

# HUBUNGAN *SELF-COMPASSION* DAN SPIRITUALITAS DENGAN KUALITAS HIDUP LANSIA DI PANTI SOSIAL TRESNA WERDHA BUDI MULIA 1 JAKARTA

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## Abstrak

Lansia sering mengalami penurunan fungsi tubuh dan menghadapi tantangan fisik, psikologis, serta sosial yang kompleks. Kualitas hidup lansia di panti werdha memerlukan perhatian khusus karena mempengaruhi pandangan dan persepsi diri mereka. Penting bagi lansia untuk memahami keadaan dan menyayangi diri sendiri melalui sikap belas kasih (*self-compassion*). Spiritualitas memberikan makna hidup dan membantu lansia menghadapi perubahan, yang berpengaruh positif pada kualitas hidup mereka. Penelitian ini bertujuan untuk mengetahui hubungan *self-compassion* dan spiritualitas dengan kualitas hidup lansia di Panti Sosial Tresna Werdha Budi Mulia 1 Jakarta. Metode yang digunakan yaitu *cross-sectional* dengan uji korelasi *Spearman* untuk mengetahui hubungan antara variabel *self-compassion*, spiritualitas, dan kualitas hidup. Teknik sampling menggunakan *purposive sampling* pada 111 lansia. Instrumen yang digunakan meliputi *Self-Compassion Short Form (SCSSF)*, *The Daily Spiritual Experience Scale (DSES)*, serta *WHOQOL-BREF*. Hasil penelitian ini menunjukkan bahwa terdapat hubungan antara *self-compassion*, spiritualitas, dan kualitas hidup dengan nilai *p-value* 0.000 dan 0.001 yang mana hubungan antara kedua variabel tersebut sebesar 0,326. Hal ini disimpulkan bahwa ada hubungan yang cukup kuat antara *self-compassion* dan spiritualitas dengan kualitas hidup, dengan hubungan bersifat positif. Adanya temuan dalam penelitian ini diharapkan dapat mendorong peneliti selanjutnya untuk mengembangkan metode pengambilan data secara kualitatif agar lebih mendalam memahami pengalaman subjektif lansia.

**Kata Kunci:** *Self-Compassion*; Spiritualitas; Kualitas Hidup; Lansia

# **THE RELATIONSHIP BETWEEN SELF-COMPASSION AND SPIRITUALITY WITH THE QUALITY OF LIFE OF THE ELDERLY AT THE TRESNA WERDHA BUDI MULIA 1 SOCIAL HOME JAKARTA**

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## **Abstract**

Elderly people often experience a decline in bodily functions and face complex physical, psychological and social challenges. The quality of life of older people in nursing homes requires special attention as it affects their self-view and perception. It is important for the elderly to understand their circumstances and love themselves through self-compassion. Spirituality provides meaning to life and helps older people cope with change, which has a positive effect on their quality of life. This study aims to determine the relationship between self-compassion and spirituality of life of the elderly at Panti Sosial Tresna Werdha Budi Mulia 1 Jakarta. The method used was cross-sectional with the Spearman correlation test to determine the relationship between self-compassion, spirituality, and quality of life variables. The sampling technique used purposive sampling on 111 elderly people. The instruments used include the Self-Compassion Short Form (SCSSF), The Daily Spiritual Experience Scale (DSES), and WHOQOL-BREF. The results of this study indicate that there is a relationship between self-compassion, spirituality, and quality of life, with p-values of 0.000 and 0.001, and a correlation between the two variables of 0.326. It is concluded that there is a moderately strong positive relationship between self-compassion, spirituality, and quality of life. The findings in this study are expected to encourage future researchers to develop qualitative data collection methods to more deeply understand the subjective experiences of the elderly.

**Keywords:** Self-compassion; Spirituality; Quality of Life; Elderly