



IDENTIFICATION OF SELF COMPASSION IN TEENAGERS AT KASIH KARUNIA PARE ORPHANAGE

Erva Elli Kristanti¹, Dyah Ayu Kartika W.S², Putu Indraswari³
^{1,2,3}STIKES RS Baptis Kediri, Kediri, Indonesia

Article info	ABSTRACT
<p>Corresponding Author:</p> <p>Erva Elli Kristanti erva.kristini@gmail.com STIKES RS Baptis Kediri</p>	<p>Self-compassion is one way of explaining an individual's ability to survive, understand and realize the meaning of an experience as something positive (Neff, 2003). The aim of this research is to identify Self Compassion in teenagers at the Kasih Karunia Pare Orphanage. The research method used is descriptive. The population in this study was all 25 teenagers at the Kasih Karunia Pare Orphanage. Collecting data to identify Self Compassion using the Self Compassion Scace (SCS) questionnaire was given once to respondents. The data was then analyzed using a frequency distribution table. The research results showed that 23 respondents (92%) teenagers had moderate self-compassion and 2 respondents (8%) teenagers had low self-compassion. Based on the research results, it can be concluded that most teenagers at the Kasih Karunia Pare Orphanage have a moderate level of Self Compassion. It is important to continue to give positive beliefs to teenagers at the Kasih Karunia Pare Orphanage so that teenagers have a strong identity and high integrity.</p> <p>Keywords: <i>Self Compassion, Teenagers</i></p>
<p>This article distributed under the terms of the Creative Commons Attribution-Share Alike 4.0 International License (https://creativecommons.org/licenses/by-sa/4.0/)</p>	

INTRODUCTION

Adolescence is a developmental stage between childhood and adulthood which is often marked by changes in physical, cognitive, and social development (Hurlock, 2004). Adolescents can be divided into several categories based on age, adolescence in three categories, namely early adolescence (11-14 years), middle adolescence (15-18 years) and late adolescence (18-21 years). Late adolescence is a time of identity crisis or search for self-identity, so that in this phase, late teenagers are often faced with various problems in their daily lives, some can face, accept, and solve their problems, but there are also those who feel burdened and lament. the problem he faced. The problems faced will tend to give rise to negative emotions, such as a lack of self-confidence which makes individuals always underestimate the potential that exists within them. If these negative emotions are experienced continuously and continuously without a solution, it will increasingly hinder the teenager's survival and self-development (Aziz, 2018). In overcoming negative emotions, individuals must first be able to accept all the realities and problems that are occurring. Having a compassionate attitude towards yourself can be the start in overcoming all negative

emotions felt by the individual. This attitude of compassion is often called self-compassion (Halim, 2015).

The World Health Organization in (2017) in its latest data noted that suicide is the cause of 800,000 deaths in the world and the second largest cause of death among those aged 15-29 years, with a ratio of 11.4 per 100 thousand world population. In 2018, WHO recorded that 265 million people died due to suicide in Indonesia, so on average around 9,000 cases of suicide death occurred and more than half of the people who committed suicide in Indonesia were diagnosed as suffering from acute depression. Based on the results of a survey in the city of Jogjakarta, it was found that out of 36 respondents, it was found that teenagers had problems in self-compassion, such as, when facing problems, the subject felt that he was always unlucky, responded too excessively if something happened to him, judged and criticized himself if something bad happened. in his life and focuses too much on the mistakes in life.

There are three elements in Self Compassion (Neff, 2020), namely: Self Kindness, Common Humanity, and mindfulness. Self-Kindness is a way for someone to realize that in challenging situations, failure is often experienced and is part of life. a person does not always live successfully in life. The ability to admit defeat without putting yourself down is an element of self-compassion. Common Humanity is a feeling where someone feels alone in facing something. Other people don't seem to be connected and don't even understand what they are experiencing. Self-compassion makes you realize that this experience is a normal thing experienced by all humans. Meanwhile, Mindfulness is a way to practice self-compassion, which means it involves the ability to experience uncomfortable emotions without exaggerating or ignoring them. This conscious and balanced attitude helps us not to be emotionally reactive. The impact when someone has low self-compassion is that the individual tends to be less self-confident, tends to lack self-confidence (Fitriani, 2019), attacks and judges himself harshly for his shortcomings and failures). Tends to have a narrow view and focuses on personal imperfections. (Rahayu, 2019).

