

Peran *Self-Compassion* dan *Perceived Social Support* terhadap Gejala  
*Prolonged Grief* Pascakematian *Significant Others*

*Siti Nisrina Hanifah*<sup>1</sup>, *Zulfikri Khakim*<sup>2</sup>

<sup>1,2</sup>Fakultas Psikologi, Universitas Gadjah Mada

Jalan Sosio Humaniora 1, Bulaksumur, Yogyakarta 55281, Indonesia

E-mail: <sup>1</sup>[siti.nisrina@mail.ugm.ac.id](mailto:siti.nisrina@mail.ugm.ac.id), <sup>2</sup>[zulfikri.khakim@mail.ugm.ac.id](mailto:zulfikri.khakim@mail.ugm.ac.id)

**Abstrak**

Pada sebagian individu, duka karena kematian orang terkasih (*significant others*) seringkali menjadi pengalaman emosional yang berat dan berpotensi berkembang menjadi duka berkepanjangan (*prolonged grief*). Terdapat faktor intrapersonal dan interpersonal yang menjadikan individu lebih cenderung mengalami *prolonged grief*. Penelitian ini bertujuan untuk menguji peran *self-compassion* dan *perceived social support* terhadap gejala *prolonged grief* pascakematian *significant others* di Indonesia. Data dikumpulkan melalui metode *purposive sampling* dengan melibatkan sebanyak 116 partisipan berusia 18-60 tahun yang mengalami kematian orang terdekat dalam rentang waktu 6 bulan hingga 2 tahun terakhir. Pengukuran dilakukan menggunakan tiga instrumen, yaitu *Self-Compassion Scale* (SCS), *Multidimensional Scale of Perceived Social Support* (MSPSS), dan *Prolonged Grief-13-Revised* (PG-13-R). Hasil analisis regresi linear berganda menunjukkan bahwa secara simultan kedua variabel berkontribusi signifikan dalam memprediksi gejala *prolonged grief* ( $R^2 = 0,22$ ;  $p < ,001$ ). Namun, analisis parsial menunjukkan bahwa hanya *self-compassion* yang secara signifikan memprediksi gejala *prolonged grief*, termasuk setelah mengontrol faktor demografis ( $\beta = -0,2849$ ,  $p < 0,05$ ). Temuan ini menegaskan peran protektif *self-compassion* sebagai sumber daya intrapersonal dalam menurunkan risiko duka berkepanjangan serta memberikan kontribusi bagi pengembangan literatur kedukaan dan perancangan intervensi psikologis yang mendukung pemulihan individu dengan duka berkepanjangan.

**Kata Kunci:** *Significant Others*, *Self-Compassion*, *Perceived Social Support*, *Prolonged Grief*

## Abstract

*For many individuals, the death of a significant other constitutes a profoundly distressing emotional experience that may develop into prolonged grief. Both intrapersonal and interpersonal factors have been identified as contributors to the risk of prolonged grief. This study aims to examine the roles of self-compassion and perceived social support in predicting prolonged grief symptoms following the loss of a significant other among bereaved individuals in Indonesia. Data were collected using purposive sampling from 116 participants aged 18–60 years who had experienced the death of a significant other within the past 6 months to 2 years. Three instruments were utilized: the Self-Compassion Scale (SCS), the Multidimensional Scale of Perceived Social Support (MSPSS), and the Prolonged Grief-13-Revised (PG-13-R). Multiple linear regression analysis indicated that self-compassion and perceived social support simultaneously contributed to prolonged grief symptoms ( $R^2 = 0,22$ ,  $p < .001$ ). However, when examined individually, only self-compassion was a significant predictor, showing a negative association with prolonged grief symptoms beyond demographics ( $\beta = -0,2849$ ,  $p < 0,05$ ), whereas perceived social support did not show a significant unique contribution. These findings highlight the protective role of self-compassion as an intrapersonal resource in reducing the risk of prolonged grief and contribute to the growing literature on bereavement, with implications for the development of psychological interventions to support individuals experiencing prolonged grief.*

**Keywords:** *Significant Others, Self-Compassion, Perceived Social Support, Prolonged Grief*