

Hubungan antara Self-Compassion dan Self-Harm pada Dewasa Awal dengan Orang Tua Bercerai = Correlation between Self-Compassion and Self-Harm in Emerging Adults with Divorce Parents

Nurul Aini Adinda Ettah, author

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Abstrak

Perceraian orang tua dinilai memiliki beberapa dampak negatif, salah satunya adalah salah satunya adalah perilaku menyakiti diri sendiri. Beberapa penelitian sebelumnya telah menunjukkan bahwa Self-compassion dapat menjadi faktor protektif terhadap pengalaman negatif seperti: perceraian orang tua dan mencegah perilaku menyakiti diri sendiri. Penelitian ini bertujuan untuk melihat hubungan antara self-compassion dan self-harm pada awal masa dewasa dengan orang tua bercerai. Penelitian ini merupakan penelitian kuantitatif korelasional dengan 91 peserta berusia 18-25 tahun, berasal dari keluarga bercerai dan memiliki melakukan menyakiti diri sendiri. Self-compassion diukur dengan menggunakan Self Compassion Scale- Short Form (SCS-SF) dan self-harm diukur menggunakan Self Harm Behavior Kuesioner (SHBQ). Hasil penelitian ini menunjukkan bahwa ada hubungan hubungan negatif yang signifikan antara self-compassion dan self-harm di awal masa dewasa memiliki orang tua yang bercerai, $r = -0,275$, $p < 0,01$. Self-compassion yang lebih tinggi seseorang, semakin rendah perilaku melukai diri sendiri. Selain itu, para peneliti menemukan hubungan yang signifikan antara subskala self-compassion (kebaikan diri, penilaian diri) dan over-identifikasi) dengan perilaku menyakiti diri sendiri.

Parental divorce is considered to have several negative impacts, one of which is self-harm. Several previous studies have shown that self-compassion can be a protective factor against negative experiences such as parental divorce and preventing self-harm. This study aims to examine the relationship between self-compassion and self-harm in early adulthood with divorced parents. This study is a quantitative correlational study with 91 participants aged 18-25 years, coming from divorced families and having committed self-harm. Self-compassion was measured using the Self Compassion Scale-Short Form (SCS-SF) and self-harm was measured using the Self Harm Behavior Questionnaire (SHBQ). The results of this study indicate that there is a significant negative relationship between self-compassion and self-harm in early adulthood with divorced parents, $r = -0.275$, $p < 0.01$. The higher a person's self-compassion, the lower the self-injury behavior. In addition, the researchers found a significant relationship between the self-compassion subscale (self-worth, self-assessment) and over-identification) with self-injurious behavior.