

## **GAMBARAN SELF-COMPASSION PADA MASYARAKAT DI KABUPATEN JEMBER SAAT PANDEMI COVID-19**

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### **Intisari**

Pandemi *covid-19* memaksa pemerintah Indonesia memberlakukan kebijakan pembatasan aktivitas. Hal ini memberikan dampak negatif berupa dampak psikologis. Sehingga, perlunya pengelolaan diri yang baik agar tidak terjadi stres, kecemasan dalam menghadapi pandemi. Salah satu pengelolaan diri yang digunakan dengan meningkatkan *self-compassion*. *Self-compassion* merupakan sikap untuk mampu terbuka, menyadari kesalahan yang terjadi pada diri, sehingga dapat memaknai secara positif pengalaman negatif. *Self-compassion* dapat meningkatkan imunitas tubuh, mengurangi kecemasan. Tujuan penelitian ini adalah menggambarkan *self-compassion* masyarakat kabupaten Jember saat pandemi.

Penelitian menggunakan jenis kuantitatif deskriptif dengan subjek masyarakat terdampak *covid 19* di Kabupaten Jember, berjumlah 349 responden. Metode pengumpulan data menggunakan kuisioner dengan teknik *purposive sampling*, diadaptasi dari *self-compassion scale* Neff (2003) berisi 26 item dengan reliabilitas total 0,93. Analisis data menggunakan teknik uji deskriptif kuantitatif dengan prosentase dengan bantuan *SPSS v21 for Windows*.

Hasil penelitian menunjukkan, sebanyak 60 responden (17%) masyarakat di Kabupaten Jember memiliki *self-compassion* tinggi, dengan prosentase tertinggi pada aspek *self-kindness* sebanyak 62 responden (18%). Sedangkan prosentase terendah pada aspek *Isolation* sebanyak 60 (17%). Ditinjau dari jenis kelamin, subjek perempuan memiliki *self-compassion* rendah 39 responden (15%), dibandingkan laki-laki 14 responden (14%). Berdasarkan usia, dewasa awal memiliki *self-compassion* rendah dibandingkan usia lain dengan jumlah sebanyak 8 responden (18%). Berdasarkan pendidikan, S1,S2, memiliki *self-compassion* rendah dengan 16 responden (16%). Berdasarkan suku, Madura memiliki *self-compassion* rendah dibanding suku lainnya, 12 responden (18%).

Berdasarkan hasil penelitian maka dapat digunakan sebagai acuan bagi pihak terkait untuk membentuk program intervensi komunitas berbasis penguatan internal dan spiritualitas, serta masyarakat dapat memahami pentingnya kesehatan mental melalui *self-compassion*.

Kata Kunci : *Self-compassion, Covid 19, Kabupaten Jember*

## **SELF-COMPASSION IN JEMBER DISTRICT DURING COVID-19 PANDEMIC**

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### **Abstract**

The covid-19 pandemic forced the Indonesian government to impose a policy of restrictions on activity. This has a negative psychological impact. Thus, the need for good self-management so as not to cause stress, anxiety in the face of pandemics. One of the self-management used by improving self-compassion. Self-compassion is an attitude to be able to be open, to be aware of mistakes that occur to yourself, so as to positively interpret negative experiences. Self-compassion can increase the body's immunity, reducing anxiety. The purpose of this study is to describe the self-compassion of jember district people during the pandemic.

The study used a descriptive quantitative with the subjects of covid-19 affected communities in Jember Regency, numbering 349 respondents. The data collection method uses questionnaires with purposive sampling techniques, adapted from Neff's self-compassion scale (2003) containing 26 items with a total reliability of 0.93. Data analysis uses quantitative descriptive testing techniques with percentages with the help of SPSS v21 for Windows.

The results showed that as many as 60 respondents (17%) people in Jember Regency had high self-compassion, with the highest percentage of self-kindness aspect as many as 62 respondents (18%). While the lowest percentage in isolation aspect is 60 (17%). Reviewed by gender, female subjects had a low self-compassion of 39 respondents (15%), compared to 14 male respondents (14%). Based on age, early adults had low self-compassion compared to other ages with 8 respondents (18%). Based on education, S1,S2, has low self-compassion with 16 respondents (16%). Based on tribe, Madura has low self-compassion compared to other tribes, 12 respondents (18%).

Based on the results of the research, it can be used as a reference for related parties to form community intervention programs based on internal strengthening and spirituality, and the community can understand the importance of mental health through self-compassion.

Keyword : *Self-compassion, Covid 19, Kabupaten Jember*