

Peran Self-Compassion dan Social Support Terhadap Psychological Well-Being Anak Binaan di Lembaga Pembinaan Khusus Anak Klas 1 Kutoarjo dan Klas II Yogyakarta

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Abstrak

Kesejahteraan psikologis mampu membantu anak binaan yang berada di usia remaja menghadapi masalah dan mencapai tujuan sehingga dapat terus berproses menjadi seseorang yang berfungsi sepenuhnya. Namun, remaja mengalami perkembangan drastis yang menyebabkan masalah kesehatan mental seperti peningkatan tingkat stres, kecemasan, hingga bunuh diri. Selain itu, anak binaan juga mengalami diskriminasi, merasa takut tidak diterima, terisolasi, cemas, dan stres yang berujung depresi yang tentunya memengaruhi kesejahteraan psikologis. Metode kuantitatif dengan analisis regresi berganda dilakukan untuk mengetahui peran dukungan sosial dan welas diri pada kesejahteraan psikologis anak binaan di Lembaga Pembinaan Khusus Anak. Tujuh puluh sembilan anak binaan yang masih dalam masa pembinaan berpartisipasi dalam penelitian ini. Penelitian ini menggunakan tiga skala penelitian yang masing-masing mengukur variabel penelitian yaitu Ryff *Psychological Well-Being Scale*, Neff *Self Compassion Scale*, dan Zimet *Multidimensional Scale of Perceived Social Support*. Hasil penelitian menunjukkan bahwa *self-compassion* dan *social support* berperan secara signifikan terhadap *psychological well-being* ($F = 10,906$, $p = 0,000$, dan nilai $R^2 = 0,223$). Dengan demikian, semakin tinggi tingkat *self-compassion* dan *social support*, semakin tinggi pula tingkat *psychological well-being* anak binaan. Hasil penelitian ini mendukung teori sebelumnya dan diharapkan dapat memberikan edukasi kepada Lembaga Pembinaan Khusus Anak dalam meningkatkan kesejahteraan psikologis melalui peningkatan welas diri anak binaan.

Kata kunci: anak binaan, remaja, welas diri, dukungan sosial, kesejahteraan psikologis

Abstract

Psychological well-being can help foster children who are adolescents deal with problems and achieve goals so that they can continue the process of becoming fully functioning people. However, adolescents experience drastic developments that cause mental health problems such as increased stress, anxiety, and suicide. In addition, foster children also experience discrimination, fear of not being accepted, isolation, anxiety, and stress that leads to depression which certainly affects psychological well-being. A quantitative method with multiple regression analysis was applied to determine the role of social support and self-compassion on the psychological well-being of foster children in the Special Development Institute for Children. Seventy-nine foster children who were undergoing foster care period participated in this study. This study used three research scales that each measure

the research variables, which include the Ryff Psychological Well-Being Scale, Neff Self Compassion Scale, and Zimet Multidimensional Scale of Perceived Social Support. The results showed that self-compassion and social support play a significant role in psychological well-being ($F = 10,906$, $p = 0,000$, and R^2 value = $0,223$). Thus, the higher the level of self-compassion and social support, the higher rate of psychological well-being of foster children. The results of this study support previous theories. Hopefully, it can educate the Special Development Institution for Children in improving psychological well-being by increasing the self-compassion of foster children.

Keywords: foster children, adolescents, self-compassion, social support, psychological well-being