

Abstrak

Penelitian ini dilakukan berdasarkan teori Self-compassion (Neff, 2011) dan Resilience (Reivich & Shatte, 2002). Tujuan penelitian adalah untuk mengetahui hubungan antara self-compassion dan komponen-komponennya dengan resilience pada perawat rawat inap di Rumah Sakit “X” di Bandung. Responden penelitian ini berjumlah 98 orang perawat rawat inap yang dipilih berdasarkan teknik purposive sampling dan memenuhi kriteria sampel penelitian.

Alat ukur yang digunakan dalam penelitian ini adalah Self-compassion Scale dan Resilience Quotient. Alat ukur Self-compassion dikembangkan oleh Neff (2003) yang diterjemahkan kedalam Bahasa Indonesia oleh Missiliana R., M.Si., Psikolog (2012). Pada penelitian ini didapatkan 25 item valid dengan koefisien validitas berkisar antara 0.389-0.656, dan dinyatakan reliabel dengan koefisien reliabilitas 0,791. Alat ukur resilience dikembangkan oleh Reivich & Shatte (2002) yang diterjemahkan oleh peneliti. Pada penelitian ini didapatkan 48 item valid dengan koefisien validitas berkisar antara 0.304-0.702, dan dinyatakan reliabel dengan koefisien reliabilitas 0.875.

Berdasarkan pengolahan data menggunakan rank spearman didapatkan hasil $r = 0.569$ artinya terdapat hubungan yang signifikan pada taraf moderat antara Self-compassion dengan Resilience. Berdasarkan hasil penelitian, peneliti menyarankan untuk meneliti lebih lanjut mengenai kontribusi Self-compassion dengan Resilience untuk mendapatkan gambaran menyeluruh dan lebih lengkap.

Abstract

This research was conducted based on the theories of Self-compassion (Neff, 2011) and Resilience (Reivich & Shatte, 2002). The objective of the research was to figure out the relationship between self-compassion as well as its components and resilience in the inpatient nurses in "X" Hospital in Bandung. The respondents of this research consisted of 98 inpatient nurses who met the criteria of research sample selected using purposive sampling technique.

The measuring instruments used in this research were Self-compassion Scale and Resilience Quotient. The measuring instrument Self-compassion was developed by Neff (2003) and translated into Indonesian by Missiliana R., M.Si., Psychologist (2012). In this research, 25 valid items with validity coefficient ranged between 0.389 and 0.656 and declared reliable with reliability coefficient of 0.791 were obtained. The measuring instrument Resilience Quotient was developed by Reivich & Shatte (2002) and translated into Indonesian by the researcher. In this research, 48 valid items with validity coefficient ranged between 0.304 and 0.702 and declared reliable with reliability coefficient of 0.875 were obtained.

Based on the data processing using Spearman's rank, $r = 0.569$ was obtained. This means that there is a significant correlation at a moderate level between Self-compassion and Resilience. Based on the results of the research, the researcher suggested that future researchers conduct further research on the contribution of Self-compassion and Resilience to obtain a thorough and more complete picture.

DAFTAR ISI

COVER	i
LEMBAR PENGESAHAN.....	ii
PERNYATAAN ORISINALITAS	iii
PERNYATAAN PUBLIKASI.....	iv
ABSTRAK	v
<i>ABSTRACT</i>	vi
KATA PENGANTAR	vii
DAFTAR ISI.....	ix
DAFTAR BAGAN	xiv
DAFTAR TABEL.....	xv
DAFTAR LAMPIRAN.....	xvi
BAB I PENDAHULUAN.....	1
1.1 Latar Belakang Masalah.....	1
1.2 Identifikasi Masalah	10
1.3 Maksud dan Tujuan Penelitian.....	10
1.3.1 Maksud Penelitian.....	10
1.3.2 Tujuan Penelitian	11
1.4 Kegunaan Penelitian.....	11

1.4.1 Kegunaan Teoretis	11
1.4.2 Kegunaan Praktis	11
1.5 Kerangka Pemikiran	12
1.6 Asumsi	20
1.7 Hipotesis.....	20
BAB II TINJAUAN PUSTAKA.....	21
2.1 <i>Self-Compassion</i>	21
2.1.1 Definisi <i>Self-Compassion</i>	21
2.1.2 Komponen <i>Self-Compassion</i>	22
2.1.2.1 <i>Self-Kindness</i>	22
2.1.2.2 <i>Common Humanity</i>	22
2.1.2.3 <i>Mindfulness</i>	23
2.1.4 Manfaat <i>Self-Compassion</i>	24
2.2 <i>Resilience</i>	25
2.2.1 Definisi <i>Resilience</i>	25
2.2.2 Fungsi <i>Resilience</i>	25
2.2.3 Faktor yang Membentuk <i>Resilience</i>	27
2.3 Perawat.....	32
2.3.1 Definisi Perawat	32
2.3.2 Peran Perawat.....	33

