

## Hubungan antara Self-Compassion dan Sikap Terhadap Pernikahan pada Dewasa Awal dengan Orang Tua Bercerai = Correlation between Self-Compassion and Attitudes Toward Marriage in Emerging Adults with Divorced Parents

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### Abstrak

Perceraian orang tua dapat berdampak pada anak hingga dewasa. Salah satunya berdampak pada sikap terhadap pernikahan individu. Self-Compassion (SC) sebagai faktor internal yang positif diduga memiliki hubungan dengan sikap terhadap pernikahan pada usia dewasa awal yang orang tuanya bercerai. Penelitian ini dilakukan untuk mengetahui hubungan antara Self-Compassion (SC) dan Attitudes Toward Marriage (ATM) pada masa dewasa awal (18-25 tahun) dengan orang tua bercerai. Total peserta yang diperoleh sebanyak 210 peserta. Pengukuran SC dilakukan dengan menggunakan alat ukur Self-Compassion Scale-Short Form (SCS-SF), sedangkan pengukuran ATM dilakukan dengan menggunakan alat ukur Marital Attitudes Scale (MAS). Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan dan positif ( $r = 0,408$ ;  $p < 0,01$ ) antara SC dan ATM pada dewasa awal dengan orang tua bercerai. Artinya, semakin tinggi SC pada masa dewasa awal yang orang tuanya bercerai, semakin positif ATM tersebut. Hasil penelitian juga menunjukkan bahwa enam komponen SC (self-kindness, common kemanusiaan, mindfulness, self-judgment, isolasi, over-identification) memiliki hubungan yang signifikan dengan ATM. Terdapat perbedaan skor rata-rata SC jika dilihat dari data demografi masyarakat yang tinggal bersama peserta saat ini.

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Divorce of parents can have an impact on children to adulthood. One of them has an impact on attitudes towards individual marriage. Self-Compassion (SC) as a positive internal factor is thought to have a relationship with attitudes towards marriage in early adulthood whose parents are divorced. This study was conducted to determine the relationship between Self-Compassion (SC) and Attitudes Toward Marriage (ATM) in early adulthood (18-25 years) with divorced parents. The total participants obtained were 210 participants. SC measurements were performed using the Self-Compassion Scale-Short Form (SCS-SF) measuring instrument, while ATM measurements were performed using the Marital Attitudes Scale (MAS) measuring instrument. The results showed that there was a significant and positive relationship ( $r = 0.408$ ;  $p < 0.01$ ) between SC and ATM in early adulthood with divorced parents. That is, the higher the SC in early adulthood whose parents divorced, the more positive the ATM was. The results also showed that the six components of SC (self-kindness, common humanity, mindfulness, self-judgment, isolation, over-identification) had a significant relationship with ATM. There is a difference in the average SC score when viewed from the demographic data of the people living with the current participants.