

Efektivitas Intervensi dengan Pendekatan Mindful Self-Compassion secara Online untuk Menurunkan Secondary Traumatic Stress pada Petugas Layanan Kasus Kekerasan Terhadap Anak: Randomized Controlled Pilot Study. = Effectiveness of Online Intervention with a Mindful Self-Compassion Approach to Reduce Secondary Traumatic Stress among Child Welfare Service Providers: Randomized Controlled Pilot Study

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Abstrak

Secondary traumatic stress (STS) merupakan hal yang sulit untuk dihindari bagi para petugas layanan kasus kekerasan anak. Penelitian ini bertujuan untuk melihat efektivitas intervensi dengan pendekatan MSC terhadap penurunan STS serta peningkatan mindfulness dan self-compassion pada para petugas layanan kasus kekerasan terhadap anak. Petugas layanan kasus kekerasan anak mencakup psikolog klinis, pekerja sosial/pendamping, konselor psikologi, konselor hukum, mediator dan pengadministrasi umum. Sebanyak 30 petugas layanan kasus kekerasan terbagi kedalam dua kelompok secara acak, yaitu kelompok intervensi dan kelompok kontrol wait-list. Intervensi diberikan sebanyak 6 kali pertemuan dengan durasi 2-3 jam per sesi secara online. STS diukur menggunakan subtes STS pada ProQol-V, mindfulness menggunakan MAAS, dan self-compassion menggunakan SCS yang telah diadaptasi ke bahasa indonesia. Hasil penelitian menunjukkan bahwa terdapat hasil yang signifikan pada penurunan STS, peningkatan mindfulness, peningkatan aspek self-compassion (yaitu common humanity), serta peningkatan kesejahteraan pribadi bagi para petugas layanan kasus kekerasan pada kelompok intervensi. Individu yang mengikuti intervensi memiliki mindfulness dan self-compassion yang secara signifikan lebih tinggi dibandingkan dengan kelompok kontrol wait-list. Dapat disimpulkan bahwa intervensi MSC memberikan dampak positif pada petugas layanan kasus kekerasan anak, meskipun efek intervensi belum konsisten bertahan pada 2 minggu follow-up. Adanya pemantauan terhadap kondisi partisipan secara berkala, pelaksanaan intervensi secara offline atau mixed (offline dan online), serta pertemuan rutin antar petugas layanan diduga menjadi faktor yang dapat dilakukan mempertahankan konsistensi dampak positif intervensi MSC.

.....Secondary traumatic stress (STS) is a challenging phenomenon that is hard to avoid for child welfare service providers. This study aims to examine the effectiveness of an intervention using the Mindful Self-Compassion (MSC) approach in reducing STS and enhancing mindfulness and self-compassion among child welfare service providers. Child welfare service providers include clinical psychologists, social workers/counselors, psychological counselors, legal counselors, mediators, and general administrators. Thirty child welfare service providers were randomly assigned to either the intervention group or the wait-list control group. The intervention consisted of six online sessions lasting 2-3 hours each. STS was measured using the STS sub-scale on the ProQol-V, mindfulness was assessed using the MAAS, and self-compassion was measured using the SCS adapted to Bahasa Indonesia. The results showed significant decreases in STS, increases in mindfulness, improvements in the self-compassion aspect of common humanity, and enhanced personal well-being among the intervention group. Individuals in the intervention group exhibited significantly higher levels of mindfulness and self-compassion compared to the wait-list

control group. In conclusion, the MSC intervention had a positive impact on child welfare service providers, although the effects were not consistently sustained at the 2-week follow-up. Regular monitoring of participants, consideration of implementing offline or mixed interventions, and routine meetings among service providers are suggested factors that may help maintain the consistency of the positive impact of the MSC intervention.