2.3.3 Fungsi Perawat.....	34
BAB III METODOLOGI PENELITIAN.....	36
3.1 Rancangan dan Prosedur Penelitian	36
3.2 Variabel Penelitian dan Definisi Operasional	37
3.2.1 Variabel Penelitian.....	37
3.2.2 Definisi Operasional.....	37
3.2.2.1 Definisi Operasional <i>Self-Compassion</i>	37
3.2.2.2 Definisi Operasional <i>Resilience</i>	38
3.3 Alat Ukur.....	39
3.3.1 Alat Ukur <i>Self-Compassion</i>	39
3.3.1.1 Kisi-kisi alat ukur	40
3.3.1.2 Sistem Penilaian	41
3.3.2 Alat Ukur <i>Resilience</i>	42
3.3.2.1 Sistem Penilaian	44
3.3.3 Data Pribadi dan Data Penunjang	45
3.3.4 Validitas dan Reliabilitas Alat Ukur	45
3.3.4.1 Validitas Alat Ukur	45
3.3.4.2 Reliabilitas Alat Ukur.....	46
3.4 Populasi dan Teknik Penarikan Sampel	47
3.4.1 Populasi Sasaran	47

3.4.2 Karakteristik Sampel	47
3.4.3 Teknik Penarikan Sampel	47
3.5 Teknik Analisis Data	48
3.6 Hipotesis Statistik	48
BAB IV HASIL PENELITIAN DAN PEMBAHASAN	50
4.1 Gambaran Sampel Penelitian	50
4.1.1 Gambaran Responden Berdasarkan Jenis Kelamin	50
4.1.2 Gambaran Responden Berdasarkan Lama Bekerja	51
4.2 Hasil Penelitian	51
4.2.1 Hasil Korelasi <i>Self-compassion</i> dan <i>Resilience</i>	51
4.2.2 Hasil Korelasi Komponen <i>Self-kindness</i> dan <i>Resilience</i>	52
4.2.3 Hasil Korelasi Komponen <i>Common Humanity</i> dan <i>Resilience</i>	53
4.2.4 Hasil Korelasi Komponen <i>Mindfulness</i> dan <i>Resilience</i>	53
4.3 Pembahasan	54
4.4 Diskusi	58
BAB V SIMPULAN DAN SARAN	60
5.1 Simpulan	60
5.2 Saran	60
5.2.1 Saran Teoretis	60
5.2.1 Saran Praktis	61

DAFTAR PUSTAKA62

DAFTAR RUJUKAN64

LAMPIRAN

DAFTAR BAGAN

Bagan 1.1 Kerangka Pemikiran.....	19
Bagan 3.1 Rancangan Penelitian.....	36



DAFTAR TABEL

Tabel 3.1 Alat Ukur <i>Self-Compassion</i>	40
Table 3.2 Penilaian Kuesioner <i>Self-Compassion</i>	41
Tabel 3.3 Alat Ukur <i>Resilience</i>	43
Table 3.4 Penilaian Kuesioner <i>Resilience</i>	44
Table 3.5 Kategori <i>Resilience</i>	45
Table 4.1 Gambaran Responden Berdasarkan Jenis Kelamin	50
Table 4.2 Gambaran Responden Berdasarkan Lama Bekerja.....	51
Table 4.3 Korelasi <i>Self-Compassion</i> Dan <i>Resilience</i>	52
Table 4.4 Korelasi Komponen <i>Self-Kindness</i> Dan <i>Resilience</i>	52
Table 4.5 Korelasi Komponen <i>Common Humanity</i> Dan <i>Resilience</i>	53
Table 4.6 Korelasi Komponen <i>Mindfulness</i> Dan <i>Resilience</i>	54

DAFTAR LAMPIRAN

Lampiran 1: Kuesioner <i>Self-Compassion</i>	L-1
Lampiran 2: Kuesioner <i>Resilience</i>	L-8
Lampiran 3: Validitas Dan Reliabilitas <i>Self-Compassion</i>	L-16
3.1: Validitas <i>Self-Compassion</i>	L-16
3.2: Reliabilitas <i>Self-Compassion</i>	L-16
Lampiran 4: Validitas Dan Reliabilitas <i>Resilience</i>	L-17
4.1: Validitas <i>Resilience</i>	L-17
4.2: Reliabilitas <i>Resilience</i>	L-18
Lampiran 5: Hasil Korelasi	L-19
5.1: Korelasi <i>Self-Compassion</i> Dengan <i>Resilience</i>	L-19
5.2: Korelasi <i>Self-Kindness</i> Dengan <i>Resilience</i>	L-19
5.3: Korelasi <i>Common Humanity</i> Dengan <i>Resilience</i>	L-19
5.4: Korelasi <i>Mindfulness</i> Dengan <i>Resilience</i>	L-20
Lampiran 6: Data Mentah Komponen <i>Self-Compassion</i>	L-20
6.1: Komponen <i>Self-Kindness</i>	L-20
5.3: Komponen <i>Common Humanity</i>	L-22
5.4: Komponen <i>Mindfulness</i>	L-24
Lampiran 7: Data Mentah <i>Resilience</i>	L-26
Lampiran 8: Hasil Skor Data Mentah	L-31