mental Health Outcomes and Classification Network (2005).

Big Five Inventory (BFI)

Alat ukur *Big Five Inventory (BFI)* memiliki 44 pernyataan dengan setiap pernyataan dinilai melalui rentang lima skala, dengan rentang: “1 (*Sangat Tidak Setuju / STS*)” sampai “5 (*Sangat Setuju / SS*)”. Terdapat lima domain dalam alat ukur *Big Five Inventory (BFI)* yang menggambarkan profil kepribadian, yaitu: (1) *neuroticism*; (2) *extraversion*; (3) *openness*; (4) *agreeableness*; dan (5) *conscientiousness*. Uji validitas dilakukan dengan melihat nilai *Corrected Item-Total Correlation (CITC)* dan uji reliabilitas dilihat berdasarkan nilai *Cronbach's alpha*.

Berdasarkan hasil pada Tabel 1, terlihat bahwa seluruh domain pada alat ukur *Big Five Inventory (BFI)* terbukti valid dan reliabel, kecuali pada domain *agreeableness*. Total jumlah butir dari uji validitas serta reliabilitas yang dilakukan adalah 40, karena terdapat tiga

Table 1
Validity and Reliability of Big Five Inventory (BFI)

Domain	CITC Range	α
Openness (O)	.35 - .66	.79
Conscientiousness (C)	.42 - .55	.78
Extraversion (E)	.38 - .70	.73
Agreeableness (A)	.13 - .55	.76
Neuroticism (N)	.47 - .67	.74

Notes. CITC = Corrected Item-Total Correlation.

Tabel 1
Validitas dan Reliabilitas Big Five Inventory (BFI)

Domain	Rentang CITC	α
Openness (O)	0,35 - 0,66	0,79
Conscientiousness (C)	0,42 - 0,55	0,78
Extraversion (E)	0,38 - 0,70	0,73
Agreeableness (A)	0,13 - 0,55	0,76
Neuroticism (N)	0,47 - 0,67	0,74

Catatan. CITC = Corrected Item-Total Correlation.

was 40, because there were three openness domain items and one conscientiousness domain item which had validity below .30. There is a slight difference in testing the validity of the agreeableness domain, namely in the agreeableness domain there are five items with validity values below .30, but these five items are still included because the validity value becomes lower when these five items are not included. Apart from that, when the factor analysis test was carried out on the agreeableness domain, the results showed that all items were significant in representing the agreeableness domain with a value of $KMO = 0.726$ and the extraction value was in the range 0.30 - 0.60. Thus, all items in each agreeableness domain are still included when the Big Five Inventory (BFI) measuring instrument is used. This is because the results of the adaptation carried out by Ramdhani (2012) have proven that the Big Five Inventory (BFI) measuring instrument is valid and reliable.

The Big Five Inventory (BFI) measuring instrument utilized has a Cronbach's alpha score of higher than .7 and all Corrected Item-Total Correlation (CITC) items have a value of higher than .3, so that the Big Five Inventory (BFI) measuring instrument is basically proven valid, reliable, and trustworthy for measuring personality. Therefore, the Big Five Inventory (BFI) measuring instrument is still used even though in this study there are invalid domains or items. Natalya (2018) stated that a measuring instrument can be believed to have good item consistency if the Cronbach's alpha and Corrected Item-Total Correlation

butir domain *openness* dan satu butir domain *conscientiousness* yang memiliki validitas di bawah 0,30. Ada sedikit perbedaan yang dilakukan ketika pengujian validitas domain *agreeableness*, yaitu pada domain *agreeableness* terdapat lima butir dengan nilai validitas di bawah 0,30, tetapi lima butir tersebut tetap disertakan karena nilai validitas semakin memburuk ketika lima butir tersebut tidak disertakan. Selain itu, saat dilakukan uji *factor analysis* pada domain *agreeableness*, diperoleh hasil bahwa seluruh butir signifikan untuk merepresentasikan domain *agreeableness* dengan nilai $KMO = 0,726$ dan nilai *extraction* berada pada rentang 0,30 - 0,60. Dengan demikian, seluruh butir pada setiap domain *agreeableness* tetap disertakan ketika alat ukur *Big Five Inventory (BFI)* digunakan. Hal ini karena hasil adaptasi yang dilakukan Ramdhani (2012) telah membuktikan bahwa alat ukur *Big Five Inventory (BFI)* valid dan reliabel.

Alat ukur *Big Five Inventory (BFI)* yang digunakan memiliki skor *Cronbach's alpha* lebih dari 0,7 dan semua butir *Corrected Item-Total Correlation (CITC)* memiliki nilai lebih dari 0,3, sehingga alat ukur *Big Five Inventory (BFI)* pada dasarnya telah terbukti valid, reliabel dan dapat dipercaya untuk mengukur kepribadian. Maka dari itu, alat ukur *Big Five Inventory (BFI)* tetap digunakan walau dalam studi ini terdapat domain atau butir yang tidak valid. Natalya (2018) menyatakan bahwa alat ukur dapat diyakini memiliki konsistensi butir yang baik jika nilai *Cronbach's alpha* dan *Corrected Item-Total Correlation*

(CITC) values for all its items meet the requirements.

Neuroticism (N) consists of eight statements and describes emotional stability which is identical to negative emotions, such as worry, tension, and fear. Extraversion (E) consists of eight statements and describes an individual's passion and enthusiasm in building relationships with other people. Openness (O) consists of 10 statements and describes an individual's openness to things outside themselves, such as insights and points of view. Agreeableness (A) consists of nine statements and describes the sincerity, gentleness of feelings, and positive things an individual has towards other people. Conscientiousness (C) consists of nine statements and describes an individual's seriousness and responsibility in completing tasks (Ramdhani, 2012).

Attachment Styles Questionnaire (ASQ)

The Attachment Styles Questionnaire (ASQ) measuring instrument has 40 statements with each statement assessed using a range of six scales, with the range of: “1 (*Strongly Disagree*)” to “6 (*Strongly Agree*)”. There are five types of attachment styles in the Attachment Styles Questionnaire (ASQ) measuring instrument, namely: (1) confidence in self and others (confidence); (2) discomfort with closeness (discomfort); (3) relationships as secondary (relationships); (4) need for approval and confirmation by others (approval); and (5) preoccupation with relationships (preoccupation). The type of attachment style that is dominantly used by an individual is seen based on the highest score among the scores of the five types, when the higher the score obtained for a type, the more representative it is of the type that is often used by the individual. The results of the reliability test will be seen from the acquisition of the Cronbach's alpha value and the validity test results is seen based on the Corrected Item-Total Correlation (CITC) value.

From the results in Table 2, the results show that all types are proven to be valid and reliable with a total number of items tested being 30. This is because the 10 items spread across each type obtained a validity value below .30. These items are one item each for the confidence, approval, and preoccupation types, five items for the discomfort type, and two items for the relationships type. However, all items of the Bahasa Indonesia version of the Attachment Styles Questionnaire (ASQ) are still used in this study. This

(CITC) semua butirnya telah memenuhi syarat.

