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HUBUNGAN BELAS KASIH DIRI DENGAN MAKNA HIDUP PADA KORBAN PELECEHAN SEKSUAL DI KOTA SAMARINDA

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ABSTRACT
 This study seeks to establish the correlation between self-compassion and the sense of purpose in those who have experienced sexual disclosure in Samarinda. The research will focus on victims of verbal and non-verbal sexual harassment. The study involved 38 individuals who were victims of early adult sexual abuse in Samarinda city, recruited through purposive sampling. The research used the Meaning of Life Scale and the Self-Compassion Scale as measurement devices. This research utilizes the Kendall's Tau correlation-statistical test for data analysis. The self-compassion scale and the meaning of life scale both demonstrated validity with a calculated r value = 0.308, including 24 and 31 valid items, respectively. The reliability test yielded an alpha value = 0.808, confirming the reliability of both scales. Using Kendall's Tau data analysis technique resulted in a r value of 0.576, which is more than 0.50, and a p value of 0.003, indicating statistical significance (p < 0.05). Therefore, the research hypothesis H0 is accepted, while the null hypothesis H1 is rejected. There is a correlation between self-compassion and the sense of purpose in victims of sexual disclosure in Samarinda City.

ABSTRAK
 Penelitian ini berupaya untuk mengetahui hubungan antara self-compassion dan sense of Purpose pada mereka yang pernah mengalami pengungkapan seksual di Samarinda. Penelitian ini akan fokus pada korban pelecehan seksual verbal dan nonverbal. Penelitian ini melibatkan 38 individu korban pelecehan seksual dewasa awal di Kota Samarinda, yang direkrut melalui purposive sampling. Penelitian ini menggunakan Skala Makna Hidup dan Skala Self-Compassion sebagai alat ukurnya. Penelitian ini menggunakan uji statistik korelasi Kendall's Tau untuk analisis data. Skala self-compassion dan skala makna hidup keduanya menunjukkan validitas dengan nilai r hitung = 0,308 yang masing-masing menunjukkan 24 dan 31 item yang valid. Uji reliabilitas menghasilkan nilai alpha = 0,808 yang mengkonfirmasi reliabilitas kedua skala. Menganfaatkan teknik analisis data Kendall's Tau menghasilkan nilai r sebesar 0,576 lebih dari 0,50, dan nilai p sebesar 0,003, yang menunjukkan signifikansi statistik (p < 0,05). Oleh karena itu hipotesis penelitian H0 diterima, sedangkan hipotesis nol H1 ditolak. Terdapat hubungan antara self-compassion dengan sense of Purpose pada korban pengungkapan seksual di Kota Samarinda.

Kata kunci
 Belas Kasih Diri,
 Makna Hidup,
 Pelecehan Seksual

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