

Peran Psychological Flexibility Terhadap Kualitas Hidup Individu Dewasa Muda yang Mengalami Adverse Childhood Experience = The Role of Psychological Flexibility on the Quality of Life of Young Adults Who Have Experienced Adverse Childhood Experiences

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Abstrak

Kualitas hidup merupakan salah satu aspek penting dalam kehidupan seseorang. Adverse childhood experiences yang dialami individu selama masa perkembangan dapat mengganggu tingkat kualitas hidup. Peneliti mendapatkan 181 partisipan berusia 18-25 tahun yang berasal dari 30 provinsi di Indonesia. Psychological flexibility diukur dengan Comp-ACT (Comprehensive Assessment of Acceptance and Commitment Treatment Processes), kualitas hidup diukur dengan WHOQOL-BREF (World Health Organization Quality of Life - Brief Version), dan adverse childhood experiences diukur menggunakan WHO ACE-IQ (World Health Organization Adverse Childhood Experiences International Questionnaire). Hasil analisis regresi linear sederhana menunjukkan bahwa psychological flexibility berperan signifikan terhadap kualitas hidup individu dewasa muda yang mengalami adverse childhood experiences. Dalam penelitian ini, psychological flexibility, beserta dimensi-dimensinya, mampu memprediksi kualitas hidup individu dewasa muda yang mengalami adverse childhood experiences. Psychological flexibility secara signifikan berhubungan positif dengan kualitas hidup individu dewasa muda yang mengalami adverse childhood experiences.

.....Quality of life is one of the important aspects of an individual's life. Adverse childhood experiences encountered during developmental stages can disrupt the level of quality of life. Researchers obtained 181 participants aged 18-25 years from 30 provinces in Indonesia. Psychological flexibility was measured using the Comp-ACT (Comprehensive Assessment of Acceptance and Commitment Treatment Processes), quality of life was measured using the WHOQOL-BREF (World Health Organization Quality of Life - Brief Version), and adverse childhood experiences were measured using the WHO ACE-IQ (World Health Organization Adverse Childhood Experiences International Questionnaire). The results of a simple linear regression analysis showed that psychological flexibility plays a significant role in the quality of life of young adults who have experienced adverse childhood experiences. In this study, psychological flexibility and its dimensions were proven to predict the quality of life of young adults who have experienced adverse childhood experiences. Psychological flexibility is significantly positively related to the quality of life of young adults who have experienced adverse childhood experiences.