Neuroticism (N) terdiri dari delapan pernyataan dan menggambarkan kestabilan emosi yang identik dengan emosi negatif, seperti khawatir, tegang, dan takut. *Extraversion (E)* terdiri dari delapan pernyataan dan menggambarkan semangat serta antusiasme individu dalam membangun hubungan (relasi) dengan orang lain. *Openness (O)* terdiri dari 10 pernyataan dan menggambarkan keterbukaan individu terhadap hal di luar dirinya, seperti wawasan serta sudut pandang. *Agreeableness (A)* terdiri dari sembilan pernyataan dan menggambarkan ketulusan, kehalusan perasaan, serta hal positif yang dimiliki individu terhadap orang lain. *Conscientiousness (C)* terdiri dari sembilan pernyataan dan menggambarkan sikap kesungguhan serta tanggung jawab individu dalam menyelesaikan tugas (Ramdhani, 2012).

Attachment Styles Questionnaire (ASQ)

Alat ukur *Attachment Styles Questionnaire (ASQ)* memiliki 40 pernyataan dengan tiap pernyataan dinilai melalui rentang enam skala, dengan rentang: “1 (*Sangat Tidak Setuju / STS*)” sampai “6 (*Sangat Setuju / SS*)”. Terdapat lima tipe *attachment styles* dalam alat ukur *Attachment Styles Questionnaire (ASQ)*, yaitu: (1) *confidence in self and others (confidence)*; (2) *discomfort with closeness (discomfort)*; (3) *relationships as secondary (relationships)*; (4) *need for approval and confirmation by others (approval)*; dan (5) *preoccupation with relationships (preoccupation)*. Tipe *attachment styles* yang dominan digunakan individu dilihat berdasarkan skor tertinggi di antara skor kelima tipe, ketika semakin tinggi perolehan skor pada suatu tipe, semakin merepresentasikan tipe tersebut adalah yang sering digunakan individu.. Hasil uji reliabilitas akan dilihat dari perolehan nilai *Cronbach's alpha* dan hasil uji validitas dilihat berdasarkan nilai *Corrected Item-Total Correlation (CITC)*.

Apabila melihat hasil pada Tabel 2, hasil menunjukkan bahwa seluruh tipe terbukti valid dan reliabel dengan total jumlah butir yang diuji adalah 30. Hal ini dikarenakan 10 butir yang tersebar dalam tiap tipe memperoleh nilai validitas di bawah 0,30. Sejumlah butir tersebut adalah masing-masing satu butir pada tipe *confidence*, *approval*, dan *preoccupation*, lima butir pada tipe *discomfort*, dan dua butir pada tipe *relationships*. Walaupun demikian, seluruh butir alat ukur *Attachment Styles Questionnaire (ASQ)* versi Bahasa

Table 2
Validity and Reliability of Attachment Styles Questionnaires (ASQ)

Type	CITC Range	α
Confidence	.48 - .63	.64
Discomfort	.36 - .68	.63
Relationships	.38 - .54	.59
Approval	.33 - .55	.51
Preoccupation	.47 - .66	.71

Notes. CITC = Corrected Item-Total Correlation.

Tabel 2
Validitas dan Reliabilitas Attachment Styles Questionnaires (ASQ)

Tipe	Rentang CITC	α
<i>Confidence</i>	0,48 - 0,63	0,64
<i>Discomfort</i>	0,36 - 0,68	0,63
<i>Relationships</i>	0,38 - 0,54	0,59
<i>Approval</i>	0,33 - 0,55	0,51
<i>Preoccupation</i>	0,47 - 0,66	0,71

Catatan. CITC = Corrected Item-Total Correlation.

takes into consideration that the results of the adaptation study of the Attachment Styles Questionnaire (ASQ) measuring instrument by Dewi et al. (2016) have proven that the Attachment Styles Questionnaire (ASQ) measuring instrument is valid and reliable.

The confidence type consists of eight statements and describes individuals who feel comfortable when they have independence and close relationships with other people. The discomfort type consists of 10 statements and the relationships type consists of seven statements. Both types are classified in the avoidant attachment category according to Feeney et al. (1998; 2000). The relationship type and discomfort type describe individuals who are independent, strong, and hold back (not express) the emotions they feel. The approval type consists of seven statements and the preoccupation type consists of eight statements. These two types are categorized by Feeney et al. (1998; 2000) as belonging to the concept of anxious attachment. The preoccupation type and approval type describe individuals who are pessimistic, helpless, incompetent, and exaggerate the emotions they feel (Mikulincer & Shaver, 2007).

Kessler Psychological Distress Scale (K10)

The Kessler Psychological Distress Scale (K10) measuring instrument has 10 questions with each

Indonesia ini tetap digunakan dalam studi ini. Hal ini mempertimbangkan bahwa hasil studi adaptasi alat ukur *Attachment Styles Questionnaire (ASQ)* oleh Dewi et al. (2016) telah membuktikan bahwa alat ukur *Attachment Styles Questionnaire (ASQ)* valid dan reliabel.

Tipe *confidence* terdiri dari delapan pernyataan dan menggambarkan individu merasa nyaman saat memiliki kemandirian serta hubungan dekat dengan orang lain. Tipe *discomfort* terdiri dari 10 pernyataan dan tipe *relationships* terdiri dari tujuh pernyataan. Kedua tipe tersebut tergolong dalam kategori *avoidant attachment* menurut Feeney et al. (1998; 2000). Tipe *relationships* dan tipe *discomfort* menggambarkan individu mandiri, kuat, serta menahan (tidak mengekspresikan) emosi yang dirasakan. Tipe *approval* terdiri dari tujuh pernyataan dan tipe *preoccupation* terdiri dari delapan pernyataan. Kedua tipe tersebut dikategorikan oleh Feeney et al. (1998; 2000) sebagai tergolong dalam konsep *anxious attachment*. Tipe *preoccupation* dan tipe *approval* menggambarkan individu pesimis, tidak berdaya, tidak berkompeten, serta melebih-lebihkan emosi yang dirasakan (Mikulincer & Shaver, 2007).

Kessler Psychological Distress Scale (K10)

Alat ukur *Kessler Psychological Distress Scale (K10)* memiliki 10 pertanyaan dengan tiap pertanyaan

question assessed using a range of five scales, with the range of: “1 (*Never*)” to “5 (*Always*)”. There are four categories of psychological distress levels in the Kessler Psychological Distress Scale (K10) measuring instrument, namely: (1) tends to be well (likely to be well) with a score range of 10-19; (2) tend to experience mild distress (likely to have mild distress) with a score of 20-24; (3) tend to experience moderate distress (likely to have moderate distress) with a range of 25-29; and (4) tend to experience severe distress (likely to have severe distress) with a score range of 30-50. The total number of questions on the Kessler Psychological Distress Scale (K10) is 14 questions because there are four additional questions. Four additional questions asked on the Kessler Psychological Distress Scale (K10) measuring instrument were provided to assess the impact of psychological distress experienced on the level of inability to carry out daily functions. These four additional questions are not involved in calculating the scores for the 10 main questions, because their function is only to complete the explanation regarding the level of psychological distress category obtained by participants (Australian Mental Health Outcomes and Classification Network, 2005).

