

**PENGARUH *SELF COMPASSION* TERHADAP KESEPIAN PADA ISTRI TNI
YANG MENJALANI PERNIKAHAN JARAK JAUH (*LONG-DISTANCE
MARRIAGE*) DI LUMAJANG**

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INTISARI

Istri prajurit TNI yang menjalani pernikahan jarak jauh (*long-distance marriage*) sering mengalami kesepian akibat keterpisahan fisik dan emosional dengan suami yang bertugas operasi dalam waktu lama. Salah satu faktor internal yang diyakini berpengaruh terhadap kesepian tersebut adalah *self-compassion*. Penelitian ini bertujuan untuk mengetahui pengaruh *self-compassion* terhadap kesepian pada istri TNI yang menjalani pernikahan jarak jauh di Lumajang. Penelitian ini menggunakan pendekatan kuantitatif dengan desain asosiatif kausal. Subjek penelitian berjumlah 100 istri TNI yang menjalani LDM minimal enam bulan dan bertempat tinggal di asrama, yang dipilih menggunakan teknik *accidental sampling*. Instrumen penelitian menggunakan *Self-Compassion Scale* (SCS) berdasarkan teori Neff (26 aitem, setelah uji validitas tersisa 18 aitem, $\alpha = 0,93$) dan *UCLA Loneliness Scale* (Version 3) berdasarkan teori Russell (20 aitem, setelah uji validitas tersisa 14 aitem, $\alpha = 0,94$). Analisis data dilakukan menggunakan regresi linier sederhana dengan bantuan SPSS versi 25. Hasil penelitian menunjukkan bahwa terdapat pengaruh signifikan antara *self-compassion* terhadap kesepian ($p = 0,002 < 0,05$). Namun, pengaruh tersebut tergolong lemah dengan nilai $R = 0,306$ dan $R^2 = 0,093$, yang menunjukkan bahwa *self-compassion* hanya menjelaskan 9,3% variasi kesepian. Hal ini mengindikasikan bahwa kesepian istri TNI lebih banyak dipengaruhi oleh faktor situasional eksternal. Implikasi penelitian ini menunjukkan bahwa upaya mengurangi kesepian tidak hanya perlu berfokus pada peningkatan *self-compassion*, tetapi juga memperkuat dukungan sosial, kualitas komunikasi pasangan, dan lingkungan yang mendukung kesejahteraan psikologis istri TNI selama menjalani pernikahan jarak jauh.

Kata kunci: Istri TNI, Kesepian, Pernikahan jarak jauh, *Self-compassion*

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THE EFFECT OF SELF-COMPASSION ON LONELINESS AMONG ARMY WIVES IN LONG-DISTANCE MARRIAGES IN LUMAJANG

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ABSTRACT

Indonesian military wives who experience long-distance marriages often face loneliness due to physical and emotional separation from their husbands, who are assigned to operational duties for extended periods. One internal factor believed to influence this loneliness is self-compassion. This study aims to determine the effect of self-compassion on loneliness among Indonesian military wives experiencing long-distance marriages in Lumajang. This research employed a quantitative approach with a causal associative design. The participants consisted of 100 Indonesian military wives who had been experiencing long-distance marriages for at least six months and lived in military dormitories, selected using an accidental sampling technique. The instruments used in this study were the Self-Compassion Scale (SCS) based on Neff's theory (26 items, with 18 items remaining after validity testing, $\alpha = 0.93$) and the UCLA Loneliness Scale (Version 3) based on Russell's theory (20 items, with 14 items remaining after validity testing, $\alpha = 0.94$). Data analysis was conducted using simple linear regression with the assistance of SPSS version 25. The results showed a significant effect of self-compassion on loneliness ($p = 0.002 < 0.05$). However, the effect was considered weak, with $R = 0.306$ and $R^2 = 0.093$, indicating that self-compassion explained only 9.3% of the variance in loneliness. This suggests that loneliness among military wives is more strongly influenced by external situational factors. The implication of this study indicates that reducing loneliness requires not only increasing self-compassion but also strengthening social support, improving partner communication quality, and creating an environment that supports the psychological well-being of military wives during long-distance marriages.

Keywords: Self-compassion, Loneliness, TNI wives, Long distance marriage

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