

Hubungan self-compassion dan kecemasan pada dewasa muda penyintas perundungan = The relationship between self-compassion and anxiety among bullying survivors in emerging adults

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Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara self-compassion dan kecemasan pada dewasa muda penyintas perundungan. Partisipan berjumlah 544 orang dan merupakan dewasa muda (usia 18-25 tahun) yang pernah menjadi korban perundungan pada saat SMP dan/atau SMA. Untuk memastikan bahwa partisipan benar-benar mengalami perundungan, diberikan alat ukur Multidimensional Offline and Online Peer Victimization Scale (MOOPVS) yang berfungsi sebagai seleksi atau penapis, yang mana hanya partisipan dengan tingkat perundungan sedang hingga tinggi saja yang diikutsertakan dalam penelitian. Self-compassion diukur menggunakan Self Compassion Scale-Short Form (SCS-SF), sementara kecemasan diukur menggunakan State-Trait Anxiety Inventory Skala Trait (STAI-T). Hasil penelitian menunjukkan bahwa terdapat hubungan negatif signifikan antara self-compassion dan kecemasan pada dewasa muda penyintas perundungan. Semakin tinggi self-compassion individu, semakin rendah tingkat kecemasannya. Selain itu, ditemukan juga bahwa perempuan memiliki self-compassion yang lebih rendah dan kecemasan yang lebih tinggi daripada laki-laki.

.....This study was conducted to examine the correlation between self-compassion and anxiety among bullying survivors in emerging adults. Participants included 544 emerging adults (18-25 years old) who had the experience of being bullied during middle school and/or high school. To make sure all participants had bullying experience, Multidimensional Offline and Online Peer Victimization Scale (MOOPVS) was given which served as a screening tool. Only participants with moderate to high bullying experience will be included in the analysis. Self-compassion was measured with Self Compassion Scale-Short Form (SCS-SF). Meanwhile, anxiety was measured with State-Trait Anxiety Inventory Scale Trait (STAI-T). The result indicates that there is negative and significant correlation between self-compassion and anxiety among bullying survivors in emerging adults. High self-compassion in individuals is associated with low anxiety. Women have significantly less self-compassion and more anxiety than men.