The form of additional questions asked was related to identifying the number of days or times in the last month (four weeks) when participants were unable to carry out their daily functions or activities. Additional questions also included matters related to the number of participants who experienced physical health problems as a result of the stress they experienced, as well as related to the large number of participants who consulted with other professional health workers regarding the stress they experienced. One example of an additional question is: “In the last four weeks, on how many days were you completely unable to work, study, or carry out daily activities because of these feelings?” and “In the past four weeks, how often was your physical health problem the primary cause of these feelings?” (Australian Mental Health Outcomes and Classification Network, 2005).

Study Ethics

Before the data collection process is carried out, an ethical clearance application is made to the Research Ethics Committee of Universitas Katolik Indonesia Atma Jaya. The data collection process was carried out after the ethical clearance application received approval

dinilai melalui rentang lima skala, dengan rentang: “1 (*Tidak Pernah*)” sampai “5 (*Senantiasa atau Selalu*)”. Terdapat empat kategori tingkat *psychological distress* dalam alat ukur *Kessler Psychological Distress Scale (K10)*, yaitu: (1) cenderung baik (*likely to be well*) dengan rentang skor 10-19; (2) cenderung mengalami *distress* ringan (*likely to have mild distress*) dengan skor 20-24; (3) cenderung mengalami *distress* sedang (*likely to have moderate distress*) dengan rentang 25-29; dan (4) cenderung mengalami *distress* berat (*likely to have severe distress*) dengan rentang skor 30-50. Total keseluruhan pertanyaan pada alat ukur *Kessler Psychological Distress Scale (K10)* adalah 14 pertanyaan karena adanya empat pertanyaan tambahan. Empat pertanyaan tambahan yang diajukan pada alat ukur *Kessler Psychological Distress Scale (K10)* diberikan untuk menilai dampak *psychological distress* yang dialami terhadap tingkat ketidakmampuan dalam menjalankan fungsi sehari-hari. Keempat pertanyaan tambahan tersebut tidak dilibatkan dalam perhitungan skor dari 10 pertanyaan utama, karena fungsinya hanya untuk melengkapi penjelasan terkait tingkat kategori *psychological distress* yang diperoleh partisipan (Australian Mental Health Outcomes and Classification Network, 2005).

Bentuk pertanyaan tambahan yang diajukan terkait dengan identifikasi jumlah hari atau waktu dalam satu bulan (empat minggu) terakhir ketika partisipan tidak mampu menjalankan fungsi atau aktivitas (kegiatan) sehari-harinya. Pertanyaan tambahan juga mencakup hal terkait jumlah partisipan merasakan masalah kesehatan fisik akibat dari stres yang dialami, serta terkait banyaknya jumlah partisipan melakukan konsultasi dengan tenaga kesehatan profesional lainnya mengenai stres yang dialami. Salah satu contoh bentuk pertanyaan tambahan tersebut adalah: “Dalam waktu empat minggu terakhir ini, berapa hari Anda sama sekali tidak dapat bekerja, belajar, atau menjalankan kegiatan sehari-hari karena perasaan-perasaan ini?” dan “Dalam empat minggu terakhir ini, berapa sering masalah kesehatan jasmani Anda menjadi penyebab utama perasaan-perasaan ini?” (Australian Mental Health Outcomes and Classification Network, 2005).

Etika Studi

Sebelum proses pengambilan data dilaksanakan, dilakukan pengajuan *ethical clearance* terlebih dahulu kepada Komite Etika Penelitian Universitas Katolik Indonesia Atma Jaya. Proses pengambilan data dilakukan setelah pengajuan *ethical clearance*

with number: 0028/III/LPPM-PM.10.05/08/2021. All participants have agreed to be involved in this study, by filling out an informed consent form first. During the data collection process, participants were asked to fill out a personal identity sheet and three measurement instruments for this study. The data collection process takes place online by providing a link to participants who fill out an informed consent sheet, personal identity sheet, and three measuring instruments. Data collection took place for approximately two months, namely from August to October 2021.

Statistical Analysis

This study utilizes two data processing methods, namely: (1) Spearman correlation; and (2) multiple linear regression with two predictor variables. The Spearman correlation method was utilized based on the consideration that the data obtained was not normally distributed. Apart from that, the Spearman correlation method is also utilized to see the relationship between personality and attachment styles and psychological distress. After a correlation was confirmed, other tests were carried out to look at aspects of personality and attachment styles that act as predictors of the level of psychological distress. In looking at aspects that can act as predictors, the data is processed and tested using the multiple linear regression method with two predictor variables. The Spearman correlation test and multiple linear regression with two predictor variables on all data were carried out using the International Business Machines (IBM) Statistical Product and Service Solutions (SPSS) program version 25.00.

Results

This study involved 297 participants, with a mean age of 31.61 years ($SD = 3.686$). Most participants (43.10%) had two children with a mean child age of 2.84 years ($SD = 1.445$). Based on data from participant children, 68.99% of children are not yet in school, and among children who are in school, 41.82% are learning online. As many as 43.43% of participants had a Undergraduate educational background, and around 81.48% lived on the island of Java with the majority being Javanese (42.42%). Most participants (78.11%) had one job, most of whom were self-employed (33.73%), with an income of less than IDR 20,000,000.00 per month (89.90%). In carrying out

memperoleh persetujuan dengan nomor surat: 0028/III/LPPM-PM.10.05/08/2021. Seluruh partisipan telah menyetujui untuk terlibat dalam studi ini, dengan mengisi lembar persetujuan (*informed consent*) terlebih dahulu. Selama proses pengambilan data, partisipan diminta mengisi lembar identitas diri dan tiga alat ukur studi ini. Proses pengambilan data berlangsung secara daring dengan menyediakan satu tautan kepada partisipan yang mengisi lembar *informed consent*, lembar identitas diri, dan tiga alat ukur. Pengambilan data berlangsung selama kurang lebih dua bulan, yaitu dari Agustus sampai Oktober 2021.

