

Studi Deskriptif Kualitatif: *Self-Compassion* pada Korban Kekerasan Seksual yang Mengalami *Victim Blaming* di Provinsi Jambi

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ABSTRAK

LATAR BELAKANG: Korban kekerasan seksual yang mengalami victim blaming di Provinsi Jambi cenderung menunjukkan perilaku yang mengarah pada self-compassion rendah, seperti mengkritik diri sendiri, menjaga jarak dengan orang lain, dan emosi labil. Pada sisi lain, self-compassion dibutuhkan oleh para korban untuk membantu mereka bangkit dari pengalaman buruk dan tetap memperlakukan dirinya dengan hangat saat menghadapi situasi sulit.

TUJUAN: Untuk mengetahui gambaran dan faktor yang mempengaruhi self-compassion pada korban kekerasan seksual yang mengalami victim blaming di Provinsi Jambi.

METODE: Penelitian ini menggunakan metode deskriptif kualitatif, dengan teknik pengumpulan data melalui wawancara, observasi, dan studi dokumen. Peneliti menggunakan teknik purposive sampling untuk memilih partisipan.

HASIL: Berdasarkan aspek self-compassion, seluruh partisipan menunjukkan perilaku yang mengarah pada individu dengan self-compassion rendah. Faktor yang mempengaruhinya, yaitu usia, jenis kelamin, budaya, kepribadian, peran orang tua, keinginan untuk pulih dari pengalaman sulit, mendapat respon negatif, perasaan negatif, mengalami dampak fisik, dan merasa ada perubahan fisik.

KESIMPULAN: Gambaran self-compassion partisipan yaitu cenderung menunjukkan perilaku self-judgement, isolation, over-identification dibandingkan self-kindness, common-humanity, dan mindfulness. Faktor yang mempengaruhi self-compassion korban berasal dari faktor eksternal maupun internal.

Kata Kunci: Self-compassion, korban kekerasan seksual, victim blaming

Descriptive Qualitative Study: Self-Compassion in Victims of Sexual Violence Experiencing Victim Blaming in Jambi Province

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ABSTRACT

BACKGROUND: Victims of sexual violence who experience victim blaming in Jambi Province tend to show behavior that leads to low self-compassion, such as criticizing themselves, keeping their distance from others, and being emotionally unstable. On the other hand, self-compassion is needed by victims to help them recover from bad experiences and continue to treat themselves warmly when facing difficult situations.

PURPOSE: To determine the description and factors that influence self-compassion in victims of sexual violence who experience victim blaming in Jambi Province.

METHODS: This research uses a qualitative descriptive method, with data collection techniques through interviews, observation and document study. Researchers used purposive sampling techniques to select participants.

RESULTS: Based on the self-compassion aspect, all participants showed behavior that leads to individuals with low self-compassion. Factors that influence it are age, gender, culture, personality, parental role, desire to recover from difficult experiences, receiving negative responses, negative feelings, experiencing physical impacts, and feeling physical changes.

CONCLUSION: The description of participants self-compassion is that they tend to show behavior of self-judgment, isolation, over-identification compared to self-kindness, common-humanity, and mindfulness. Factors that influence victims self-compassion come from external and internal factors.

Keywords: *Self-compassion, victims of sexual violence, victim blaming*