

ABSTRAK

Penelitian ini mengkaji *compassion fatigue* pada *family caregiver* individu dengan gangguan bipolar serta hubungannya dengan empati. Empati memiliki peran kompleks karena dapat bersifat protektif sekaligus meningkatkan beban emosional *caregiver*. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Subjek berjumlah 50 *family caregiver* yang dipilih melalui *purposive sampling*. Data dikumpulkan menggunakan skala *Interpersonal Reactivity Index* (IRI) dan *Professional Quality of Life Scale* (ProQOL), serta dianalisis dengan korelasi *Product Moment*, regresi linear sederhana, dan regresi berganda. Hasil menunjukkan hubungan negatif lemah antara empati dan *compassion fatigue* ($r = -0,285$; $p = 0,045$). Empati berkontribusi sebesar 8,1%, namun tidak ada aspek empati yang berpengaruh signifikan secara parsial ($p > 0,05$). Analisis tabulasi silang menunjukkan mayoritas responden memiliki empati tinggi namun tetap berada pada *compassion fatigue* sedang pada seluruh karakteristik demografis. Dengan demikian, empati berhubungan dengan *compassion fatigue* tetapi bukan faktor dominan.

Kata Kunci: Bipolar, *Compassion Fatigue*, Empati, *Family Caregiver*

ABSTRACT

This study examines compassion fatigue among family caregivers of individuals with bipolar disorder and its relationship with empathy. Empathy plays a complex role as it can be both protective and a potential source of increased emotional burden for caregivers. This study used a quantitative approach with a correlational design. The participants were 50 family caregivers selected through purposive sampling. Data were collected using the Interpersonal Reactivity Index (IRI) and the Professional Quality of Life Scale (ProQOL), and analyzed using Product Moment correlation, simple linear regression, and multiple regression analysis. The results showed a weak negative relationship between empathy and compassion fatigue ($r = -0.285$; $p = 0.045$). Empathy contributed 8.1% to compassion fatigue, but none of its dimensions showed a significant partial effect ($p > 0.05$). Cross-tabulation analysis indicated that most participants had high empathy while still experiencing moderate levels of compassion fatigue across all demographic characteristics. Thus, empathy is related to compassion fatigue but is not the dominant factor.

Keywords: *Bipolar, Compassion Fatigue, Empathy, Family Caregiver*