Analisis Statistik

Studi ini menggunakan dua metode pengolahan data, yaitu: (1) *Spearman correlation*; dan (2) *multiple linear regression with two predictor variables*. Metode *Spearman correlation* digunakan atas dasar pertimbangan bahwa data yang diperoleh tidak berdistribusi normal. Selain itu, metode *Spearman correlation* juga digunakan untuk melihat hubungan antara kepribadian dan *attachment styles* dengan *psychological distress*. Setelah terlihat terdapat hubungan, maka dilakukan pengujian lainnya untuk melihat aspek dalam kepribadian dan *attachment styles* yang berperan sebagai prediktor terhadap tingkat *psychological distress*. Dalam melihat aspek yang dapat berperan sebagai prediktor, data diolah dan diuji menggunakan metode *multiple linear regression with two predictor variables*. Uji *Spearman correlation* dan *multiple linear regression with two predictor variables* pada seluruh data dilakukan dengan menggunakan program *International Business Machines (IBM) Statistical Product and Service Solutions (SPSS)* versi 25.00.

Hasil

Studi ini melibatkan 297 partisipan, dengan rerata usia 31,61 tahun ($SD = 3,686$). Sebagian besar partisipan (43,10%) memiliki dua anak dengan rerata usia anak 2,84 tahun ($SD = 1,445$). Berdasarkan data anak partisipan, 68,99% anak belum bersekolah, dan di antara anak yang bersekolah, 41,82% melakukan pembelajaran daring. Sebanyak 43,43% partisipan memiliki latar belakang pendidikan Strata-1, dan sekitar 81,48% tinggal di Pulau Jawa dengan mayoritas suku Jawa (42,42%). Sebagian besar partisipan (78,11%) memiliki satu pekerjaan, yang sebagian besar adalah sebagai wiraswasta (33,73%), dengan penghasilan kurang dari IDR 20.000.000,00 per bulan

household work, 84.18% of participants were assisted by their partners (husbands) in caring for children. In general, participants in this study were individuals of productive age, had two small children who were not yet in school, worked as entrepreneurs, and were assisted by their partners in household work, including looking after children.

The results of descriptive analysis show that the level of psychological distress has a mean of 27.21 ($SD = 10.919$). In this analysis, the distribution of participants in various categories of psychological distress levels produced by the Kessler Psychological Distress Scale (K10) measurement tool is also depicted.

In Figure 1, it can be seen that 44.11% of participants experienced severe distress during the COVID-19 pandemic. This shows that during the pandemic situation, the majority of participants experienced negative (bad) emotional state. Apart from that, the results of descriptive analysis of four additional questions from the Kessler Psychological Distress Scale (K10) measurement tool showed that 39.69% of the 44.11% of participants were still able to carry out daily activities and did not experience problems in carrying them out, even though they had negative (bad) emotional state. Based on these results, a description of the personality and attachment styles of participants in each category of psychological distress level was obtained.

Table 3 shows that participants with severe levels of distress have personality traits that are high in the Neuroticism (N) domain and low in the Extraversion (E), Openness (O), Agreeableness (A), and Conscientiousness (C) domains. The dominant type of attachment style is discomfort. High personality traits in the Neuroticism (N) domain indicate a lack of emotional stability in participants, including negative responses to situations such as the COVID-19 pandemic (Ramdhani, 2012; Soto, 2018). Low Extraversion (E) domain and discomfort type indicate emotional closure and suppression of feelings (Mikulincer & Shaver, 2007; Soto, 2018). Low levels of the Openness (O) domain describe not being open to diverse thoughts and views (Ramdhani, 2012; Soto, 2018). A low Agreeableness (A) domain indicates a lack of attention to other people around them (Soto, 2018), and a low Conscientiousness (C) domain indicates a lack of motivation to act in certain situations (Soto, 2018).

(89,90%). Dalam melakukan pekerjaan rumah tangga, 84,18% partisipan dibantu oleh pasangan (suami) dalam mengasuh anak. Secara umum, partisipan dalam studi ini adalah individu yang berusia produktif, memiliki dua anak kecil yang belum sekolah, bekerja sebagai wiraswasta, dan dibantu oleh pasangan dalam pekerjaan rumah tangga, termasuk mengasuh anak.

Hasil analisis deskriptif menunjukkan bahwa tingkat *psychological distress* memiliki rerata 27,21 ($SD = 10,919$). Dalam analisis tersebut, juga tergambar persebaran partisipan dalam berbagai kategori tingkat *psychological distress* yang dihasilkan oleh alat ukur *Kessler Psychological Distress Scale (K10)*.

Pada Gambar 1 terlihat bahwa 44,11% partisipan mengalami *distress* berat selama pandemi *COVID-19*. Hal ini menunjukkan bahwa selama situasi pandemi berlangsung, mayoritas partisipan mengalami keadaan emosional yang tidak baik. Selain itu, hasil analisis deskriptif terhadap empat pertanyaan tambahan dari alat ukur *Kessler Psychological Distress Scale (K10)* menunjukkan bahwa 39,69% dari 44,11% partisipan tetap dapat menjalankan aktivitas sehari-hari dan tidak mengalami kendala dalam menjalankannya, walau memiliki keadaan emosional yang tidak baik. Berdasarkan hasil tersebut, diperoleh gambaran kepribadian dan tipe *attachment styles* partisipan pada tiap kategori tingkat *psychological distress*.

Tabel 3 menunjukkan bahwa partisipan dengan tingkat *distress* berat memiliki ciri kepribadian tinggi dalam domain *Neuroticism (N)* dan rendah dalam domain *Extraversion (E)*, *Openness (O)*, *Agreeableness (A)*, serta *Conscientiousness (C)*. Tipe *attachment styles* yang dominan adalah *discomfort*. Kepribadian tinggi dalam domain *Neuroticism (N)* mengindikasikan kurangnya stabilitas emosi pada partisipan, termasuk respon negatif terhadap situasi seperti pandemi *COVID-19* (Ramdhani, 2012; Soto, 2018). Domain *Extraversion (E)* yang rendah dan tipe *discomfort* menandakan penutupan emosi dan penekanan perasaan (Mikulincer & Shaver, 2007; Soto, 2018). Rendahnya domain *Openness (O)* menggambarkan ketidakterbukaan terhadap pemikiran dan pandangan yang beragam (Ramdhani, 2012; Soto, 2018). Domain *Agreeableness (A)* yang rendah menunjukkan kurangnya perhatian terhadap orang lain di sekitar (Soto, 2018), dan domain *Conscientiousness (C)* yang rendah mengindikasikan kurangnya motivasi untuk bertindak dalam situasi tertentu (Soto, 2018).

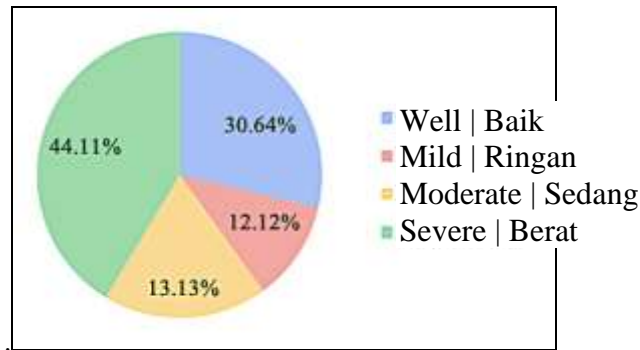


Figure 1. Percentage of participants' psychological distress level.

