

## Peran *Adverse Childhood Experiences* (ACE) terhadap Kepuasan Hubungan Romantis pada *Emerging Adult*: *Self-Compassion* sebagai Mediator

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### Abstract

*Previous studies have shown that adverse childhood experiences (ACE) affect romantic relationship satisfaction in adulthood, yet the mechanism between the two variables remains unclear. This study investigates the role of ACE on romantic relationship satisfaction in emerging adults, with self-compassion as a mediator. 460 participants aged 18–29 years in a romantic relationship for at least six months participated in the study. Participants completed WHO Adverse Childhood Experiences-International Questionnaire (ACE-IQ), Self-Compassion Scale (SCS), and Relationship Assessment Scale (RAS) that have been adapted into Indonesian and distributed online through Google Form. The result from mediation analysis revealed that ACE could affect romantic relationship satisfaction in emerging adults with self-compassion as the mediator ( $\beta = -0.178$ ). This study emphasizes the importance of a supportive family environment and compassionate parenting to minimize the impact of ACE and improve an individual's quality of life, including in romantic relationships.*

*Keywords: adverse childhood experiences, emerging adulthood, romantic relationship satisfaction, self-compassion*

### Abstrak

Berbagai penelitian terdahulu menunjukkan bahwa *adverse childhood experiences* (ACE) dapat memengaruhi kepuasan hubungan romantis di masa dewasa. Namun, mekanisme hubungan antara kedua variabel masih perlu diteliti. Penelitian ini bertujuan mengkaji peran ACE terhadap kepuasan hubungan romantis dewasa awal, *self-compassion* sebagai mediator. Penelitian melibatkan 460 partisipan dengan rentang usia 18–29 tahun dan sedang menjalin hubungan romantis berpacaran minimal enam bulan. Pengambilan data dilakukan menggunakan *Google Form* meliputi skala WHO *Adverse Childhood Experiences-International Questionnaire* (WHO ACE-IQ), *Self-Compassion Scale* (SCS), dan *Relationship Assessment Scale* (RAS) dalam Bahasa Indonesia dan disebar melalui media sosial secara daring. Hasil analisis mediasi menunjukkan bahwa peran ACE terhadap kepuasan dalam hubungan romantis pada dewasa awal dapat dimediasi oleh *self-compassion* ( $\beta = -0.178$ ). Penelitian ini menekankan pentingnya lingkungan keluarga yang mendukung serta pola asuh penuh kasih untuk meminimalisir dampak ACE dan meningkatkan kualitas hidup individu secara keseluruhan, termasuk dalam relasi romantis.

Kata kunci: *adverse childhood experiences*, kepuasan dalam hubungan romantis, *self-compassion*, *emerging adulthood*