

**PENGARUH *SELF-COMPASSION* TERHADAP REGULASI EMOSI
PADA REMAJA *BROKEN HOME* DI JEMBER**

Rahmaniar Endiana Safira¹, Festa Yumpi Rahmanawati ², Panca Kursistin

Handayani³

Universitas Muhammadiyah Jember

endianasafirarahmaniar@gmail.com

Fakultas Psikologi, Universitas Muhammadiyah Jember

INTISARI

Remaja akhir dari keluarga *broken home* berisiko mengalami kesulitan psikologis, salah satunya dalam mengelola emosi akibat konflik keluarga, perceraian orang tua, atau kurangnya dukungan emosional. Salah satu faktor yang dapat membantu meningkatkan regulasi emosi adalah *self-compassion*, yaitu kemampuan individu untuk memperlakukan diri dengan penuh kebaikan, menerima kekurangan, dan memahami pengalaman sulit sebagai bagian dari kehidupan. Penelitian ini bertujuan untuk mengetahui pengaruh *self-compassion* terhadap regulasi emosi pada remaja akhir dari keluarga *broken home* di Kabupaten Jember. Penelitian ini menggunakan pendekatan kuantitatif dengan melibatkan 153 responden berusia 18–21 tahun yang mengalami kondisi *broken home* akibat perceraian orang tua. Pengambilan sampel dilakukan menggunakan teknik *purposive sampling*. Pengumpulan data menggunakan skala *self-compassion* dan regulasi emosi, kemudian dianalisis menggunakan uji deskriptif dan regresi linear sederhana. Hasil analisis regresi menunjukkan bahwa *self-compassion* berpengaruh positif dan signifikan terhadap regulasi emosi dengan nilai koefisien regresi sebesar 0,188, $t = 5,67$, dan $p < 0,001$. Nilai R^2 sebesar 0,175 menunjukkan bahwa *self-compassion* memberikan kontribusi sebesar 17,5% terhadap regulasi emosi, sedangkan 82,5% dipengaruhi oleh faktor lain di luar penelitian. Hasil uji deskriptif menunjukkan bahwa regulasi emosi berada pada kategori tinggi sebesar 64,5%, dengan aspek *Engaging in Goal-Directed Behavior* memiliki persentase tertinggi sebesar 67,3%. Sementara itu, Pada *Self-Compassion* aspek tertinggi adalah *Self-Kindness versus self-judgment* sebesar 99,3%. Namun, hasil uji linearitas menunjukkan bahwa hubungan kedua variabel tidak sepenuhnya linear sehingga hasil regresi perlu diinterpretasikan secara hati-hati.

Kata kunci: *Broken home*, Regulasi Emosi, Remaja Akhir, *Self-Compassion*.

***THE INFLUENCE OF SELF-COMPASSION ON EMOTION REGULATION
AMONG LATE ADOLESCENTS FROM BROKEN HOME FAMILIES IN
JEMBER REGENCY***

Rahmaniar Endiana Safira¹, Festa Yumpi Rahmanawati², Panca Kursistin

Handayani³

University Muhammadiyah Jember

endianasafirarahmaniar44@gmail.com

Faculty of Psychological, Muhammadiyah University of Jember

ABSTRACT

Late adolescents from broken-home families are at risk of experiencing psychological difficulties, particularly in managing emotions due to family conflict, parental divorce, or lack of emotional support. One factor that may help improve emotion regulation is self-compassion, which refers to an individual's ability to treat themselves with kindness, accept their shortcomings, and understand difficult experiences as part of life. This study aimed to determine the effect of self-compassion on emotion regulation among late adolescents from broken home families in Jember Regency. This quantitative study involved 153 respondents aged 18–21 years who experienced broken home conditions due to parental divorce. The sampling technique used was purposive sampling. Data were collected using self-compassion and emotion regulation scales and analyzed using descriptive analysis and simple linear regression. The regression analysis showed that self-compassion had a positive and significant effect on emotion regulation, with a regression coefficient of 0.188, $t = 5.67$, and $p < 0.001$. The R^2 value of 0.175 indicated that self-compassion contributed 17.5% to emotion regulation, while the remaining 82.5% was influenced by other factors outside the study. The descriptive results showed that emotion regulation was in the high category at 64.5%, with Engaging in Goal-Directed Behavior having the highest percentage at 67.3%. Meanwhile, the highest percentage among the self-compassion aspects was Self-Kindness versus self-judgment, at 99.3%. However, the linearity test indicated that the relationship between the two variables was not completely linear; therefore, the regression results should be interpreted with caution.

Keywords : *Broken home Families, Emotion Regulation, Late Adolescents, Self-Compassion*