

Abstrak

Penelitian ini dilakukan untuk mengetahui derajat self-compassion pada beauty therapist yang bekerja di Klinik Kecantikan “X” Cimahi. Self-compassion focus pada seberapa besar individu menampilkan self-kindness, common humanity, dan mindfulness (Neff, 2003). Metode yang digunakan adalah studi deskriptif dengan teknik survey pada seluruh beauty therapist yang bekerja di Klinik Kecantikan “X” Cimahi, yaitu sebanyak 35 orang dan seluruhnya berjenis kelamin perempuan.

Alat ukur self-compassion dari Neff (2003), terdiri dari 26 item, dan telah divalidasi menggunakan rumus Pearson oleh Missiliana pada 726 responden dengan validitas berkisar antara 0,323-0,606. Alat ukur self-compassion juga telah dihitung reliabilitasnya menggunakan rumus Alpha Cronbach sebesar 0,858.

Berdasarkan penelitian, sebanyak 68,57% beauty therapist memiliki derajat self-compassion rendah dan 31,43% beauty therapist memiliki derajat self-compassion tinggi. Hal ini menunjukkan bahwa beauty therapist yang bekerja di Klinik Kecantikan “X” Cimahi belum dapat memahami diri dan menyadari ketidaksempurnaan yang dimiliki atau kegagalan saat memberikan pelayanan kepada pasien sehingga mengeritik diri secara berlebihan (self-judgement). Beauty therapist yang bekerja di Klinik Kecantikan “X” Cimahi berpandangan sempit bahwa kegagalan yang terjadi hanya dialami oleh diri sendiri (isolation). Mereka juga masih focus pada kekurangannya yang menyebabkan terjadinya kegagalan, merasa diri lemah dan tidak berharga (overidentification). Saran peneliti adalah mencari responden berjenis kelamin laki-laki dan perempuan dengan jumlah yang seimbang, melakukan group counseling bagi para beauty therapist guna meningkatkan derajat self-compassion yang mereka miliki.

Kata Kunci: *self-compassion, self-kindness, common humanity, mindfulness, beauty therapist.*

Abstract

This study was conducted to determine the degree of self-compassion in beauty therapists who work in Beauty Clinic "X" Cimahi. Self-compassion focus on how much the individual displays of self-kindness, common humanity, and mindfulness (Neff, 2003). The method used was a descriptive study with survey techniques in all beauty therapists who work in Beauty Clinic "X" Cimahi, as many as 35 people and entirely female.

Measuring instrument of self-compassion from Neff (2003), consists of 26 items, and has been validated using the formula Pearson by Missiliana on the validity of the 726 respondents ranged from 0.323 to 0.606. Measuring instrument of self-compassion also been calculated using the formula Cronbach alpha reliability of 0.858.

Based on the study, a total of 68.57% beauty therapists have a low degree of self-compassion and 31.43% beauty therapist has a high degree of self-compassion. This shows that the beauty therapist who worked in Beauty Clinic "X" Cimahi cannot understand ourselves and realize imperfections owned or failure when providing care to patients so that criticize themselves excessively (self-judgment). Beauty therapist who worked in Beauty Clinic "X" Cimahi sighted that failure happens only experienced by myself (isolation). They also still focus on the shortcomings that led to the failure, felt himself weak and worthless (overidentification). Suggestions researchers are looking respondents gender men and women with equal numbers, do group counseling for beauty therapists to increase the degree of self-compassion that they have.

Key Words: *self-compassion, self-kindness, common humanity, mindfulness, beauty therapist.*

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