

**HUBUNGAN ANTARA *SELF COMPASSION* DENGAN *WORK- FAMILY
CONFLICT* PADA PERAWAT PEREMPUAN YANG SUDAH
BERKELUARGA DI RSUD PASAMAN BARAT**

Yonike Nikita, Program Studi Psikologi, Fakultas Psikologi
Universitas Putra Indonesia YPTK Padang
Email: yonikenikita050503@gmail.com

ABSTRAK

Penelitian ini bertujuan untuk mengetahui secara empirik hubungan antara *self compassion* dengan *work-family conflict* pada perawat perempuan yang sudah berkeluarga di RSUD Pasaman Barat. Variabel bebas dalam penelitian ini adalah *self compassion* dan variabel terikat adalah *work-family conflict*. Alat ukur yang digunakan dalam penelitian ini adalah skala *self compassion* dengan skala *work-family conflict*. Teknik pemilihan sampel dalam penelitian ini adalah *sampling jenuh*. Sampel dalam penelitian ini adalah 51 perawat perempuan yang sudah berkeluarga di RSUD Pasaman Barat. Uji validitas dan reliabilitas pada penelitian ini menggunakan teknik *alpha cronbach*. Hasil koefisien validitas pada skala *self compassion* berkisar antara 0.325 sampai dengan 0.764. Hasil koefisien validitas pada skala *work-family conflict* berkisar antara 0.539 sampai dengan 0.915. Dengan koefisien reliabilitas skala *self compassion* sebesar 0.931 dan pada skala *work-family conflict* sebesar 0.979. Berdasarkan analisis data diperoleh nilai korelasi antara *self compassion* dengan *work-family conflict* sebesar $r = - 0.379$ dengan taraf signifikan $p = 0.006$ yang berarti hipotesis diterima, maka terdapat hubungan yang rendah dan sangat signifikan dengan arah negatif antara *self compassion* dengan *work-family conflict* pada perawat perempuan yang sudah berkeluarga di RSUD Pasaman Barat, artinya semakin tinggi *self compassion* maka semakin rendah *work-family conflict* dan sebaliknya semakin rendah *self compassion* maka semakin tinggi *work-family conflict*.

Kata Kunci: *self compassion, work-family conflict, perawat perempuan, rumah sakit, korelasi.*

THE RELATIONSHIP BETWEEN *SELF COMPASSION* AND *WORK-FAMILY CONFLICT* IN FEMALE NURSES WHO HAVE FAMILIES AT WEST PASAMAN RSUD

Yonike Nikita, Psychology Study Program, Faculty of Psychology
Putra Indonesia University YPTK Padang
Email: yonikenikita050503@gmail.com

ABSTRACT

This research aims to find out empirically the relationship between self compassion and work-family conflict in female nurses who have families at West Pasaman RSUD. The independent variable in this study is self compassion and the bound variable is work-family conflict. The measurement tool used in this study is the self compassion scale with the work-family conflict scale. The sample selection technique in this study is sampling jenuh. The sample in this study is 51 female nurses who have families at West Pasaman Hospital. The validity and reliability test in this study used the alpha cronbach technique. The results of the validity coefficient on the self compassion scale ranged from 0.325 to 0.764. The results of the validity coefficient on the work-family conflict scale ranged from 0.539 to 0.915. With a reliability coefficient on the self compassion scale of 0.931 and on the work-family conflict scale of 0.979. Based on data analysis, the correlation value between self compassion and work-family conflict was obtained of $r = - 0.379$ with a significant level of $p = 0.006$ which means that the hypothesis is accepted, so there is a low and very significant relationship with the negative direction between self compassion and work-family conflict in female nurses who have families at West Pasaman RSUD, meaning that it is getting higher self compassion is the lower the work-family conflict and conversely, the lower the self compassion, the higher the work-family conflict.

Keywords: self compassion, work-family conflict, female nurses, hospitals, correlation.