Self-compassion can be increased by treating yourself as a friend by giving positive words, hope and support to friends or other people you care about. When facing difficulties, continue to do good and continue to treat other people well without judgment and be a good observer. When facing problems and challenges, you can take a slow breath, think for a moment, and observe previous experiences. Speak well to yourself. When experiencing negative emotions, the brain is filled with thick smoke that blocks a positive perspective. Try to love yourself, don't be too harsh and don't push yourself too hard. When your brain continues to work and it is difficult to stop negative thoughts, try writing down your feelings by writing. Writing will give your brain time to recognize the negative feelings you are experiencing. Once written down, give constructive suggestions to those feelings without judging or criticizing them. Pay attention to yourself. Try not to pay too much attention to other people but ignore yourself. Increase self-care abilities to increase good self-compassion (Neff, 2020). Based on this background, researchers conducted further research on the identification of self-compassion in adolescents at the Kasih Karunia Pare orphanage.

METHOD

The research method uses a descriptive design. The population in the study were all teenagers at the Kasih Karunia Pare Orphanage. The sample in the study was selected using

a purposive sampling technique of 25 respondents. The research criteria are respondents who are willing to be respondents, are not sick, can read and write. Collecting research data uses a questionnaire that is given once using the Self Compassion Questionnaire which is a questionnaire adopted from the original text, namely the Self Compassion Scale-Short Form (SCS-SF) and has been tested for validity and reliability.

RESULT AND DISCUSSION

Finding

In this chapter, the results of research on the identification of self-compassion and loneliness in adolescents will be explained, presented in the following table.

Table 1 Identification of Self Compassion in teenagers at the Kasih Karunia Pare Orphanage.

Self-Compassion	Total	Percentage
High	0	0%
Moderate	23	92%
Low	2	8%
Total	25	100%

Based on table 1, it is known that most teenagers at the Kasih Karunia Pare Orphanage have moderate Self Compassion, 23 (92%) and low Self Compassion 2 respondents (8%)

Table 2 Identification of Age of teenagers at the Kasih Karunia Pare Orphanage (n 25)

Age	Total	Percentage
12–15-year-old	10	40%
16–18-year-old	14	56%
> 19-year-old	1	4%
Total	25	100%

Based on table 2, it is known that most respondents were in the 16–18-year-old range, 14 people (56%)

Table 3 identification of Gender of teenagers at Kasih Karunia Pare Orphanage (n 25)

Gender	Total	Percentage
Male	8	32%
Female	17	68%
Total	25	100%

Based on table 3, it is known that most respondents at the Kasih Karunia Pare Orphanage were female, 17 people (68%).

Discussion

1. Identify Self Compassion

Based on the research results, it was found that 23 respondents (92%) of teenagers at the Kasih Karunia Pare Orphanage had moderate self-compassion and 2 respondents had low self-compassion (8%).

Self-compassion is sincerely accepting yourself as an imperfect person. When you accept yourself, it means you accept that mistakes are an important part of life's journey which then contribute to the way you see yourself. Self-Compassion is being kind to yourself even when things don't happen as expected. Many things can influence self-compassion. Several factors that can influence self-compassion include: 1) Gender. According to research, women are much more thoughtful than men, so women suffer from depression and anxiety twice as often as men. Although some gender differences are influenced by the role of place of origin and culture.

