

# Peran Mediasi dari Self-Compassion terhadap Hubungan antara Perfeksionisme Maladaptif dan Gejala Gangguan Makan pada Mahasiswa = The Role of Self-Compassion as a Mediator in the Relationship between Maladaptive Perfectionism and Eating Disorders Symptoms in Undergraduate Students

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## Abstrak

Mahasiswa (undergraduate students) mengalami tuntutan yang tinggi untuk sukses di bidang akademik dan menjadi orang yang sukses di masa depan. Hal ini membuat mahasiswa cenderung menetapkan standar yang tinggi bagi dirinya dan berisiko tinggi untuk mengembangkan perfeksionisme maladaptif. Perfeksionisme maladaptif berhubungan dengan berbagai gangguan psikologis, salah satunya adalah gejala gangguan makan. Self-compassion diduga memiliki peran sebagai mediator terhadap hubungan antara perfeksionisme maladaptif dan gejala gangguan makan. Tujuan dari penelitian ini adalah untuk melihat apakah perfeksionisme maladaptif mampu memprediksi gejala gangguan makan dan melihat peran self-compassion dalam memediasi hubungan antara perfeksionisme maladaptif dan gejala gangguan makan pada mahasiswa. Partisipan dalam penelitian ini adalah mahasiswa yang berusia 18-25 tahun. Data penelitian dianalisis secara kuantitatif menggunakan uji statistik deskriptif, korelasi, regresi sederhana, dan mediasi. Alat ukur yang digunakan dalam penelitian ini adalah Eating Attitudes Test-26 (EAT-26) (Garner et al., 1982) untuk mengukur gejala gangguan makan, Almost Perfect Scale-Revised (APS-R) (Slaney et al., 2001) untuk mengukur perfeksionisme maladaptif, dan Self-Compassion Scale (SCS) (Neff, 2003) untuk mengukur self-compassion. Penelitian ini dilakukan pada 203 partisipan mahasiswa yang tergolong perfeksionis maladaptif. Hasil penelitian menunjukkan bahwa perfeksionisme maladaptif dapat memprediksi gejala gangguan makan. Selain itu, self-compassion memediasi secara penuh hubungan antara perfeksionisme maladaptif dan gejala gangguan makan pada mahasiswa.

.....Undergraduate students experience high demands to succeed in academics and become successful people in the future. This makes undergraduate students tend to set high standards for themselves and are at high risk for developing maladaptive perfectionism. Maladaptive perfectionism is associated with various psychological disorders, one of them is the symptoms of eating disorders. Self-compassion is thought to have a role as a mediator in the relationship between maladaptive perfectionism and eating disorder symptoms. The purpose of this study was to see if maladaptive perfectionism was able to predict eating disorder symptoms and to examine the role of self-compassion in mediating the relationship between maladaptive perfectionism and eating disorder symptoms in undergraduate students. Participants in this study were undergraduate students aged 18-25 years. Research data were analyzed quantitatively using descriptive, correlation, simple regression, and mediation statistical tests. The measuring instrument used in this study were the Eating Attitudes Test-26 (EAT-26) (Garner et al., 1982) to measure symptoms of eating disorders, Almost Perfect Scale-Revised (APS-R) (Slaney et al., 2001) to measure maladaptive perfectionism, and the Self-Compassion Scale (SCS) (Neff, 2003) to measure self-compassion. This study was conducted on 203 undergraduate student participants who were classified as maladaptive perfectionists. The results showed that maladaptive perfectionism could predict eating disorder symptoms. In addition, self-

compassion was proven to fully mediate the relationship between maladaptive perfectionism and eating disorder symptoms in undergraduate students.