

PENGARUH DUKUNGAN SOSIAL TERHADAP *SELF-CRITICISM* PADA PEREMPUAN KORBAN PERSELINGKUHAN DI JEMBER

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INTISARI

Penelitian ini dilatar belakangi oleh maraknya fenomena perselingkuhan yang menimbulkan trauma emosional mendalam bagi korban, di mana pengkhianatan interpersonal tersebut sering kali diinternalisasi oleh perempuan hingga memicu evaluasi diri yang sangat keras dan destruktif. Beberapa factor yang mempengaruhinya ada dari eksternal dan internal yang salah satunya Adalah dukungan social. Tujuan penelitian ini adalah untuk mengetahui pengaruh dukungan social terhadap *self-criticism* pada perempuan korban perselingkuhan. Penelitian ini menggunakan metode kuantitatif dengan design korelasional, yang melibatkan 100 orang perempuan korban perselingkuhan di Kabupaten Jember yang dihimpun menggunakan teknik *accidental sampling*. Alat ukur yang digunakan dalam penelitian ini adalah *The Forms of Self-Criticism/Self-Reassuring Scale* (FSCRS) karya Gilbert (2004) yang diadaptasi oleh (Altiany, 2019) (20 aitem valid, $\alpha = 0,951$) serta *Multidimensional Scale of Perceived Social Support* (MSPSS) karya Zimet dkk. (1988) yang diadaptasi oleh (Altiany, 2019) (11 aitem valid, $\alpha = 0,922$). Analisis data pada penelitian ini menggunakan analisis regresi linier sederhana sehingga membuktikan adanya pengaruh signifikan dukungan sosial terhadap *self-criticism* ($F = 23,938$; $p < 0,001$) dengan koefisien determinasi sebesar 19,6% ($R^2 = 0,196$). Analisis deskriptif menunjukkan mayoritas responden berada pada kategori dukungan sosial tinggi (62%) dengan aspek dukungan teman mendominasi (75%), serta tingkat *self-criticism* yang cenderung rendah (54%) meskipun aspek *hatred-self* masih mendominasi kategori tinggi (53%). Secara teoritis, keberadaan dukungan sosial terbukti efektif mengaktifkan *shooting system* (sistem penenang) yang meredam respon *threat system* akibat luka trauma pengkhianatan. Implikasi penelitian ini untuk memperkaya kajian psikologi dalam memahami peran dukungan sosial terhadap penurunan *self-criticism* pada perempuan korban perselingkuhan

Kata Kunci: Dukungan Sosial, Jember, Perselingkuhan, *Self-Criticism*.

1. Peneliti

2. Dosen Pembimbing I

3. Dosen Pembimbing II

**THE INFLUENCE OF SOCIAL SUPPORT ON SELF-CRITICISM AMONG
WOMEN WHO EXPERIENCED OF INFIDELITY IN JEMBER**

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ABSTRACT

This study is motivated by the prevalence of infidelity, a phenomenon that inflicts deep emotional trauma on victims; such interpersonal betrayal is often internalized by women, triggering harsh and destructive self-evaluation. Influencing factors include both external and internal elements, one of which is social support. The study aims to determine the impact of social support on self-criticism among women who have experienced infidelity. A quantitative correlational design was employed, involving 100 women in Jember Regency who had experienced infidelity, selected via accidental sampling. The instruments used were the Forms of Self-Criticism/Self-Reassuring Scale (FSCRS) by Gilbert (2004), adapted by Altiany (2019) (20 valid items, $\alpha = 0.951$), and the Multidimensional Scale of Perceived Social Support (MSPSS) by Zimet et al. (1988), adapted by Altiany (2019) (11 valid items, $\alpha = 0.922$). Simple linear regression analysis demonstrated a significant effect of social support on self-criticism ($F = 23.938$; $p < 0.001$), with a coefficient of determination of 19.6% ($R^2 = 0.196$). Descriptive analysis revealed that the majority of respondents fell into the high social support category (62%)—with support from friends being the dominant aspect (75%)—and tended to exhibit low levels of self-criticism (54%), although the "self-hatred" aspect remained dominant within the high category (53%). Theoretically, social support proves effective in activating the "soothing system," which mitigates the "threat system" response triggered by the trauma of betrayal. This study contributes to psychological research by enhancing the understanding of social support's role in reducing self-criticism among women who have experienced infidelity.

Keywords: Social Support, Infidelity, Self-Criticism, Jember

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