

ABSTRAK

Perceraian orang tua dapat menjadi peristiwa yang menimbulkan tekanan psikologis pada remaja dan memengaruhi kemampuan mereka dalam beradaptasi. Resiliensi dibutuhkan agar remaja mampu bangkit dan menyesuaikan diri secara positif terhadap situasi tersebut. Salah satu faktor internal yang diduga berperan dalam meningkatkan resiliensi adalah *self compassion*, yaitu kemampuan individu untuk bersikap penuh penerimaan dan kebaikan terhadap diri sendiri saat menghadapi kesulitan. Penelitian ini bertujuan untuk menguji hubungan antara *self compassion* dan resiliensi pada remaja dari keluarga bercerai di Daerah Istimewa Yogyakarta (DIY). Penelitian menggunakan pendekatan kuantitatif korelasional dengan purposive sampling pada remaja usia 12-21 tahun yang tinggal di DIY pasca-perceraian orang tua. Data dikumpul via skala resiliensi (berbasis Reivich & Shatté: regulasi emosi, kontrol impuls, dll.; reliabilitas $\alpha=0,865$) dan skala *self compassion* (berbasis Neff: *self-kindness*, *common humanity*, *mindfulness*; reliabilitas $\alpha=0,820$). Analisis dilakukan dengan uji prasyarat (normalitas Kolmogorov-Smirnov, linearitas), korelasi Spearman rho, dan regresi karena data tidak normal. Hasil penelitian menunjukkan adanya hubungan positif signifikan antara *self compassion* dan resiliensi ($r=0,655$, $p=0,001 < 0,05$), dengan kekuatan sedang dan kontribusi *self compassion* sebesar 41,4% terhadap resiliensi. Mayoritas responden berada pada kategori sedang-tinggi untuk kedua variabel, menunjukkan semakin tinggi *self compassion*, semakin tinggi resiliensi remaja dari keluarga bercerai. Data tidak normal (sig resiliensi=0,026; *self compassion*=0,001), dan hubungan linear ($F=73,988$, $p=0,001$). Semakin tinggi *self compassion*, semakin tinggi pula resiliensi remaja dari keluarga bercerai.

Kata Kunci : *self compassion*, resiliensi, remaja, perceraian orang tua

ABSTRACT

Parental divorce can be a stressful psychological event for adolescents and affect their ability to adapt. Resilience is needed for adolescents to recover and adjust positively to the situation. One internal factor thought to play a role in increasing resilience is self-compassion, the ability of individuals to demonstrate acceptance and kindness toward themselves when facing difficulties. This study aims to examine the relationship between self-compassion and resilience in adolescents from divorced families in the Special Region of Yogyakarta (DIY). This study used a quantitative correlational approach with purposive sampling of adolescents aged 12-21 years living in Yogyakarta Special Region after their parents' divorce. Data were collected via a resilience scale (based on Reivich & Shatté: emotional regulation, impulse control, etc.; reliability $\alpha=0.865$) and a self-compassion scale (based on Neff: self-kindness, common humanity, mindfulness; reliability $\alpha=0.820$). Analysis was performed using prerequisite tests (Kolmogorov-Smirnov normality, linearity), Spearman's rho correlation, and regression due to non-normal data. The results of the study showed a significant positive relationship between self-compassion and resilience ($r=0.655$, $p=0.001 < 0.05$), with moderate strength and a contribution of self-compassion of 41.4% to resilience. The majority of respondents were in the medium-high category for both variables, indicating that the higher the self-compassion, the higher the resilience of adolescents from divorced families. The data were not normal (sig resilience=0.026; self-compassion=0.001), and the relationship was linear ($F=73.988$, $p=0.001$). The higher the self-compassion, the higher the resilience of adolescents from divorced families.

Keywords: self-compassion, resilience, adolescents, parental divorce