

Peran Mediasi Post Traumatic Growth dalam Hubungan antara Adverse Childhood Experience dan Common Dyadic Coping pada Individu yang Telah Menikah = Post Traumatic Growth as a Mediator in the Relationship between Adverse Childhood Experience and Common Dyadic Coping in Married Individuals

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Abstrak

Penelitian ini bertujuan untuk mengkaji apakah pertumbuhan pasca-trauma (Post-Traumatic Growth/PTG) memediasi hubungan antara pengalaman masa kecil yang menyakitkan (Adverse Childhood Experiences/ACE) dan kemampuan coping bersama pasangan (Common Dyadic Coping/CDC) pada individu yang telah menikah. ACE diukur menggunakan Childhood Trauma Questionnaire-Short Form (CTQ-SF), PTG menggunakan Post-Traumatic Growth Inventory (PTGI), dan CDC menggunakan Dyadic Coping Inventory (DCI). Penelitian ini melibatkan 506 individu menikah dengan durasi pernikahan minimal satu tahun. Rentang usia partisipan antara 20 hingga 53 tahun (rata-rata usia = 30,95; SD = 6,067) dan 74,9% partisipan mengalami ACE dalam bentuk kekerasan emosional. Hasil penelitian menunjukkan bahwa ACE berdampak negatif pada CDC baik secara langsung maupun tidak langsung melalui PTG. Walaupun PTG secara signifikan memediasi hubungan ini, pengaruhnya tergolong kecil, sehingga hubungan langsung antara ACE dan CDC tetap dominan. Penemuan ini menekankan pentingnya mendukung individu dengan riwayat ACE dalam mengembangkan PTG sebagai langkah awal untuk meningkatkan kemampuan coping bersama. Implikasi praktis meliputi pengembangan intervensi yang berfokus pada penguatan emosional, pemaknaan pengalaman traumatis, dan pelatihan strategi coping pasangan.

.....This study aims to examine whether Post-Traumatic Growth (PTG) mediates the relationship between Adverse Childhood Experiences (ACE) and Common Dyadic Coping (CDC) in married individuals. ACE was measured using the Childhood Trauma Questionnaire-Short Form (CTQ-SF), PTG using the Post-Traumatic Growth Inventory (PTGI), and CDC using the Dyadic Coping Inventory (DCI). The study involved 506 married individuals with a minimum marriage duration of one year. The participants' ages ranged from 20 to 53 years (mean age = 30.95; SD = 6.067), and 74.9% of the participants experienced ACE in the form of emotional abuse. The findings indicate that ACE negatively impacts CDC both directly and indirectly through PTG. Although PTG significantly mediates this relationship, its effect is relatively small, leaving the direct relationship between ACE and CDC predominant. These results highlight the importance of supporting individuals with ACE backgrounds to foster PTG as an initial step toward enhancing dyadic coping abilities. Practical implications include interventions focusing on emotional reinforcement, finding meaning in traumatic experiences, and training collaborative coping strategies.