

PENGARUH *SELF COMPASSION* TERHADAP *BODY DISSATISFACTION* PADA WANITA DEWASA AWAL PENDERITA *SYSTEMIC LUPUS ERYTHEMATOSUS* (SLE) DI WILAYAH INDONESIA

ABSTRAK

Systemic lupus erythematosus (SLE) atau yang lebih dikenal dengan sebutan lupus, adalah penyakit yang disebabkan oleh gangguan regulasi sistem kekebalan tubuh, SLE banyak menyerang wanita pada usia produktif. Orang dengan Lupus (*Odapus*) pada wanita memiliki dampak perubahan pada tubuh seperti ruam merah pada kulit atau tubuh, rambut rontok, kulit bersisik mengelupas, *moonface*, tubuh mengendur. Pada penelitian ini subjek adalah wanita dewasa awal penderita SLE berusia 18-40 tahun. Tujuan dari penelitian ini adalah untuk mengetahui apakah terdapat pengaruh negatif *self compassion* terhadap *body dissatisfaction* pada wanita dewasa awal penderita *systemic lupus erythematosus* (SLE) di wilayah Indonesia. Pengumpulan data dilakukan dengan menggunakan kuesioner dalam bentuk skala *likert* untuk *self compassion* dan *body dissatisfaction*, analisis data penelitian ini menggunakan teknik analisis regresi sederhana dengan bantuan SPSS 25 *for windows*. Berdasarkan hasil pengolahan data, didapatkan hasil bahwa nilai Sig $0,015 < 0,050$, serta terdapat nilai koefisien regresi (β) yaitu $-0,427$, sehingga dari hasil tersebut terdapat pengaruh negatif *self compassion* terhadap *body dissatisfaction* pada wanita dewasa awal penderita SLE di wilayah Indonesia. Hal ini berarti semakin rendah *self compassion* maka semakin tinggi *body dissatisfaction* pada wanita dewasa awal penderita SLE, dan sebaliknya semakin tinggi *self compassion* maka semakin rendah *body dissatisfaction* pada wanita dewasa awal penderita *systemic lupus erythematosus* (SLE) di wilayah Indonesia.

Kata Kunci : *Body dissatisfaction*, *Systemic Lupus Erythematosus* (SLE), *Self compassion*, Wanita dewasa awal.

**THE EFFECT OF SELF COMPASSION ON BODY DISSATISFACTION IN
EARLY ADULT WOMEN WITH SYSTEMIC LUPUS ERYTHEMATOSUS
(SLE) IN THE INDONESIAN REGION**

ABSTRACT

Systemic lupus erythematosus (SLE) or better known as lupus, is a disease caused by impaired regulation of the immune system, SLE mostly affects women at productive age. People with Lupus (Odapus) in women have an impact on changes in the body such as red rashes on the skin or body, hair loss, scaly skin peeling, moonface, body sagging. In this study the subjects were early adult women with SLE aged 18-40 years. The purpose of this study was to determine whether there is a negative effect of self compassion on body dissatisfaction in early adult women with systemic lupus erythematosus (SLE) in the Indonesian region. Data collection was carried out using a questionnaire in the form of a Likert scale for self compassion and body dissatisfaction, the data analysis of this study used simple regression analysis techniques with the help of SPSS 25 for windows. Based on the results of data processing, it was found that the Sig value was $0.015 < 0.050$, and there was a regression coefficient (β) value of -0.427 , so that from these results there was a negative influence of self compassion on body dissatisfaction in early adult women with SLE in the Indonesian region. This means that the lower the self compassion, the higher the body dissatisfaction in early adult women with SLE, and conversely the higher the self compassion, the lower the body dissatisfaction in early adult women with systemic lupus erythematosus (SLE) in the Indonesian region.

Keywords: *Body dissatisfaction, Early adult women, Self compassion, Systemic Lupus Erythematosus (SLE),.*