Research shows that women tend to have slightly lower self-compassion than men, mainly because women think about negative events in the past. Therefore, women suffer from depression and anxiety twice as often as men. 2) Culture. The results of research in Thailand, Taiwan, and the United States show that differences in cultural backgrounds result in different degrees of self-compassion. According to different research, people in Asia who have a collectivistic culture are said to have an interdependent self-concept which emphasizes relationships with other people, caring for others, and harmony with other people (social conformity) in their behavior, while individuals from Western cultures are individualistic. have an independent self-concept that emphasizes independence, personal needs, and individual uniqueness in behavior. Because self-compassion emphasizes awareness of common humanity and interconnectedness with others, it can be assumed that self-compassion is more appropriate in cultures that emphasize interdependence rather than independence. Even though Asian countries have a collectivist culture and are dependent on other people, people with Asian culture are more self-critical than people with western culture so that the degree of self-compassion is not higher than western culture.

The influence of the age factor is related to Erikson's theory of developmental stages, explaining that individuals will reach a high level of self-compassion if they have reached the integrity stage because they are able to accept themselves more positively. Personality also influences the existence of self-compassion in individuals, such as extraversion, agreeableness, and conscientiousness personality types. Extraversion has a high level of motivation in socializing, establishing relationships with others and is also dominant in the environment. With an extraversion personality, individuals are easily motivated by challenges and something new so they will be open to the outside world and more accepting of themselves. Agreeableness is socially oriented so that it can help them to be kind to themselves and see negative experiences as experiences that all humans experience. Conscientiousness describes the differences in individual orderliness and self-discipline. Conscientiousness describes control over the social environment, thinking before acting, so that individuals can control themselves in responding to problems. 5) The Role of Parents. A person who has a low degree of self-compassion is more likely to have a critical mother, come from a dysfunctional family, and display anxiety than an individual who has a high degree of self-compassion (Neff 2020).

The results of the research show that Self Compassion among teenagers at the Kasih Karunia Pare Orphanage is mostly moderate. Self-compassion is an important component in adolescents. Self-compassion can simply mean acceptance of oneself. Adolescents have moderate Self Compassion in this case it means that the adolescent's level of self-acceptance is in the medium category. Researchers assume that teenagers have a moderate or ordinary level of affection or kindness towards themselves when facing problems in life. Taking a

moderate view of appreciating all forms of suffering, failure and personal shortcomings as part of every human's life.

2. Gender Identification of Adolescents at Kasih Karunia Orphanage

Based on the results of the research, it was found that the largest number of genders at the Kasih Karunia Pare Orphanage were teenagers, with 17 respondents (68%) female, with 1 female respondent and 1 male respondent having low self-compassion.

In general, the results of research conducted by Yarnell, Stafford et al. shows that there are gender differences that influence the level of self-compassion, where men are found to have a slightly higher level of self-compassion than women. This finding is consistent with past findings in which women tend to be more critical of themselves and use negative self-talk more often than men. Another thing that explains these gender differences is that women also more often engage in rumination that is repetitive, disturbing, and is an uncontrollable way of thinking or what is called rumination. Rumination about things that happened in the past can lead to depression, while rumination about potential negative events in the future will cause anxiety (Neff, 2003)

Based on the research results, it was found that most teenagers' self-compassion was moderate, with the majority being female. These results are supported by the theory that self-compassion can be influenced by gender. Gender can influence Self Compassion. Based on the results, women met more respondents than had to stay at home all day. Men tend to have a higher rational level than women so that men have critical and rational thinking. A mindset that is not careless and is able to observe opponents is very important for teenagers. Men tend to have lower self-compassion than women, as evidenced by one of the male respondents having less self-compassion.

3. Identify the ages of teenagers at the Kasih Karunia Pare Orphanage

Based on the research results, it was found that the majority of teenagers at the Kasih Karunia Pare Orphanage were teenagers with an age range of 16-18 years with 14 respondents (56%).

