

ABSTRACT

Description of Self-Compassion in Hospital Nurses

Kayla Ajrina¹⁾ Ellyana Dwi Farisandy ²⁾

¹⁾ Student of Psychology Studies Program, Pembangunan Jaya University

²⁾ Lecturer of Psychology Department, Pembangunan Jaya University

This research aims to determine the description of self-compassion in hospital nurses. This research was conducted using a descriptive quantitative method. The respondents in this study were 394 hospital nurses. This research instrument uses the Self-Compassion Scale (SWD) of Sugianto et al (2020) which consists of the dimensions of self-kindness, self-judgement, common humanity, isolation, mindfulness, and overidentification. Based on the results of descriptive data analysis in this study, where the empirical mean of self-compassion ($M=76.5$ $SD = 10.3$) is greater than the theoretical mean ($M=66$) which can be interpreted that self-compassion in hospital nurses tends to be high. On the other hand, the researcher conducted an analysis of self-compassion contingency tables based on age group, gender, and length of time working as a nurse.

Keywords: self-compassion, nurse, hospital

Libraries : 29

Publication : 2003-2024