

PENGARUH *SELF-ACCEPTANCE* TERHADAP *POST-TRAUMATIC GROWTH* PADA PEREMPUAN DENGAN INFERTILITAS

Putri Nurul Hanifah¹, Istiqomah², Ria Wiyatfi Linsiya³

Universitas Muhammadiyah Jember

putrinhhhanifah48@gmail.com

Fakultas Psikologi, Universitas Muhammadiyah Jember

INTISARI

Kondisi infertilitas pada perempuan seringkali memicu krisis identitas dan pengalaman traumatis akibat tekanan sosial budaya, namun di sisi lain berpotensi mendorong terjadinya perubahan psikologis positif yang dikenal sebagai *Post-Traumatic Growth* (PTG). Penelitian ini bertujuan untuk mengetahui pengaruh penerimaan diri (*Self-Acceptance*) terhadap kemunculan *Post-Traumatic Growth* pada perempuan yang mengalami infertilitas. Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan uji pengaruh (regresi) dengan melibatkan 31 responden perempuan infertil yang dipilih melalui teknik *purposive sampling*. Pengumpulan data dilakukan menggunakan instrumen *Short-Unconditionally Self-Acceptance Questionnaire* (USAQ) dan *Post-Traumatic Growth Inventory* (PTGI). Berdasarkan hasil uji kelayakan alat ukur, instrumen PTGI dan aspek *Conditional Self-Acceptance* (5 aitem; $\alpha=0,734$) dan *Unconditional Self-Acceptance* (4 aitem; $\alpha=0,420$), sedangkan PTGI (21 aitem; $\alpha=0,951$). Hasil uji asumsi normalitas menunjukkan bahwa sebaran data residual berdistribusi secara normal ($p > 0,05$). Hasil penelitian menunjukkan bahwa tidak ada pengaruh *Self-Acceptance* terhadap *Post-Traumatic Growth*, pada aspek CSA ($F=0,453$; $p>0,05$), sedangkan USA ($F=0,229$; $p>0,05$), artinya kedua aspek tidak berpengaruh dalam memprediksi *Post-Traumatic Growth*. Melalui uji koefisien determinasi, ditemukan bahwa penerimaan diri hanya memberikan kontribusi yang sangat kecil, pada CSA 1,5% dan 0,8% terhadap *Post-Traumatic Growth*, sehingga secara statistik disimpulkan bahwa tidak terdapat pengaruh yang signifikan dari penerimaan diri terhadap pertumbuhan pasca-trauma pada perempuan dengan infertilitas. Hal ini mengindikasikan bahwa penerimaan diri secara tunggal belum cukup kuat untuk memfasilitasi terjadinya pertumbuhan pasca-trauma pada kelompok ini, dan sisa persentase sebesar lebih dari 97% sangat mungkin dipengaruhi oleh faktor-faktor lain di luar penerimaan diri yang memerlukan eksplorasi pada penelitian selanjutnya.

Kata Kunci: infertilitas, penerimaan diri, perempuan, pertumbuhan pasca-trauma.

1. Peneliti
2. Dosen Pembimbing I
3. Dosen Pembimbing II

THE EFFECT OF SELF-ACCEPTANCE ON POST-TRAUMATIC GROWTH IN WOMEN WITH INFERTILITY

Putri Nurul Hanifah¹, Istiqomah², Ria Wiyatfi Linsiya³

Universitas Muhammadiyah Jember

putrinhhaniifah48@gmail.com

Faculty of Psychology, Muhammadiyah University of Jember

ABSTRACT

Infertility in women often triggers an identity crisis and traumatic experiences due to sociocultural pressures; however, it also has the potential to foster positive psychological changes known as Post-Traumatic Growth (PTG). This study aims to examine the influence of self-acceptance on the emergence of Post-Traumatic Growth in women experiencing infertility. This study employed a quantitative correlational approach with a regression analysis, involving 31 infertile female participants selected through purposive sampling. Data were collected using the Short-Unconditional Self-Acceptance Questionnaire (USAQ) and the Post-Traumatic Growth Inventory (PTGI). Based on the results of the measurement instrument validity test, the PTGI instrument and the aspects of Conditional Self-Acceptance (5 items; $\alpha = 0.734$) and Unconditional Self-Acceptance (4 items; $\alpha = 0.420$) were validated, while the PTGI (21 items; $\alpha = 0.951$) was also validated. The results of the normality assumption test indicated that the residual data were normally distributed ($p > 0.05$). The results of the study indicate that self-acceptance has no effect on post-traumatic growth in the CSA dimension ($F=0.453$; $p>0.05$) or the USA dimension ($F=0.229$; $p>0.05$), meaning that neither dimension plays a role in predicting post-traumatic growth. Through the coefficient of determination test, it was found that self-acceptance contributed only very small 1.5% for CSA and 0.8% for USA to post-traumatic growth; thus, it was statistically concluded that there is no significant effect of self-acceptance on post-traumatic growth in women with infertility. This indicates that self-acceptance alone is not strong enough to facilitate post-traumatic growth in this group, and the remaining percentage of more than 97% is very likely influenced by factors other than self-acceptance that require further exploration in future research.

Keywords: *infertility, post-traumatic growth, self-acceptance, women.*

1. Researcher

2. Advisor I

3. Advisor II

