

ABSTRAK

HUBUNGAN *SELF-COMPASSION* DENGAN KESEPIAN PADA LANSIA YANG KEHILANGAN PASANGAN

Penelitian *Cross-sectional* di wilayah kelurahan Putat Jaya kecamatan Sawahan, Surabaya

Oleh: Mitha Wulan Nur'aini

Pendahuluan: Lansia yang kehilangan pasangan rawan mengalami kesepian. *Self-compassion* yang merupakan suatu sikap kebaikan diri ketika terjadi masa-masa sulit merupakan salah satu faktor psikologis pada orang dengan kesepian. Penelitian ini bertujuan untuk menganalisis hubungan *self-compassion* dengan kesepian pada lansia yang kehilangan pasangan. **Metode:** Penelitian ini menggunakan desain korelasional dengan pendekatan *cross-sectional*. Jumlah responden sebanyak 110 orang lansia yang didapatkan dari *Purposive Sampling*. Variabel penelitian yang digunakan yaitu *self-compassion* dan kesepian. Data diambil melalui penyebaran instrumen berupa kuesioner yakni terjemahan kuesioner SCS-SF dan *de Jong Gierveld Loneliness Scale*, kemudian dilakukan analisis menggunakan uji *Spearman's Rho* dengan $\alpha \leq 0,05$. **Hasil:** Ada hubungan antara *self-compassion* dengan kesepian pada lansia yang kehilangan pasangan dengan $p=0,000$ dan $r=-0,750$ artinya semakin tinggi *self-compassion* semakin rendah kesepian lansia yang kehilangan pasangan. **Kesimpulan:** Lansia yang kehilangan pasangan dengan *self-compassion* yang tinggi akan menurunkan kesepian karena adanya kestabilan emosi, kesadaran terhadap pengalaman, motivasi dan perkembangannya serta mekanisme koping yang ada.

Kata kunci:

Self-compassion, kesepian, lansia yang kehilangan pasangan

ABSTRACT

**CORRELATION BETWEEN SELF-COMPASSION AND LONELINESS
AMONG ELDERLY WHO LOSSING SPOUSE**

Cross-sectional study in Putat Jaya urban village, Sawahan sub-district, Surabaya district

By: Mitha Wulan Nur'aini

Introduction: Elderly people who losing spouse are prone to loneliness. Self-compassion which is an attitude of kindness when there are difficult times is one of the psychological factors in people with loneliness. This study aims to analyze the relationship of self-compassion with loneliness in the elderly who lost their partners. **Methods:** This study uses a correlational design with a cross-sectional approach. The number of respondents was 110 elderly people obtained from Purposive Sampling. The research variables used were self-compassion and loneliness. Data taken through the distribution of instruments in the form of questionnaires, namely the translation of the SCS-SF questionnaire and de Jong Gierveld Loneliness Scale, then analyzed using the Spearman's Rho test with $\alpha \leq 0.05$. **Result:** There is a relationship between self-compassion and loneliness in the elderly who lost their with $p = 0,000$ and $r = 0,750$ which means that the higher the self-compassion the lower the loneliness of the elderly who lost their partners. **Conclusion:** Elderly who lose a partner with high self-compassion will reduce loneliness due to emotional stability, awareness of experience, motivation and development as well as existing coping mechanisms.

Keyword: Self-compassion, loneliness, elderly who lossing spouse