

HUBUNGAN *PROFESSIONAL QUALITY OF LIFE* DAN *SELF-COMPASSION* PADA KONSELOR ADIKSI

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ABSTRAK

LATAR BELAKANG Konselor adiksi memiliki peranan penting dalam proses rehabilitasi. Dalam pelaksanaannya, konselor adiksi menemukan sejumlah tantangan dalam menghadapi klien yang mempengaruhi *professional quality of life*nya. Salah satu faktor yang mempengaruhi *professional quality of life* konselor adiksi adalah *self-compassion*.

TUJUAN PENELITIAN Untuk mengetahui hubungan *professional quality of life* dan *self-compassion* pada konselor adiksi

METODE Penelitian ini menggunakan pendekatan kuantitatif dengan pendekatan korelasional. Responden dalam penelitian ini adalah konselor adiksi yang tergabung dalam IPWL dan keanggotaan maupun tidak keanggotaan IKAI dari berbagai wilayah di Indonesia dengan jumlah 94 orang dengan teknik pengambilan sampel menggunakan *purposive sampling*. Pengumpulan data menggunakan skala *Professional Quality of Life V* Versi Bahasa Indonesia dan Skala Welas Diri. Analisis data menggunakan uji korelasi *Pearson Product Moment*.

HASIL Hasil uji statistik menunjukkan bahwa *self-compassion* memiliki pengaruh yang signifikan terhadap dimensi *professional quality of life* yakni *compassion satisfaction* ($r = 0.457, p < 0.05$), *burnout* ($r = -0.525, p < 0.05$) dan *secondary traumatic sekunder* ($r = -0.458, p < 0.05$).

KESIMPULAN Terdapat hubungan positif yang signifikan antara *self-compassion* dan *compassion satisfaction* pada konselor adiksi dimana semakin tinggi *self-compassion* maka semakin tinggi pula kecenderungan konselor adiksi mengalami *compassion satisfaction*. Sebaliknya, terdapat hubungan negatif signifikan antara *self-compassion* terhadap *burnout* dan *secondary traumatic stress* dimana semakin tinggi *self-compassion* maka semakin rendah kecenderungan konselor adiksi mengalami *burnout* dan *secondary traumatic sekunder*.

Kata kunci: *Professional Quality of Life, Self-Compassion, Konselor Adiksi*

RELATIONSHIP BETWEEN PROFESSIONAL QUALITY OF LIFE AND SELF-COMPASSION ON ADDICTION COUNSELORS

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ABSTRACT

BACKGROUND Addiction counselors have an important role in the rehabilitation process. In its implementation, addiction counselors find a number of challenges in dealing with clients that affect their professional quality of life. One of the factors that affect the professional quality of life of addiction counselors is self-compassion.

RESEARCH OBJECTIVES To find out the relationship between professional quality of life and self-compassion in addiction counselors

METHOD This study used a quantitative approach with a correlational approach. The respondents in this study were addiction counselors who are members of IPWL and IKAI membership or non-membership from various regions in Indonesia with a total of 94 people with sampling techniques using purposive sampling. Data were collected using the Professional Quality of Life V Version Indonesian scale and the Self-Compassion Scale. Data analysis using the Pearson Product Moment correlation test.

RESULTS The results of statistical tests show that self-compassion has a significant influence on the dimensions of the professional quality of life dimension, namely compassion satisfaction ($r = 0.457, p < 0.05$), burnout ($r = -0.525, p < 0.05$) and secondary traumatic secondary ($r = -0.458, p < 0.05$).

CONCLUSION There is a significant positive relationship between self-compassion and compassion satisfaction in addiction counselors where the higher the self-compassion, the higher the tendency of addiction counselors to experience compassion satisfaction. Conversely, there is a significant negative relationship between self-compliance with burnout and secondary traumatic stress where the higher the self-compassion, the lower the tendency of addiction counselors to experience burnout and secondary traumatic secondary

Keywords: Professional Quality of Life, Self-Compassion, Addiction counsellors