

# HUBUNGAN ANTARA *SELF-COMPASSION* DENGAN KUALITAS HIDUP PADA *FAMILY CAREGIVER* ORANG DENGAN SKIZOFRENIA DI RUMAH SAKIT JIWA DAERAH DR. AMINO GONDOHUTOMO

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## ABSTRAK

Keluarga sebagai pengasuh orang dengan skizofrenia menghadapi berbagai tanggung jawab dalam merawat pasien. Hal tersebut dapat menempatkan *family caregiver* rentan mengalami perubahan kualitas hidup. *Self-compassion* membantu *family caregiver* untuk dapat menerima, mengenal, serta mencintai diri sendiri saat mengalami kesulitan. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-compassion* dengan kualitas hidup pada *family caregiver* orang dengan skizofrenia di RSJD dr. Amino Gondohutomo. Subjek pada penelitian ini sejumlah 98 *family caregiver* yang dipilih melalui teknik *accidental sampling*. Instrumen yang digunakan di dalam penelitian ini yaitu Skala Kualitas Hidup (27 aitem,  $\alpha = 0,929$ ) dan *Self-Compassion Scale* versi Bahasa Indonesia (24 aitem,  $\alpha = 0,904$ ). Uji hipotesis menggunakan teknik analisis regresi sederhana dan hasil menunjukkan bahwa terdapat hubungan positif yang signifikan antara *self-compassion* dengan kualitas hidup ( $F = 290,980$ ,  $r_{xy} = 0,867$ ,  $p = 0,000$ ,  $R^2 = 0,752$ ) artinya semakin tinggi *self-compassion* maka semakin tinggi pula kualitas hidup *family caregiver* orang dengan skizofrenia. *Self-compassion* memberikan sumbangan efektif sebesar 75,2% terhadap peningkatan kualitas hidup pada *family caregiver* orang dengan skizofrenia.

**Kata kunci:** *self-compassion*, kualitas hidup, *family caregiver*

**THE RELATIONSHIP BETWEEN SELF-COMPASSION AND QUALITY OF LIFE IN FAMILY CAREGIVERS OF PEOPLE WITH SCHIZOPHRENIA AT REGIONAL MENTAL HOSPITAL DR. AMINO GONDOHUTOMO**

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**ABSTRACT**

Family caregivers of people with schizophrenia face various responsibilities in caring for patients. This can make the family caregiver vulnerable to experiencing changes in quality of life. Self-compassion helps family caregivers to be able to accept, recognize, and love themselves when experiencing difficulties. This study aims to determine the relationship between self-compassion and quality of life in family caregivers of people with schizophrenia at Regional Mental Hospital Dr. Amino Gondohutomo. The subjects in this study were 98 family caregivers selected through accidental sampling technique. The instruments used in this study were the Quality of Life Scale (27 items,  $\alpha = 0.929$ ) and the Indonesian version of the Self-Compassion Scale (24 items,  $\alpha = 0.904$ ). Hypothesis testing uses simple regression analysis techniques and the results show that there is a significant positive relationship between self-compassion and quality of life ( $F = 290.980$ ,  $r_{xy} = 0.867$ ,  $p = 0.000$ ,  $R^2 = 0.752$ ) meaning that the higher the self-compassion, the higher the quality of life of family caregivers of people with schizophrenia. Self-compassion provides an effective contribution of 75.2% to improving the quality of life of family caregivers of people with schizophrenia.

**Keywords:** self-compassion, quality of life, family caregiver