



## **PENGALAMAN *COMPASSION FATIGUE* YANG DIALAMI OLEH PSIKOLOG KLINIS : SEBUAH STUDI FENOMENOLOGI**

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### **Abstrak**

Profesi psikolog klinis menuntut keterlibatan emosional yang tinggi saat berinteraksi dengan klien yang berpotensi menimbulkan tekanan emosional. Tantangan seperti beban kerja, keterbatasan fasilitas, dan dukungan institusional yang terbatas memperbesar risiko munculnya *compassion fatigue*, yaitu kelelahan emosional pada pekerja di bidang profesi penolong seperti psikolog klinis. Tujuan penelitian ini adalah mengeksplorasi pengalaman dan pemaknaan *compassion fatigue* pada psikolog klinis di Indonesia. Penelitian ini menggunakan pendekatan kualitatif fenomenologi interpretatif dengan teknik analisis data *Interpretative Phenomenology Analysis* (IPA). Penelitian ini melibatkan empat orang partisipan. Terdapat lima tema utama yang teridentifikasi: (1) makna menjadi psikolog klinis, (2) beban kepedulian yang melebar, (3) dihadapkan pada bayangan diri, (4) upaya bertahan di antara beban pekerjaan dan (5) bertumbuh sambil menyembuhkan. Lebih lanjut, hasil menunjukkan pengalaman *compassion fatigue* psikolog klinis merupakan “harga yang harus dibayar” saat seseorang berempati dan peduli, yang terjadi pada dua tingkatan: tingkat individu, berupa kelelahan emosional saat berinteraksi dengan klien, dan tingkat sistemik, berupa tekanan akibat tuntutan organisasi dan norma kolektivistik. Meski demikian, partisipan tetap merasakan *compassion satisfaction* karena pekerjaan tersebut memberi makna melalui keterhubungan dengan orang lain. Implikasi temuan ini menekankan pentingnya refleksi diri dan dukungan antar sejawat, perlunya dukungan pemerintah, institusi, asosiasi profesi, dan pendidikan tinggi untuk memperkuat kesejahteraan psikolog klinis karena kerentanan mereka mengalami *compassion fatigue*, serta meningkatkan ketahanan profesional dan kesiapan menghadapi tantangan sistemik dalam menjalankan praktik layanan kesehatan mental di Indonesia.

**Kata Kunci:** *compassion fatigue, psikolog klinis, fenomenologi*

### **Abstract**

The profession of clinical psychologist demands high levels of emotional involvement when interacting with clients, which may lead to emotional fatigue. Challenges such as workload, limited facilities, and insufficient institutional support further increase the risk of compassion fatigue, an emotional exhaustion commonly experienced by helping professionals, including clinical psychologists. The aim of this study is to explore the lived experiences and meanings of compassion fatigue among clinical psychologists in Indonesia. This study employed a qualitative interpretative phenomenological approach, using Interpretative Phenomenological Analysis (IPA) as the data analysis method. Four participants were involved in this research. Five key themes were identified: (1) the meaning of being a clinical psychologist, (2) extended burden care, (3) facing the shadow within, (4) enduring amidst heavy workload, and (5) growing while healing. The findings further suggest that clinical psychologists experience compassion fatigue as a “cost of caring,” which manifests at two levels: the individual level, marked by emotional exhaustion during client interactions, and the systemic level, shaped by organizational demands and collectivistic norms. Nevertheless, participants also reported compassion satisfaction, as their work was perceived as meaningful through connections with others. These findings underscore the importance of self-reflection and peer support among clinical psychologists, alongside the role of government, institutions, professional associations, and higher education in strengthening psychologists’ well-being, enhancing professional resilience, and preparing them to face systemic challenges in delivering mental health services in Indonesia.

**Keywords:** *compassion fatigue, clinical psychologist, phenomenology*