Gambar 1. Presentase tingkat *psychological distress* partisipan.

Table 3
Portraits of Participants' Personality, Attachment Styles, and Psychological Distress

Domain / Type	Psychological Distress			
	Severe Distress	Medium Distress	Low Distress	Overall Good
Neuroticism (N)	High (36.64% [*])	High (33.33% [*])	Low (33.33% [*])	Low (41.76% [*])
Extraversion (E)	Low (27.48% [*])	Low (30.77% [*])	High (30.56% [*])	High (32.97% [*])
Openness (O)	Low (28.24% [*])	Low (38.46% [*])	Low (27.78% [*])	Low (29.67% [*])
Agreeableness (A)	Low (30.53% [*])	Low (30.77% [*])	High (30.56% [*])	High (35.16% [*])
Conscientiousness (C)	Low (31.30% [*])	Low (30.77% [*])	High (25.00% [*])	High (37.36% [*])
Discomfort	42.64 ^{**} (70.23% ^{***})	38.31 ^{**} (71.79% ^{***})	37.86 ^{**} (77.78% ^{***})	36.69 ^{**} (75.82% ^{***})

Notes. ^{*}Percentage of participants' total frequency; ^{**}Participants' average score; ^{***}Percentage of participants' average score.

Tabel 3
Gambaran Kepribadian, Attachment Styles, dan Psychological Distress Partisipan

Domain / Tipe	Psychological Distress			
	Distress Berat	Distress Sedang	Distress Ringan	Cenderung Baik
Neuroticism (N)	Tinggi (36.64% [*])	Tinggi (33.33% [*])	Rendah (33.33% [*])	Rendah (41.76% [*])
Extraversion (E)	Rendah (27.48% [*])	Rendah (30.77% [*])	Tinggi (30.56% [*])	Tinggi (32.97% [*])
Openness (O)	Rendah (28.24% [*])	Rendah (38.46% [*])	Rendah (27.78% [*])	Rendah (29.67% [*])
Agreeableness (A)	Rendah (30.53% [*])	Rendah (30.77% [*])	Tinggi (30.56% [*])	Tinggi (35.16% [*])
Conscientiousness (C)	Rendah (31.30% [*])	Rendah (30.77% [*])	Tinggi (25.00% [*])	Tinggi (37.36% [*])
Discomfort	42.64 ^{**} (70.23% ^{***})	38.31 ^{**} (71.79% ^{***})	37.86 ^{**} (77.78% ^{***})	36.69 ^{**} (75.82% ^{***})

Catatan. ^{*}Presentase frekuensi jumlah partisipan; ^{**}Rerata skor partisipan; ^{***}Presentase rerata skor partisipan.

The authors conducted a Spearman correlation test to understand the relationship between personality domains, attachment styles, and psychological distress. This method was chosen because the data is not normally distributed, except for the Neuroticism (N) domain data. Other data, including the domains Extraversion (E), Openness (O), Agreeableness (A), Conscientiousness (C), types of attachment styles (confidence, discomfort, relationships, approval, and preoccupation), and psychological distress do not follow a normal distribution. The results of the correlation test on these three aspects are shown in Table 4.

Table 4 shows that only the Openness (O) domain in personality is not significantly related to psychological distress ($r = - .010$; $\rho > .05$). This indicates that the level of the Openness (O) domain score does not influence participants' psychological distress, and their views on things outside themselves are not significant in determining the level of distress.

On the other hand, the Neuroticism (N), Extraversion (E), Agreeableness (A), and Conscientiousness (C) domains show a significant relationship with psychological distress. The Neuroticism (N) domain has a significant positive relationship ($r = .568$; $\rho < .05$), indicating that the higher the Neuroticism (N) domain score (indicating a lack of emotional stability), the higher the level of psychological distress. In contrast, the Extraversion (E) domain ($r = - .336$; $\rho < .05$), the Agreeableness (A) domain ($r = - .334$; $\rho < .05$), and the Conscientiousness (C) domain ($r = - .364$; $\rho < .05$) has a significant negative relationship, indicating that the higher the score in these three domains, the lower the level of psychological distress.

In more detail, the results of these three domains explain that the higher the participants' personality traits in the Extraversion (E), Agreeableness (A), and Conscientiousness (C) domains, the lower their level of psychological distress. Enthusiasm in relating to others (Extraversion [E] domain), concern for the well-being of others (Agreeableness [A] domain), and drive to act in certain situations (Conscientiousness [C] domain) all contribute to lower levels of distress.

Regarding the types of attachment styles, the results (see Table 4) show that all types of attachment styles are

Para penulis melakukan uji korelasi *Spearman* untuk memahami hubungan antara domain kepribadian, tipe *attachment styles*, dan *psychological distress*. Metode ini dipilih karena data tidak berdistribusi normal, kecuali untuk data domain *Neuroticism (N)*. Data lainnya, termasuk domain *Extraversion (E)*, *Openness (O)*, *Agreeableness (A)*, *Conscientiousness (C)*, tipe *attachment styles (confidence, discomfort, relationships, approval, dan preoccupation)*, dan *psychological distress* tidak mengikuti distribusi normal. Hasil uji korelasi pada ketiga aspek tersebut ditampilkan dalam Tabel 4.

Tabel 4 menunjukkan bahwa hanya domain *Openness (O)* dalam kepribadian yang tidak berhubungan secara signifikan dengan *psychological distress* ($r = - 0,010$; $\rho > 0,05$). Hal ini mengindikasikan bahwa tingkat skor domain *Openness (O)* tidak memengaruhi *psychological distress* partisipan, dan pandangan mereka terhadap hal di luar diri tidak signifikan dalam menentukan tingkat *distress*.

Di sisi lain, domain *Neuroticism (N)*, *Extraversion (E)*, *Agreeableness (A)*, dan *Conscientiousness (C)* menunjukkan hubungan signifikan dengan *psychological distress*. Domain *Neuroticism (N)* memiliki hubungan positif yang signifikan ($r = 0,568$; $\rho < 0,05$), menunjukkan bahwa semakin tinggi skor domain *Neuroticism (N)* (menandakan kurangnya stabilitas emosi), semakin tinggi tingkat *psychological distress*. Sebaliknya, domain *Extraversion (E)* ($r = - 0,336$; $\rho < 0,05$), domain *Agreeableness (A)* ($r = - 0,334$; $\rho < 0,05$), dan domain *Conscientiousness (C)* ($r = - 0,364$; $\rho < 0,05$) memiliki hubungan negatif yang signifikan, menandakan bahwa semakin tinggi skor dalam ketiga domain tersebut, semakin rendah tingkat *psychological distress*.

