

PENGARUH *SELF-COMPASSION* TERHADAP RESILIENSI PADA PEREMPUAN *EMERGING ADULTHOOD* KORBAN KEKERASAN DALAM PACARAN

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ABSTRAK

Emerging adulthood adalah transisi dari masa remaja ke masa dewasa yang terjadi pada rentang usia 18-25 tahun, salah satu tugas perkembangan yang harus dicapai pada masa *emerging adulthood* yaitu menemukan pasangan hidupnya yang bisa dilakukan dengan menjalin hubungan berpacaran dengan lawan jenis (Arnett, 2014). Akan tetapi saat ini terdapat banyak pemberitaan mengenai fenomena kekerasan terhadap perempuan dalam pacaran. Penelitian ini bertujuan untuk mengetahui apakah terdapat pengaruh *self-compassion* terhadap resiliensi perempuan *emerging adulthood* korban kekerasan dalam pacaran. Subjek penelitian ini sebanyak 116 perempuan *emerging adulthood* korban kekerasan dalam pacaran yang diambil dengan menggunakan teknik *purposive sampling*. Metode yang digunakan adalah metode penelitian kuantitatif dengan menggunakan skala likert. Skala resiliensi disusun berdasarkan teori Reivich dan Andrew (2002) dan skala *self-compassion* berdasarkan teori Neff (2011). Teknik analisis data yang digunakan adalah analisis data regresi linear sederhana. Perhitungan analisis dilakukan dengan menggunakan bantuan software IBM SPSS 23 for Windows. Hasil penelitian menunjukkan bahwa terdapat pengaruh *self-compassion* terhadap resiliensi, dengan nilai t hitung sebesar 5,772 dan tingkat signifikansi sebesar $0,000 < 0,05$ serta presentase pengaruh *self-compassion* terhadap resiliensi sebesar 24%.

Kata kunci: *kekerasan dalam pacaran, perempuan, resiliensi, self-compassion*

THE EFFECT OF SELF-COMPASSION ON RESILIENCE IN EMERGING ADULTHOOD WOMEN VICTIMS OF DATING VIOLENCE

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ABSTRACT

Emerging adulthood is the transition from adolescence to adulthood that occurs between the ages of 18-25 years, one of the developmental tasks that must be achieved during emerging adulthood is finding a life partner that can be done by establishing a dating relationship with the opposite sex (Arnett, 2014). However, at this time there is a lot of news about the phenomenon of violence against women in courtship. This study aims to determine whether there is an effect of self-compassion on the resilience of emerging adult women victims of dating violence. The subjects of this study were 116 emerging adult women victims of dating violence who were taken using a purposive sampling technique. The method used is a quantitative research method using likert scale. The resilience scale is based on the theory of Reivich and Andrew (2002) and the self-compassion scale is based on the theory of Neff (2011). The data analysis technique used is simple linear regression data analysis. Analysis calculations were performed using IBM SPSS 23 for Windows. The results showed that there was an effect of self-compassion on resilience, with t value of 5,772 and a significance level of $0.000 < 0.05$ and the percentage of the effect of self-compassion on resilience is 24%.

Keywords: *dating violence, resilience, self-compassion, women*