

# Efektivitas compassion-focused therapy untuk menurunkan kritik diri dan gejala emosi negatif pada mahasiswa yang melukai diri sendiri = The effectiveness of compassion-focused therapy to reduce self-criticism and the symptoms of negative emotion in college students who injure themselves (self-injury)

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## Abstrak

Fokus dari penelitian pada tesis adalah untuk mengetahui efektivitas keterampilan self-compassion yang diberikan melalui Compassion-focused Therapy (CFT) dalam menurunkan intensitas dorongan melukai diri sendiri, tingkat kritik diri, dan tingkat gejala emosi negatif. Subjek dari penelitian ini dikhususkan pada mahasiswa Universitas Indonesia yang melakukan perilaku melukai diri sendiri dalam rentang satu tahun terakhir. Penelitian ini dilakukan dengan menggunakan metode single group with repeated measurement (ABA Design) dengan n=3. Intervensi CFT diberikan dalam enam sesi individual. Pengukuran kuantitatif dilakukan dalam tiga fase, yaitu fase baseline, fase intervensi, dan fase follow-up (tiga kali pengukuran dilakukan pada masing-masing fase). Fase intervensi dilakukan minimal satu minggu sekali dan fase follow-up pertama dilakukan enam minggu setelah sesi intervensi terakhir dilakukan (interval dua minggu untuk pengukuran selanjutnya di fase follow-up). Hasil dari penelitian ini, CFT terbukti efektif dalam menurunkan intensitas dorongan melukai diri sendiri, tingkat kritik diri, dan tingkat gejala emosi negatif. Perubahan positif ini merupakan hasil dari keterampilan self-compassion yang dipelajari selama sesi intervensi. Keterampilan self-compassion membantu partisipan mengembangkan kesadaran akan diri dan perspektif positif mengenai diri dan kehidupan mereka, serta membantu partisipan untuk menemukan strategi coping emosional yang berbasis compassion untuk meregulasi emosi negatif, mengelola kritik pada diri, dan mengontrol dorongan melukai diri sendiri. Hasil ini diperkuat dengan tidak adanya kemunculan perilaku melukai diri sendiri selama penelitian berlangsung. Rata-rata penurunan dari ketiga variabel penelitian juga dapat dipertahankan sampai dengan pengukuran di fase follow-up.

.....The focus of the study in this thesis is to find the effectiveness of compassion skills given through Compassion-focused Therapy (CFT) in decreasing intensity of urge to self-injury, level of self-criticism, and level of negative emotional symptoms. The subjects of this study were devoted to University of Indonesia students who committed self-injury in the past one year. This study used single group with repeated measurement method (ABA Design) with n=3. CFT was performed in six individual sessions. The quantitative measurement was conducted in three phase, that is baseline, intervention, dan follow-up (three measurements were conducted in each phase). The intervention phase was performed at least once a week and the first of follow-up phase was conducted six weeks after the last session (interval two weeks for the next measurement in follow-up phase). Result of this study, CFT has proven effective in decreasing intensity of urge to self-injury, level of self-criticism, and level of the symptoms of negative emotion. These positive changes are the result of self-compassion skills learned during the intervention sessions. Self-compassion skills helps the participants to develop their self-awareness dan positive perspective related to themselves and their life, and helps the participants to find compassion-based emosional coping strategy to regulate their negative emotion and self-criticism. These results are confirmed by the absence of self-injury behavior

during the study. The mean of decline in the three research variables can also be maintained until measurement in the follow-up phase.