Jika lebih diperinci, hasil ketiga domain tersebut menjelaskan bahwa semakin tinggi ciri kepribadian partisipan dalam domain *Extraversion (E)*, *Agreeableness (A)*, dan *Conscientiousness (C)*, semakin rendah tingkat *psychological distress* mereka. Antusiasme dalam berhubungan dengan orang lain (domain *Extraversion [E]*), kepedulian terhadap kesejahteraan orang lain (domain *Agreeableness [A]*), dan dorongan untuk bertindak dalam situasi tertentu (domain *Conscientiousness [C]*) semuanya berkontribusi pada tingkat *distress* yang lebih rendah.

Pada tipe *attachment styles*, hasil (lihat Tabel 4) menunjukkan bahwa semua tipe *attachment styles*

Table 4
Results of Correlations of Personality Domains and Attachment Styles Types With Psychological Distress

Domain / Type	Psychological Distress	
	<i>r</i>	<i>Sig.</i>
Neuroticism (N)	.568**	.000
Extraversion (E)	-.336**	.000
Openness (O)	-.010	.430
Agreeableness (A)	-.334**	.000
Conscientiousness (C)	-.364**	.000
Confidence	-.239**	.000
Discomfort	.336**	.000
Relationships	.227**	.000
Approval	.446**	.000
Preoccupation	.458**	.000

Notes. **Significant on .01 level.

Tabel 4
Hasil Korelasi Domain Kepribadian dan Tipe Attachment Styles Dengan Psychological Distress

Domain / Tipe	Psychological Distress	
	<i>r</i>	<i>Sig.</i>
Neuroticism (N)	0,568**	0,000
Extraversion (E)	- 0,336**	0,000
Openness (O)	- 0,010	0,430
Agreeableness (A)	- 0,334**	0,000
Conscientiousness (C)	- 0,364**	0,000
Confidence	- 0,239**	0,000
Discomfort	0,336**	0,000
Relationships	0,227**	0,000
Approval	0,446**	0,000
Preoccupation	0,458**	0,000

Catatan. **Signifikan pada level 0,01.

significantly related to psychological distress. Confidence type has a significant negative relationship ($r = -.239$; $\rho < .05$), indicating that the higher the confidence type score, the lower the level of psychological distress. On the other hand, the types of discomfort ($r = .336$; $\rho < .05$), relationships ($r = .227$; $\rho < .05$), approval ($r = .446$; $\rho < .05$), and preoccupation ($r = .458$; $\rho < .05$) has a significant positive relationship, indicating that the higher the score in this type, the higher the level of psychological distress.

Regression tests were carried out to identify predictor factors in the personality domain and type of attachment styles on psychological distress. The three regression tests were carried out using the stepwise method. A complete explanation of the regression test results can be found in Table 5.

berhubungan secara signifikan dengan *psychological distress*. Tipe *confidence* memiliki hubungan negatif yang signifikan ($r = -0,239$; $\rho < 0,05$), menandakan bahwa semakin tinggi skor tipe *confidence*, semakin rendah tingkat *psychological distress*. Di sisi lain, tipe *discomfort* ($r = 0,336$; $\rho < 0,05$), *relationships* ($r = 0,227$; $\rho < 0,05$), *approval* ($r = 0,446$; $\rho < 0,05$), dan *preoccupation* ($r = 0,458$; $\rho < 0,05$) memiliki hubungan positif yang signifikan, menunjukkan bahwa semakin tinggi skor dalam tipe tersebut, semakin tinggi tingkat *psychological distress*.

Uji regresi dilakukan untuk mengidentifikasi faktor prediktor dalam domain kepribadian dan tipe *attachment styles* terhadap *psychological distress*. Ketiga uji regresi tersebut dilakukan dengan metode *stepwise*. Penjelasan hasil uji regresi selengkapnya dapat ditemukan dalam Tabel 5.

Table 5

Results of Regression with Stepwise Method on Personality Domains, Attachment Styles Types, and Psychological Distress

Domain / Type	β	R	R^2	ΔR^2	t	Sig.
Neuroticism (N)	1.001	.574	.329	.329	12.031	.000
Preoccupation	.326	.469	.220	.220	3.279	.000
Confidence	-.350	.507	.257	.037	-4.375	.000
Approval	.449	.540	.291	.034	3.746	.000
Neuroticism (N)	.882	.574	.329	.329	10.340	.000
Approval	.333	.634	.402	.073	3.509	.001
Relationships	.241	.645	.416	.014	2.609	.010

Tabel 5

Hasil Regresi Metode Stepwise Domain Kepribadian, Tipe Attachment Styles, dan Psychological Distress

Domain / Tipe	β	R	R^2	ΔR^2	t	Sig.
Neuroticism (N)	1,001	0,574	0,329	0,329	12,031	0,000
Preoccupation	0,326	0,469	0,220	0,220	3,279	0,000
Confidence	- 0,350	0,507	0,257	0,037	- 4,375	0,000
Approval	0,449	0,540	0,291	0,034	3,746	0,000
Neuroticism (N)	0,882	0,574	0,329	0,329	10,340	0,000
Approval	0,333	0,634	0,402	0,073	3,509	0,001
Relationships	0,241	0,645	0,416	0,014	2,609	0,010

The results of the regression test on the personality domain on psychological distress show that only the Neuroticism (N) domain acts as a predictor [$F(1, 295) = 144.735$; $\rho < .05$; $R^2 = .329$], with a contribution of 32.9%. In the regression test of attachment styles on psychological distress, three types of attachment styles acted as predictors, namely: (1) preoccupation type [$F(1, 295) = 83.280$; $\rho < .05$; $R^2 = .220$] with a contribution of 22%; (2) confidence type [$F(1, 294) = 50.897$; $\rho < .05$; $R^2 = .257$] with a contribution of 3.7%; and (3) approval type [$F(1, 293) = 40.114$; $\rho < .05$; $R^2 = .291$] with a contribution of 3.4%. When personality domains and attachment styles are tested together, there are three aspects that act as predictors of the level of psychological distress. These three aspects are: (1) Neuroticism (N) domain in the personality domain (32.9% contribution [$F(1, 295) = 144.735$; $\rho < .05$; $R^2 = .329$]); (2) approval type (7.3% contribution [$F(1, 294) = 98.928$; $\rho < .05$; $R^2 = .402$]); and (3) relationship type (1.4% contribution [$F(1, 293) = 69.524$; $\rho < .05$; $R^2 = .416$]).

