

Abstrak

Penelitian ini dilakukan untuk mengetahui derajat self-compassion pada home care nurse di Universitas "X" Bandung. Metode yang digunakan dalam penelitian ini adalah metode deskriptif dengan teknik survey. Jumlah sampel sebanyak 30 mahasiswa Universitas "X" Bandung yang menjadi home care nurse.

Alat ukur yang digunakan dalam penelitian ini adalah self-compassion Scale (Neff, 2003) yang sudah diterjemahkan Missiliana R.. Alat ukur self-compassion Scale terdiri dari 26 pernyataan yang mengukur ketiga komponen pembentuk self-compassion, terdiri dari item positif dan negatif. Setelah dilakukan uji validitas dengan SPSS Statistics 20.0, maka diperoleh 26 item yang valid dengan validitas item berkisar antara 0,323 – 0,606. Reliabilitas alat ukur tersebut adalah 0,818. Dari pengolahan data, diperoleh hasil self-compassion home care nurse di Universitas "X" Bandung. Sebanyak 40% memiliki derajat self-compassion yang tinggi. Sebanyak 60% memiliki derajat self-compassion yang rendah karena memiliki satu atau lebih komponen self-compassion yang rendah.

Peneliti mengajukan saran agar peneliti lain yang memiliki minat untuk melakukan penelitian lanjutan mengenai self-compassion, disarankan meneliti faktor-faktor lainnya yang berkaitan dengan self-compassion pada home care nurse dan mempertimbangkan penggunaan kuesioner self-compassion dengan merevisi item-item yang bahasanya kurang dapat dimengerti masyarakat umumnya. Selain itu peneliti mengajukan saran kepada home care nurse agar dapat mempelajari apa makna dan fungsi dari self-compassion, dengan mengikuti seminar atau pelatihan psikologi tentang self-compassion sehingga mereka dapat mengaplikasikan ketika menghadapi kesulitan, kegagalan, dan penderitaan yang dialami saat melakukan pelayanan perawatan terhadap pasien.

Kata Kunci: *self-compassion, self-kindness, mindfulness, common humanity, home care nurse.*

Abstract

This research is conducted to determine the self-compassion contained in home care nurse at Universitas "X" Bandung. The method in this research is descriptive with survey techniques. The population for this research are 30 students of Universitas "X" Bandung who became home care nurse.

This research was using measuring instrument from self-compassion scale (Neff, 2003) which has been translated Missiliana R.. Measuring tool of self-compassion scale consists of 26 items that measure three components of self-compassion, consisting of positive and negative items. The validity test conducted by SPSS Statistics 20.0, the obtained 26 valid items with the validity of the items ranged from 0,323 to 0,606. The reliability of the instruments was 0,818. Based on the results, research obtained self-compassion in home care nurse at Universitas "X" Bandung. 40% of them shown self-compassion with high scores. 60% of them shown self-compassion with low scores because it has one or more components of a self-compassion with low score.

Researchers suggest other researchers who have an interest to conduct further on research of self-compassion, suggested examining other factors associated with self-compassion in home care nurse and consider the use of questionnaires self-compassion by revising items with fuzzy words. Researchers also suggest for the home care nurse to learn what is the meaning and function of self-compassion, with attending seminars or psychology of self-compassion training so they can compassion for their self when facing difficulties, failures, and suffering experienced while services the patient

Key Word: *self-compassion, self-kindness, mindfulness, common humanity, home care nurse.*

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KUESIONER *SELF-COMPASSION*

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