

HUBUNGAN ANTARA *PERCEIVED SOCIAL SUPPORT* DENGAN *SELF-COMPASSION* PADA DEWASA AWAL YANG MENGALAMI TRAUMA AKIBAT PERNAH MENDAPATKAN KEKERASAN DALAM KELUARGA

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *perceived social support* dengan *self-compassion* pada individu dewasa awal yang mengalami trauma akibat pernah mendapat kekerasan dalam keluarga. Metode penelitian yang digunakan adalah kuantitatif korelasional. Dengan teknik sampling *non probability sampling*, diperoleh sampel sebanyak 193 responden dengan kriteria individu dewasa awal yang mengalami kekerasan semasa kecil dalam keluarga yang tinggal di DKI Jakarta. Alat ukur yang digunakan untuk mengukur *self-compassion* yaitu *self compassion scale* (SCS) dari Neff (2003) dan *perceived social support* yaitu *Multidimensional Scale of Perceived Social Support* (MSPSS) dari Zimet et al. (1988) yang telah diadaptasi kedalam bahasa Indonesia. Hasil penelitian membuktikan bahwa terdapat hubungan yang negatif dan signifikan antara *perceived social support* dengan *self-compassion* ($r = -.203, p = 0.000$). Hal ini berarti semakin individu menerima dukungan dari orang lain, semakin rendah pula *self-compassionnya*.

Kata Kunci : *Self-compassion, perceived social support, kekerasan*

THE RELATIONSHIP BETWEEN PERCEIVED SOCIAL SUPPORT AND SELF-COMPASSION IN EARLY ADULTS WHO HAVE EXPERIENCED TRAUMA AS A RESULT OF VIOLENCE IN THE FAMILY

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ABSTRACT

This study aims to determine the relationship between perceived social support and self-compassion in early-adult individuals who have experienced trauma as a result of experiencing family violence. The research method used is correlational quantitative. Using the non-probability sampling technique, a sample of 193 respondents was obtained with the criteria of an early adult individual who experienced violence as a child in a family living in DKI Jakarta. The measuring tool used to measure self-compassion is the self-compassion scale (SCS) from Neff (2003) and perceived social support, namely the Multidimensional Scale of Perceived Social Support (MSPSS) from Zimet et al. (1988) which has been adapted into Indonesian. The results of the study prove that there is a negative and significant relationship between perceived social support and self-compassion ($r = -.203, p = 0.000$). This means that the more individuals receive support from others, the lower their self-compassion.

Keywords: *Self-compassion, perceived social support, violence*