

ABSTRACT

DESCRIPTION OF SELF-COMPASSION IN EMERGING ADULTHOOD WOMEN WHO HAD EXPERIENCED DATING VIOLENCE

Dhea Riasty¹⁾, Ellyana Dwi Farisandy²⁾

¹⁾ Student of Psychology, Pembangunan Jaya University

²⁾ Lecture of Psychology, Pembangunan Jaya University

This research aims to see the picture of self-compassion in emerging adulthood women who had experienced dating violence (KDP). The respondents used in this study were women aged 18-25 years who had experienced violence in dating, had experienced at least one violence, and had escaped the cycle of violence for at least the last 6 months. The respondents used were 289 women. The measuring instrument used is the Self-Compassion Scale (SWD) adapted by Sugianto (2020). This research uses descriptive quantitative methods. Based on the results of descriptive statistical analysis, the empirical mean of self-compassion ($M=70.8$, $SD=16.7$) is greater than the theoretical mean ($M=63$), it can be interpreted that self-compassion in women who have experienced KDP is high. On the other hand, researchers conducted a categorization analysis based on duration of dating, duration of release from the cycle of violence, relationship status, and type of violence.

Keyword: Dating Violence, Emerging Adulthood, Self-Compassion

Literature : 33

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