

ABSTRAK

Sasabela Abdun Vyandri 111511133090. Pengaruh Neurotisme dan *Self-Criticism* terhadap Ide Bunuh Diri pada Santri MA Pondok Pesantren Amanatul Ummah Surabaya. Skripsi. Fakultas Psikologi Universitas Airlangga. 2018

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Berdasarkan data WHO, bunuh diri menjadi penyebab utama kematian kedua di kalangan usia 15-29 tahun di seluruh dunia. Ide bunuh diri mendahului percobaan dan bunuh diri yang terselesaikan. Penelitian ini bertujuan untuk mengetahui pengaruh neurotisme dan *self-criticism* terhadap ide bunuh pada santri MA pondok pesantren Amanatul Ummah Surabaya. Neurotisme merupakan sifat kepribadian yang berkaitan dengan berbagai emosi negatif seperti; cemas, takut, khawatir, marah, dan kesulitan (Larsen & Buss, 2014). *Self-criticism* merupakan hubungan *self-to-self* dimana satu bagian dari diri menemukan kesalahan dengan menuduh, mengutuk atau membenci diri sendiri (Gilbert, 2005). Ide bunuh diri merupakan ide dan perilaku yang mengindikasikan pada kehilangan keinginan hidup namun belum menyebabkan cedera fisik (Beck, dkk. 1972).

Penelitian ini merupakan penelitian kuantitatif yang dilakukan pada 200 santri MA pondok pesantren Amanatul Ummah Surabaya yang berusia 15-18 tahun dan pernah atau sedang terlibat dengan ide bunuh diri. Terdapat tiga skala yang digunakan dalam penelitian ini, yaitu *Scale of Suicidal Ideation* (SSI) yang dikembangkan oleh Beck, Kovacs, dan Weissman (1979) yang digunakan untuk mengukur ide bunuh diri, *International Personality Item Pool of the NEO PI-R* (IPIP-NEO) versi pendek yang dibuat oleh John A. Johnson (2014) yang digunakan untuk mengukur neurotisme, dan *The Forms of Self-Criticising/Attacking and Self-Reassuring Scale* (FSCRS) yang dikembangkan oleh Gilbert, Clarke, Hempel, dan Irons (2004) yang digunakan untuk mengukur *self-criticism*.

Analisis uji data dilakukan dengan analisis regresi linear berganda. Berdasarkan hasil analisis data penelitian diperoleh neurotisme dan *self-criticism* secara simultan berpengaruh pada ide bunuh diri. Persentase besar pengaruh (R^2) neurotisme dan *self-criticism* sebesar 36%. Secara parsial variabel neurotisme dan *self-criticism* berpengaruh dengan ide bunuh diri. Analisis uji tambahan pada masing-masing dimensi *self-criticism*, ditemukan pada dimensi *inadequate-self* lebih berpengaruh dibandingkan dimensi *hated-self*. Analisis uji tambahan berdasarkan kelompok jenis kelamin, ditemukan terdapat perbedaan pada variabel *self-criticism*. Kemudian analisis uji tambahan berdasarkan kelompok usia, ditemukan terdapat perbedaan berdasarkan usia pada variabel neurotisme.

Kata kunci: ide bunuh diri, neurotisme, *self-criticism*, santri
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ABSTRACT

Sasabela Abdun Vyandri 111511133090. The Influence of Neuroticism and Self-Criticism toward Suicide Ideation of MA Students in Amanatul Ummah Islamic Boarding School Surabaya. Undergraduate Thesis, Faculty of Psychology University of Airlangga, 2018.

According to WHO, suicide is the leading cause of death among 15-29 years old globally. Suicide ideation precedes attempt and completed suicide. The aim of this study is to investigate the influence of neuroticism and self-criticism toward suicidal ideation of MA students in Amanatul Ummah Islamic Boarding School Surabaya. Neuroticism is a personality trait that associated with various negative emotions, such as; anxious, worried, angry, and difficulty (Larsen & Buss, 2014). Self-criticism is a self-to-self relationship where one part of oneself finds fault with accusing, cursing, or self-hatred (Gillbert, 2005). Suicide ideation is an idea and act that indicate loss of desire to live but have not yet resulted in physical injury (Beck, et. al. 1972).

This quantitative research was conducted on a sample consisting of 200 MA students in Amanatul Ummah Surabaya, with the age range around 15-18years old, and has been experienced or currently involved with the idea of suicide. There are three scales that used in this study: Scale of Suicidal Ideation (SSI) established by Beck, Kovacs, and Weissman (1979) to measure suicide ideation, International Personality Item Pool of the NEO PI-R (IPIP-NEO) short version that established by John A. Johnson (2014) to measure neuroticism, and The Forms of Self-Criticising/Attacking and Self-Reassuring Scale (FSCRS) established by Gillbert, Clarke, Hempel, and Irons (2004) to measure self-criticism.

The data was analyzed with multiple regression. Based on the results of data anysis, it was found that neuroticism and self-criticism simultaneously affect the idea of suicide. The percentage effect (R²) of neuroticism and self-criticism is 36%. Partially neuroticism and self-criticissm affect the idea of suicide. Additional analysis based on each dimension of self-criticism, shown that the inadequate-self dimension is more influential than the hated-self dimension. Additional analysis based on gender groups, found there were differences in the self-criticism variable. Then additional analysis based on age groups, found there were differences based on age in neuroticism variables.

Keywords: suicide ideation, neuroticism, self-criticism, santri