

# Peran Shame Proneness dan Regulasi Emosi Terhadap Supervisory Working Alliance Mahasiswa Profesi Psikologi Klinis Selama Menjalani Praktik Kerja Profesi Psikologi = The Role of Shame Proneness and Emotion Regulation on the Supervisory Working Alliance of Clinical Psychologist Trainees During their Professional Psychology Practices.

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## Abstrak

Berbagai studi menemukan bahwa stres menjadi pengalaman tidak menyenangkan yang tidak dapat terelakkan selama menjalani pendidikan profesi psikologi klinis. Adanya perbedaan kurikulum antara mahasiswa program profesi psikologi klinis dengan program profesi dan magister lainnya membuat mahasiswa ini memiliki beban yang cenderung lebih banyak. Agar pengalaman stres yang dialami oleh mahasiswa tidak menimbulkan dampak yang tidak menguntungkan, program ini menyediakan pembimbing (supervisor) dalam pelaksanaan praktik profesi yang dilaksanakan. Hubungan antara mahasiswa dan pembimbing ini dikenal sebagai supervisory working alliance (SWA). Penelitian ini bertujuan untuk mengetahui prediktor pembentuk SWA, yaitu shame proneness dan regulasi emosi pada mahasiswa profesi psikologi klinis di Indonesia yang sedang/sudah menjalani PKPP. Studi ini dilakukan menggunakan pendekatan kuantitatif dengan analisis multiple regression, di mana dari 108 partisipan ditemukan bahwa shame proneness dan regulasi emosi menjadi prediktor kualitas SWA. Semakin tinggi shame proneness maka akan semakin negatif persepsi SWA mahasiswa, sementara itu semakin baik kemampuan regulasi emosi yang dimiliki oleh mahasiswa, maka semakin positif SWA yang dipersepsikan mahasiswa terhadap pembimbingnya

.....Various studies have found that stress becomes an inevitable unpleasant experience during the training of clinical psychologist. Due to the difference in curriculum between clinical psychologist trainees and other professional and master programs, these students tend to have more responsibilities. To minimize the negative impact due to stress experienced by these students, this program provides supervisors during their professional practice. The relationship between students and supervisors is known as a supervisory working alliance (SWA). This study aims to determine the predictors of SWA, including shame proneness and emotion regulation in clinical psychologist trainees in Indonesia who are currently doing / have been practicing professionally. This study was conducted using a quantitative approach with multiple regression analysis. Among the 108 participants, it is found that shame proneness and emotion regulation are predicting of the quality of SWA. The higher the shame proneness, the more negative the students' perceptions of SWA will be, meanwhile the better the ability to regulate emotions possessed by students, the more positive SWA will be perceived by students towards their supervisors. This suggests that in order to have a positive SWA, clinical psychologist trainees need to manage their shame proneness and the regulation emotions.