

Peran childhood emotional maltreatment dan self-compassion dalam memprediksi kepuasan hubungan romantis pada dewasa awal = Role of childhood emotional maltreatment and self-compassion in predicting romantic relationship satisfaction among emerging adults

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Abstrak

Pengalaman childhood emotional maltreatment dan self-compassion memiliki dampak pada kepuasan individu dalam hubungan romantisnya. Penelitian ini dilakukan untuk melihat peran dari childhood emotional maltreatment dan self-compassion terhadap kepuasan dalam hubungan romantis pada individu yang berada pada tahap dewasa awal. Penelitian menggunakan metode penelitian kuantitatif dan korelasional dengan tipe convenience sampling. Partisipan dalam penelitian merupakan 92 laki-laki dan 385 perempuan berusia 18-25 tahun di Indonesia yang sedang menjalani hubungan romantis. Alat ukur yang digunakan adalah Childhood Trauma Questionnaire-Short Form (1994), Relationship Assessment Scale (1988), dan Self-Compassion Scale (2003). Hasil analisis regresi linear berganda menunjukkan bahwa childhood emotional maltreatment dan self-compassion memiliki hubungan yang positif dan dapat memprediksi kepuasan dalam hubungan romantis pada dewasa awal ($F(2,474) = 17,46$, $p < 0,01$, $R^2 = 0,069$). Hal tersebut dapat menjadi pertimbangan bagi instansi terkait untuk melakukan psikoedukasi mengenai bahaya dan dampak negatif yang disebabkan oleh childhood emotional maltreatment serta pentingnya mengembangkan self-compassion yang memiliki dampak positif pada kepuasan hubungan romantis individu.

.....Childhood emotional maltreatment experiences and self-compassion in children have an impact on their romantic relationship satisfaction when entering the emerging adulthood phase. This study was conducted to examine the role of childhood emotional maltreatment and self-compassion in romantic relationship satisfaction among emerging adults. This study uses quantitative and correlational research methods with convenience sampling type. Participants of the study consist of 92 men and 385 women, age 18-25 years old in Indonesia who are currently in romantic relationship. The instruments used in the study are Childhood Trauma Questionnaire-Short Form (1994), Relationship Assessment Scale (1988), and Self-Compassion Scale (2003). The result of multiple regression indicates that childhood emotional maltreatment and self-compassion fully have a positive relationship and can predict romantic relationship satisfaction of emerging adult ($F(2,474) = 17,46$, $p < 0,01$, $R^2 = 0,069$). This can be a consideration for related institutions to conduct psychoeducation about the dangers and negative impacts caused by childhood emotional maltreatment and the importance of developing self-compassion that has a positive impact on individual romantic relationships.