

Peran neurotisme, perfeksionisme & self-compassion terhadap gejala compassion fatigue di kalangan psikolog klinis selama pandemi covid-19 = The role of neuroticism, perfectionism, and self-compassion on the symptoms of compassion fatigue in clinical psychologists during covid-19 pandemic.

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Abstrak

Di masa pandemi COVID-19, keluhan psikologis masyarakat meningkat, sehingga mengakibatkan peningkatan permintaan konsultasi dengan psikolog klinis. Padahal jumlah psikolog klinis di Indonesia sangat terbatas, sehingga peningkatan permintaan konsultasi psikologis tersebut berpotensi membuat psikolog klinis mengalami kelelahan emosional pasca memberikan layanan psikologis kepada klien, yang disebut sebagai compassion fatigue. Berdasarkan literatur, beberapa faktor kepribadian memiliki peranan dalam kemunculan compassion fatigue. Di sisi lain, studi juga menunjukkan bahwa self-compassion dapat mempromosikan kesehatan mental di kalangan psikolog klinis. Oleh karena itu penelitian ini bertujuan untuk melihat peran neurotisme, perfeksionisme, dan self-compassion dalam kaitannya pada kemunculan gejala compassion fatigue di kalangan psikolog klinis. Alat ukur yang digunakan di antaranya Secondary Traumatic Stress Scale, dimensi emotional stability dari IPIP BFM – 50, Multidimensional Perfeksionisme Scale, dan Self-Compassion Scale - Short Form. Partisipan penelitian dihimpun melalui metode convenient sampling, dan pengisian data dilakukan dengan survei daring kepada psikolog klinis yang berpraktek selama pandemi Covid-19 (N=126). Analisis data dilakukan dengan menggunakan analisis regresi berganda dan moderasi pada Makro PROCESS dari Hayes. Hasil penelitian menunjukkan bahwa perfectionism dan neurotisme secara bersama-sama memprediksi kemunculan gejala compassion fatigue di kalangan psikolog klinis. Sementara self-compassion tidak berperan sebagai moderator, baik dari hubungan perfeksionisme dengan compassion fatigue maupun hubungan neurotisme dengan compassion fatigue.

.....In Indonesia, during COVID-19 pandemic, psychological complaints are increasing, making demand for psychological consultation also increases. Meanwhile, number of clinical psychologists in Indonesia is very limited. This condition potentially make clinical psychologists experience emotional exhaustion after providing psychological services to clients, known as compassion fatigue. Previous studies show several personality factors are associated with the emergence of compassion fatigue. Another studies also show that self-compassion promote mental health for clinical psychologists. Therefore, this study aims to examine the role of neuroticism, perfectionism, and self-compassion in relation to the symptoms of compassion fatigue among clinical psychologists. Measuring instruments used in this research are Secondary Traumatic Stress Scale, emotional stability dimension of IPIP BFM – 50, Multidimensional Perfectionism Scale, and Self-Compassion Scale - Short Form. Respondents collected through convenient sampling method, and data gathered via online survey from clinical psychologists who did psychological practices during Covid-19 pandemic (N=126). Data analysis performed using multiple regression analysis and moderation on the PROCESS Macro from Hayes. The results showed that perfectionism and neuroticism together predict symptoms of compassion fatigue among clinical psychologists. Meanwhile, self-compassion does not act as a moderator, both in relationship between perfectionism and compassion fatigue, and in relationship

between neuroticism and compassion fatigue.