

PERAN SELF-EFFICACY DAN PEER SUPPORT TERHADAP COMPASSION FATIGUE PADA PSIKOLOG KLINIS

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Abstrak. Psikolog klinis berperan penting dalam pelayanan kesehatan mental, namun juga rentan mengalami gangguan psikologis akibat tuntutan profesinya. Salah satu kondisi yang dapat terjadi adalah *compassion fatigue*, yaitu kelelahan emosional akibat keterlibatan intens dalam menangani klien. Faktor protektif yang terkait dengan kondisi ini adalah *self-efficacy* dan *peer support*. Penelitian ini bertujuan untuk menguji peran *self-efficacy* dan *peer support* terhadap dimensi *compassion fatigue*, yakni *burnout* dan *secondary traumatic stress*, pada 116 psikolog klinis di Indonesia yang telah praktik minimal 1 tahun. Pendekatan yang digunakan adalah kuantitatif non-eksperimen dengan instrumen: *Professional Quality of Life-V Scale* (ProQOL-V), *Counselor Activity Self-Efficacy Scale* (CASES), dan *Multidimensional Scale Of Perceived Social Support* (MSPSS). Analisis regresi berganda menunjukkan adanya peran negatif secara signifikan antara *self-efficacy* dan *peer support* terhadap dimensi *burnout* ($F_{(2,113)} = 8,00$; $p < ,001$; $R^2 = 0,124$) yang berarti kedua variabel menjelaskan 12,4% varians *burnout*. Namun, tidak ditemukan adanya peran yang signifikan antara *self-efficacy* dan *peer support* terhadap dimensi *secondary traumatic stress*. Temuan penelitian membantu menjelaskan bahwa terdapat perbedaan mekanisme antara kedua dimensi *compassion fatigue*.

Kata kunci: *compassion fatigue, self-efficacy, peer support, psikolog klinis*

Abstract. Clinical psychologists play an important role in mental health services; however, they are also vulnerable to psychological distress due to the demands of their profession. One condition that may arise is *compassion fatigue*, defined as emotional exhaustion resulting from intensive engagement with clients. Protective factors associated with this condition include *self-efficacy* and *peer support*. This study aimed to examine the relationship between *self-efficacy* and *peer support* and the dimensions of *compassion fatigue*, namely *burnout* and *secondary traumatic stress*, among 116 clinical psychologists in Indonesia with a minimum of one year of practice. A quantitative non-experimental approach was employed using the *Professional Quality of Life Scale Version V* (ProQOL-V), *Counselor Activity Self-Efficacy Scale* (CASES), and the *Multidimensional Scale of Perceived Social Support* (MSPSS). Multiple regression analysis showed that *self-efficacy* and *peer support* were significantly negatively associated with *burnout* ($F(2,113) = 8.00$; $p < .001$; $R^2 = 0.124$), indicating that both



variables accounted for 12.4% of the variance in burnout. However, no significant association was found between self-efficacy and peer support and secondary traumatic stress. These findings suggest differences in the underlying mechanisms of the two dimensions of compassion fatigue.

Keywords: *compassion fatigue, self-efficacy, peer support, clinical psychology*