

Peran Self-Compassion sebagai Moderator dalam Hubungan antara Pengalaman Buruk Masa Kecil dan Kekerasan dalam Berpacaran pada Dewasa Awal = The Role of Self-Compassion as Moderator in Relation Between Adverse Childhood Experiences and Dating Violence in Emerging Adults

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Abstrak

Salah satu jenis kekerasan dengan kasus yang meningkat setiap tahunnya adalah kekerasan dalam berpacaran. Pengalaman buruk masa kecil diketahui menjadi salah satu faktor risiko dari kekerasan dalam berpacaran. Namun, terdapat faktor lain yang diduga dapat memoderasi hubungan antara pengalaman buruk masa kecil dan kekerasan dalam berpacaran, yaitu self-compassion. Penelitian ini bertujuan mengetahui peran self-compassion sebagai moderator antara pengalaman buruk masa kecil dan kekerasan dalam berpacaran dari sudut pandang korban. Partisipan berjumlah 102 dewasa awal (77.5% perempuan, M usia = 21.9, SD = 2.012) yang sedang berada dalam hubungan berpacaran selama minimal satu tahun. Pengalaman buruk masa kecil diukur menggunakan Childhood Trauma Questionnaire Short Form (CTQ-SF), kekerasan dalam berpacaran diukur menggunakan The Revised Conflict Tactics Scale Short Form (CTS2-SF), dan self-compassion diukur menggunakan Self-Compassion Scale (SCS). Berdasarkan analisis moderasi menggunakan PROCESS Macro, ditemukan bahwa pengalaman buruk masa kecil memprediksi kekerasan dalam berpacaran secara signifikan ($b = -0.303$, $t(97) = -2.563$, $p < 0.05$) dan self-compassion memoderasi hubungan keduanya secara signifikan ($b = 0.091$, $t(97) = 2.728$, $p < 0.05$). Selain itu ditemukan pula bahwa self-compassion secara mandiri memprediksi kekerasan dalam berpacaran secara signifikan ($b = -1.577$, $t(97) = -2.201$, $p < 0.05$). Demikian, penelitian ini menunjukkan pentingnya peran self-compassion sebagai faktor protektif dari kekerasan dalam berpacaran.

.....Dating violence cases increase every year. Adverse childhood experiences is known to be one factor that causes dating violence. However, there is another factor that might moderate the correlation between adverse childhood experiences and dating violence: self-compassion. This study aims to determine the role of self-compassion as a moderator between adverse childhood experiences and dating violence from the victim's perspective. There were 102 emerging adults (77.5% female, M age = 21.9, SD = 2.012) in a dating relationship for at least one year as participants. Adverse childhood experiences was measured using the Childhood Trauma Questionnaire Short Form (CTQ-SF), dating violence was measured using The Revised Conflict Tactics Scale Short Form (CTS2-SF), and self-compassion was measured using the Self-Compassion Scale (SCS). Based on moderation analysis using PROCESS Macro, the result shows that adverse childhood experiences significantly predicted dating violence ($b = -0.303$, $t(97) = -2.563$, $p < 0.05$) and self-compassion significantly moderated the correlation between the two ($b = 0.091$, $t(97) = 2.728$, $p < 0.05$). Furthermore, self-compassion significantly predicted dating violence ($b = -1.577$, $t(97) = -2.201$, $p < 0.05$). Thus, this study shows the importance of self-compassion as a protective factor from dating violence.