

**HUBUNGAN ANTARA *FORGIVENESS* DENGAN *SELF-COMPASSION*  
PADA DEWASA AWAL YANG MENGALAMI TRAUMA KEKERASAN  
DALAM KELUARGA DI DKI JAKARTA**

Ekklesya Julietta S

Popi Avati, M.Psi., Psikolog.

Universitas Mercu Buana

**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui hubungan antara *forgiveness* dengan *self-compassion* pada individu dewasa awal yang mengalami trauma akibat pernah mendapat kekerasan dalam keluarga di DKI Jakarta. Metode penelitian yang digunakan adalah kuantitatif korelasional. Dengan teknik *cluster sampling*, diperoleh sampel sebanyak 179 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 *Forgiveness* yaitu *Transgression Related Interpersonal Motivation* (TRIM-18) dari McCullough, Root, & Cohen (2006) yang telah diadaptasi kedalam bahasa Indonesia. Hasil penelitian membuktikan bahwa terdapat hubungan yang positif dan signifikan antara *forgiveness* dengan *self-compassion* ( $r = ,576, p = 0.000$ ). Hal ini berarti semakin tinggi tingkat *forgiveness* individu, maka akan semakin tinggi pula *self-compassion* yang dimiliki individu.

**Kata Kunci :** *Self-compassion, forgiveness, kekerasan*

**THE RELATIONSHIP BETWEEN FORGIVENESS AND SELF-COMPASSION  
IN EARLY ADULTS WHO EXPERIENCED THE TRAUMA OF FAMILY  
VIOLENCE IN DKI JAKARTA**

Ekklesya Julietta S

Popi Avati, M.Psi., Psikolog.

Universitas Mercu Buana

**ABSTRACT**

*This study aims to determine the relationship between forgiveness and self-compassion in early-adult individuals who have experienced trauma of family violence in DKI Jakarta. The research method used is correlational quantitative. Using the cluster sampling technique, a sample of 179 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 Forgiveness, namely the Transgression Related Interpersonal Motivation (TRIM-18) from McCullough, Root, & Cohen (2006) which has been adapted into Indonesian. The results of the study prove that there is a positive and significant relationship between forgiveness and self-compassion ( $r = ,576, p = 0.000$ ). This means that the higher the individual's level of forgiveness, the higher the individual's self-compassion.*

**Keywords:** *Self-compassion, forgiveness, violence*