

ABSTRAK

Skripsi dengan judul “*Self-Compassion* dalam Proses Pemulihan Pasien dengan Gangguan Jiwa di UPT Rehabilitasi Sosial Bina Laras Kediri” yang ditulis oleh Arindha Nurlita, NIM 126308213252, dengan Dosen Pembimbing Ibu Hj. Uswah Wardiana, M.Si

Kata Kunci: *Self-Compassion*, pemulihan psikologis, gangguan jiwa mental, rehabilitasi sosial

Gangguan jiwa berat merupakan kondisi yang tidak hanya berdampak pada aspek psikologis, tetapi juga sosial dan spiritual individu. Pasien sering kali mengalami stigma sosial dan tekanan emosional yang menghambat proses pemulihan. Salah satu pendekatan yang dianggap mampu memperkuat ketahanan psikologis pasien adalah *self-compassion*, yakni kemampuan untuk bersikap lembut, menerima diri, dan menyikapi penderitaan dengan kesadaran dan empati. Teori *self-compassion* menurut Neff (2003) mencakup enam dimensi: *self-kindness*, *self-judgement*, *common humanity*, *isolation*, *over-identification*, dan *mindfulness*.

Penelitian ini menggunakan pendekatan kualitatif dengan metode studi kasus, yang melibatkan dua partisipan di UPT Rehabilitasi Sosial Bina Laras Kediri. Data dikumpulkan melalui wawancara mendalam, observasi, dan dokumentasi terhadap partisipan yang telah menjalani rehabilitasi lebih dari enam bulan. Hasil penelitian menunjukkan bahwa keenam dimensi *self-compassion* muncul dalam narasi pengalaman partisipan. Dimensi *self-kindness* dan *mindfulness* tampak dominan, sementara *self-judgement* dan *isolation* masih muncul namun mulai berkurang melalui dukungan sosial dan spiritual. *Self-compassion* membantu pasien dalam menghadapi tekanan psikologis dan emosi negatif secara lebih adaptif. Faktor internal seperti refleksi diri serta faktor eksternal seperti dukungan lingkungan menjadi penentu berkembangnya *self-compassion*. Penelitian ini merekomendasikan agar pendekatan *self-compassion* diintegrasikan ke dalam program rehabilitasi sebagai strategi untuk memperkuat kesejahteraan psikologis pasien dengan gangguan jiwa.

ABSTRACT

Thesis entitled "Self-Compassion in the Recovery Process of Patients with Mental Disorders at the Bina Laras Social Rehabilitation Unit in Kediri" written by Arindha Nurlita, NIM 126308213252, with Supervisor Ms. Hj. Uswah Wardiana, M.Si.

Keywords: *Self-Compassion, psychological recovery, mental disorder, social rehabilitation*

Severe mental disorders are conditions that impact not only the psychological but also the social and spiritual aspects of an individual. Patients often experience social stigma and emotional distress that hinder the recovery process. One approach considered capable of strengthening a patient's psychological resilience is self-compassion, namely the ability to be gentle, accept oneself, and respond to suffering with awareness and empathy. Neff's (2003) theory of self-compassion encompasses six dimensions: self-kindness, self-judgment, common humanity, isolation, over-identification, and mindfulness.

This research used a qualitative approach with a case study method, involving two participants at the UPT Rehabilitasi Sosial Bina Laras Kediri. Data were collected through in-depth interviews, observation, and documentation of participants who had undergone rehabilitation for more than six months. The results showed that all six dimensions of self-compassion emerged in the participants' narratives of their experiences. The dimensions of self-kindness and mindfulness appeared dominant, while self-judgment and isolation remained present but began to diminish with social and spiritual support. Self-compassion helps patients cope with psychological distress and negative emotions more adaptively. Internal factors such as self-reflection and external factors such as environmental support determine the development of self-compassion. This study recommends integrating a self-compassion approach into rehabilitation programs as a strategy to strengthen the psychological well-being of patients with mental disorders.