Discussion

Some of the results of this study are in line with the results of previous studies regarding the impact of personality and attachment styles on psychological

Hasil uji regresi pada domain kepribadian terhadap *psychological distress* menunjukkan bahwa hanya domain *Neuroticism (N)* yang berperan sebagai prediktor [$F(1, 295) = 144.735$; $\rho < 0,05$; $R^2 = 0,329$], dengan kontribusi sebesar 32,9%. Pada uji regresi tipe *attachment styles* terhadap *psychological distress*, tiga tipe *attachment styles* berperan sebagai prediktor, yaitu: (1) tipe *preoccupation* [$F(1, 295) = 83,280$; $\rho < 0,05$; $R^2 = 0,220$] dengan kontribusi 22%; (2) tipe *confidence* [$F(1, 294) = 50,897$; $\rho < 0,05$; $R^2 = 0,257$] dengan kontribusi 3,7%; dan (3) tipe *approval* [$F(1, 293) = 40,114$; $\rho < 0,05$; $R^2 = 0,291$] dengan kontribusi 3,4%. Ketika domain kepribadian dan tipe *attachment styles* diuji bersamaan, terdapat tiga aspek yang berperan sebagai prediktor terhadap tingkat *psychological distress*. Ketiga aspek tersebut adalah: (1) domain *Neuroticism (N)* pada domain kepribadian (kontribusi 32,9% [$F(1, 295) = 144,735$; $\rho < 0,05$; $R^2 = 0,329$]); (2) tipe *approval* (kontribusi 7,3% [$F(1, 294) = 98,928$; $\rho < 0,05$; $R^2 = 0,402$]); dan (3) tipe *relationships* (kontribusi 1,4% [$F(1, 293) = 69,524$; $\rho < 0,05$; $R^2 = 0,416$]).

Diskusi

Beberapa hasil studi ini sejalan dengan hasil dari studi sebelumnya tentang dampak kepribadian dan *attachment styles* terhadap *psychological distress*.

distress. Studies such as Kizuki and Fujiwara (2018), Mazza et al. (2021), and Moccia et al. (2020) have indicated that individuals with insecure attachment styles tend to experience higher levels of psychological distress, a result that is in line with the findings of this study. This means that attachment styles such as discomfort, relationships, approval, and preoccupation have a positive correlation with the level of psychological distress in working mothers in Indonesia; indicating that the more dominant the characteristics of this attachment style appear in them, the higher the possibility of experiencing psychological distress.

The results of this study are also in line with previous findings which stated that Indonesian women, who live in a collectivistic and patriarchal culture, do not show significant differences in the formation of attachment styles schemas when compared with women from different cultures. This shows similarities in their behavioral patterns and emotional responses when facing stressful or threatening situations, as well as in their strategies for dealing with emotions and seeking comfort and security (Dewi et al., 2016; Mikulincer & Shaver, 2007). These results support attachment theory which describes the attachment system as adaptive and has normative characteristics that are relevant in the evolutionary explanation of individual behavior in seeking protection from threatening situations (Mikulincer & Shaver, 2007).

In addition, this study supports previous findings showing that secure attachment style, or self-confidence type, is negatively correlated with psychological distress (Mazza et al., 2021; Moccia et al., 2020). This means that working mothers in Indonesia who have secure attachment style as the dominant style tend to have low levels of psychological distress.

The correlation test results between attachment styles and psychological distress are in line with previous studies, although there are slight differences in the correlation test results between personality domains and psychological distress. This also supports the stress coping theory which emphasizes the adaptability of stress coping to time and situations (Lazarus, 1993, as cited in Shekrladze et al., 2021). The ability to manage stressful situations remains an important factor, independent of culture or individual personality (Lazarus & Folkman, 1984, as cited in Shekrladze et al., 2021).

Studi seperti Kizuki dan Fujiwara (2018), Mazza et al. (2021), dan Moccia et al. (2020) telah mengindikasikan bahwa individu dengan *insecure attachment styles* cenderung mengalami *psychological distress* yang lebih tinggi, hasil yang senada dengan temuan studi ini. Hal ini berarti bahwa tipe *attachment styles* seperti *discomfort*, *relationships*, *approval*, dan *preoccupation* memiliki korelasi positif dengan tingkat *psychological distress* pada ibu bekerja di Indonesia; menandakan bahwa semakin dominan ciri *attachment styles* ini muncul pada mereka, semakin tinggi kemungkinan mengalami *psychological distress*.

Hasil studi ini juga sejalan dengan temuan sebelumnya yang menyatakan bahwa perempuan Indonesia, yang hidup dalam budaya kolektif dan patriarki, tidak menunjukkan perbedaan yang signifikan dalam pembentukan skema *attachment styles* jika dibandingkan dengan perempuan dari budaya yang berbeda. Hal ini menunjukkan kesamaan dalam pola perilaku dan respon emosional mereka saat menghadapi situasi stres atau ancaman, serta dalam strategi mereka untuk mengatasi emosi dan mencari kenyamanan dan keamanan (Dewi et al., 2016; Mikulincer & Shaver, 2007). Hasil ini mendukung teori *attachment* yang menggambarkan sistem *attachment* sebagai adaptif dan memiliki karakteristik normatif yang relevan dalam penjelasan evolusioner tentang perilaku individu dalam mencari perlindungan dari situasi yang mengancam (Mikulincer & Shaver, 2007).

Selain itu, studi ini mendukung temuan sebelumnya yang menunjukkan bahwa *secure attachment style*, atau tipe kepercayaan diri, berkorelasi negatif dengan *psychological distress* (Mazza et al., 2021; Moccia et al., 2020). Hal ini berarti bahwa ibu bekerja di Indonesia yang memiliki tipe *secure* sebagai tipe *attachment styles* yang dominan cenderung memiliki tingkat *psychological distress* yang rendah.

Hasil uji korelasi antara tipe *attachment styles* dan *psychological distress* sejalan dengan studi sebelumnya, meskipun terdapat sedikit perbedaan dalam hasil uji korelasi antara domain kepribadian dan *psychological distress*. Hal ini juga mendukung teori *coping stress* yang menekankan adaptabilitas *coping stress* terhadap waktu dan situasi (Lazarus, 1993, sitat dalam Shekrladze et al., 2021). Kemampuan untuk mengatur situasi stres tetap menjadi faktor penting, independen dari budaya atau kepribadian individu (Lazarus & Folkman, 1984, sitat dalam Shekrladze et al., 2021).

However, in the Neuroticism (N) domain, the results of this study are consistent with previous studies which state that individuals with high N domains tend to have high levels of psychological distress (Margetić et al., 2021; Mazza et al., 2020; Rettew et al., 2021). This shows that the higher the score in the Neuroticism (N) domain, the higher the participant shows poor emotional stability, and the higher the level of psychological distress. The results of the Neuroticism (N) domain correlation test in this study which are in line with previous studies can be explained by the Big Five theory regarding the Neuroticism (N) domain, which has been stated as a domain that is universal and can be generalized across cultures (Boyle, 2008).

In addition, differences in results may be due to the absence of participants with high scores on the Openness (O) domain in this study. This may be related to the influence of educational and cultural background on intellectual abilities and individual perceptions of their environment. In addition, the conservative culture that is common in Indonesia can also influence aspects of an individual's intellectual abilities and views (Halim et al., 2004).