In the developmental stage, a teenager experiences a difficult transition from childhood to adulthood due to sensitivity to social and historical changes. On the other hand, during the identity formation stage of a teenager, adolescence is the period of life where self-compassion is the lowest (Neff, 2003) Early adolescence has an age range between 11-13 years. At this stage they still do not understand the changes that occur in their bodies and the forces that accompany these changes. They also develop new thoughts and are easily attracted to the opposite sex. Middle adolescents have an age range of between 14-16 years. The middle or middle teenage stage really needs friends. Currently, teenagers are more likely to have traits that love themselves (narcissistic). Adolescents at this stage are still confused about making decisions or still unstable in their behavior.

Most of the teenagers at the Kasih Karunia Pare Orphanage are teenagers aged 14-16 years with moderate self-compassion. The age of 14-16 years is the transitional age from childhood to early adolescence. This is a time when there is a transition from previous life. During the transition period, many changes occur in adolescents starting with physical, social, integrity and spiritual changes. In this phase, teenagers will stop doing schoolwork individually and interact more with their social groups. Adolescents also tend to seek pleasure, and, in the end, they will be able to adapt to behavioral impulses. Teenagers at the Kasih Karunia Pare Orphanage range in age from 14-16 years. At this stage, teenagers enter

the middle or middle group, where this phase really needs lots of friends. Currently, teenagers are more likely to have traits that love themselves (narcissistic). Adolescents at this stage are still confused about making decisions or still unstable in their behavior. Adolescents at this age are in the process of finding their identity for their future life. Therefore, researchers assume that Self Compassion is still in the moderate range because in this phase teenagers begin to explore their social environment so that they prioritize their social life rather than love for themselves.

CONCLUSION

Based on the research results, it shows that most of the level of self-compassion among teenagers at the Kasih Karunia Pare Orphanage is moderate. Adolescents at the Kasih Karunia Orphanage need to continue to improve their understanding of Self Compassion considering that adolescence is a phase of building identity and establishing character. It is hoped understanding self-compassion, that teenagers will have positive beliefs about themselves and be able to develop their own potential.

BIBLIOGRAPHY

- Abd. Aziz Hsb. (2018). Kontribusi Lingkungan Belajar Dan Proses Pembelajaran Terhadap Prestasi Belajar Siswa Disekolah. *Jurnal Tarbiyah*. Vol 25 (2), hlm 1- 20. ISSN: 0854–2627.
- Braehler, C., & Neff, K. (2020). Self-compassion in PTSD. In M. T. Tull & N. A. Kimbrel (Eds.), *Emotion in posttraumatic stress disorder: Etiology, assessment, neurobiology, and treatment* (pp. 567–596). Elsevier Academic Press. <https://doi.org/10.1016/B978-0-12-816022-0.00020-X>
- Fitriani, R. (2019). Self Compassion Pasien Daycare Yang Bekerja Di Rumah Sakit Jiwa (Doctoral dissertation, Universitas Negeri Semarang).
- Halim, Anindia R (2015) Pengaruh Self Compassion Terhadap Subjective Well Being pada Mahasiswa Asal Luar Jawa Tahun Pertama Universitas Negeri Semarang. Fakultas Ilmu Pendidikan Universitas Negeri Semarang. Diakses pada <https://lib.unnes.ac.id/21920/1/1511411089-s.pdf>
- Hurlock, E.B. (2005). Psikologi Perkembangan Peserta Didik. Jakarta : Departemen Pendidikan dan Kebudayaan, Rinneka Cipta.
- Neff, K. (2012). Chapter 6: The Science of Self-Compassion. In *Compassion and Wisdom in Psychotherapy* (pp. 72–92). Guilford Press.
- Neff, K. D. (2003). Self-Compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself. *Self and Identity*, 2(2)
- Rahayu Puji, Femita A dkk (2019). Belas Kasih diri (Self Compassion) dan pengorbanan (altruism) pada suku tengger. *Jurnal Fenomena*, Vol 28 No. 1. Fakultas Psikologi, Universitas 17 Agustus Surabaya. Diakses pada https://www.researchgate.net/publication/334810113_Belas_kasih_diri_self-compassion_dan_pengorbanan_altruism_pada_suku_Tengger