Limitations and Suggestions

The limitation of this study is that data collection was carried out online. Online data collection which occurred at the same time as the second wave phase was underway is also a limitation of this study, because it can cause certain biases in the study results. Based on these limitations, if development of this study is carried out, more attention can be paid to the method and time of data collection to reduce various bias tendencies that will occur.

When collecting data, it is important to not only pay attention to the method and time of collection, but to also consider the variety of participants involved in the study. The variety of participants is important to reflect the broader population. In this study, the diversity of participants was limited because the majority came from a similar demographic background, namely Javanese. This limitation results in data that lacks diversity, and has the potential to affect the validity and reliability of study results. Several domains or items in the Big Five Inventory (BFI) and Attachment Styles Questionnaire (ASQ) measuring instruments were not proven to be valid and reliable due to the lack of cultural variation among participants, especially those

Walaupun demikian, pada domain *Neuroticism (N)*, hasil studi ini konsisten dengan studi sebelumnya yang menyatakan bahwa individu dengan domain *Neuroticism (N)* tinggi cenderung memiliki tingkat *psychological distress* yang tinggi (Margetić et al., 2021; Mazza et al., 2020; Rettew et al., 2021). Hal ini menunjukkan bahwa semakin tinggi skor pada domain *Neuroticism (N)*, semakin tinggi partisipan menunjukkan kestabilan emosi yang kurang baik, dan semakin tinggi tingkat *psychological distress*. Hasil uji korelasi domain *Neuroticism (N)* dalam studi ini yang sejalan dengan studi sebelumnya dapat dijelaskan melalui teori *Big Five* terkait domain *Neuroticism (N)*, yang telah dinyatakan sebagai domain yang bersifat universal dan dapat digeneralisasikan lintas budaya (Boyle, 2008).

Selain itu, perbedaan hasil yang mungkin disebabkan oleh ketiadaan partisipan dengan skor tinggi pada domain *Openness (O)* dalam studi ini. Hal ini mungkin terkait dengan pengaruh latar belakang pendidikan dan budaya pada kemampuan intelektual serta persepsi individu terhadap lingkungannya. Selain itu, budaya konservatif yang umum di Indonesia juga dapat memengaruhi aspek kemampuan intelektual dan pandangan individu (Halim et al., 2004).

Keterbatasan dan Saran

Keterbatasan studi ini adalah pengambilan data dilakukan secara daring. Pengambilan data secara daring yang terjadi bersamaan dengan berlangsungnya fase gelombang kedua juga menjadi keterbatasan studi ini, karena dapat menimbulkan bias tertentu terhadap hasil studi. Berdasarkan keterbatasan tersebut, maka jika dilakukan pengembangan terhadap studi ini, dapat lebih memerhatikan metode dan waktu pengambilan data untuk mengurangi berbagai kecenderungan bias yang akan terjadi.

Pada saat pengambilan data, tidak hanya perlu memerhatikan metode dan waktu pengambilan, tetapi juga perlu mempertimbangkan variasi partisipan yang terlibat dalam studi. Variasi partisipan penting untuk mencerminkan populasi yang lebih luas. Dalam studi ini, keberagaman partisipan terbatas karena mayoritas berasal dari latar belakang demografi yang serupa, yaitu suku Jawa. Keterbatasan ini menghasilkan data yang kurang beragam, dan berpotensi mempengaruhi validitas dan reliabilitas hasil studi. Beberapa domain atau butir dalam alat ukur *Big Five Inventory (BFI)* dan *Attachment Styles Questionnaire (ASQ)* tidak terbukti valid dan reliabel karena kurangnya variasi budaya di antara partisipan, terutama yang berasal dari luar pulau

from outside Java who have different cultures.

Conclusion

Based on the presentation of the results and previous discussions, it can be concluded that there is a significant relationship between personality domains and attachment styles and psychological distress during the COVID-19 pandemic among working mothers in Indonesia. In the correlation test results, there is a significant positive relationship in the Neuroticism (N) domain, discomfort type, relationship type, approval type, and preoccupation type on the level of psychological distress. In the Extraversion domain (E), Agreeableness domain (A), Conscientiousness domain (C), and confidence type, there is a significant negative relationship with the level of psychological distress. On the other hand, in the Openness (O) domain there is no significant relationship with the level of psychological distress. In the regression test results, there are three aspects that act as predictors of the level of psychological distress, namely: (1) Neuroticism (N) domain; (2) approval type, and (3) relationship type. Of the three predictors, the Neuroticism (N) domain is the predictor that has the greatest contribution to the level of psychological distress. These results indicate that the personality domain contributes more dominantly to the level of psychological distress compared to attachment styles. If the aim is to provide intervention to help participants (working mothers) based on the results obtained, then intervention can be provided by prioritizing things related to emotions, such as emotional stability and emotional regulation.

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Publication Disclosure Statements for Conflict of Interest

This study does not have the potential to give rise to a conflict of interest.

Jawa yang memiliki budaya yang berbeda.

Simpulan

Berdasarkan paparan hasil dan diskusi sebelumnya, dapat disimpulkan bahwa terdapat hubungan yang signifikan antara domain kepribadian dan tipe *attachment styles* dengan *psychological distress* selama pandemi COVID-19 pada ibu bekerja di Indonesia. Pada hasil uji korelasi, terdapat hubungan positif yang signifikan pada domain *Neuroticism (N)*, tipe *discomfort*, tipe *relationships*, tipe *approval*, dan tipe *preoccupation* terhadap tingkat *psychological distress*. Pada domain *Extraversion (E)*, domain *Agreeableness (A)*, domain *Conscientiousness (C)*, dan tipe *confidence*, terdapat hubungan negatif yang signifikan dengan tingkat *psychological distress*. Di sisi lain, pada domain *Openness (O)* tidak terdapat hubungan yang signifikan dengan tingkat *psychological distress*. Pada hasil uji regresi, terdapat tiga aspek yang berperan sebagai prediktor terhadap tingkat *psychological distress*, yaitu: (1) domain *Neuroticism (N)*; (2) tipe *approval*, dan (3) tipe *relationships*. Dari ketiga prediktor tersebut, domain *Neuroticism (N)* merupakan prediktor yang memiliki kontribusi paling besar terhadap tingkat *psychological distress*. Hasil tersebut menunjukkan bahwa domain kepribadian berkontribusi lebih dominan terhadap tingkat *psychological distress* dibandingkan tipe *attachment styles*. Apabila hendak memberikan intervensi untuk membantu partisipan (ibu bekerja) berdasarkan hasil yang diperoleh, maka intervensi dapat diberikan dengan mengutamakan hal sehubungan dengan emosi, seperti kestabilan emosi dan regulasi emosi.

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Author Contributions

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