

ABSTRAK

Penelitian ini bertujuan untuk mengkaji pengaruh *self-compassion* terhadap regulasi emosi pada guru anak berkebutuhan khusus (ABK) di SLB-C Kota Bandung. Guru ABK seringkali mendapatkan tuntutan untuk mengajar siswa ABK dengan lemah lembut dan ditekan untuk memberikan perkembangan bagi siswa ABK, maka guru ABK memandang tuntutan tersebut suatu hal yang besar apabila tidak terpenuhi. Sehingga merasa bahwa dirinya gagal dan tidak pantas menjadi guru ABK. Studi ini menggunakan pendekatan kuantitatif dengan metode survei, melibatkan 203 guru ABK sebagai responden. Data dikumpulkan melalui kuesioner yang telah diuji validitas dan reliabilitasnya menggunakan alat ukur *self-compassion scale (SCS)* dan *emotion regulation questionnaire (ERQ)*. Analisis data dilakukan dengan menggunakan regresi linier sederhana untuk melihat pengaruh *self-compassion* terhadap regulasi emosi. Hasil penelitian menunjukkan bahwa terdapat pengaruh signifikan antara *self-compassion* terhadap regulasi emosi. *Self-compassion* memberikan kontribusi sebesar 82.1% terhadap regulasi emosi.

Kata kunci : *self-compassion*, regulasi emosi, guru anak berkebutuhan khusus

Abstract

This study aims to examine the influence of self-compassion on emotion regulation among special education teachers in Bandung City. Special education teachers often face demands to teach students with special needs with gentleness and are pressured to ensure the development of these students. As a result, teachers may perceive these demands as significant burdens if they are not met, leading to feelings of failure and unworthiness as special education teachers. This study uses a quantitative approach with a survey method, involving 203 special education teachers as respondents. Data were collected through questionnaires that have been tested for validity and reliability using the Self-Compassion Scale (SCS) and the Emotion Regulation Questionnaire (ERQ). Data analysis was conducted using simple linear regression to examine the influence of self-compassion on emotion regulation. The results indicate a significant influence of self-compassion on emotion regulation, with self-compassion contributing 82.1% to emotion regulation.

Keywords : *self-compassion, emotion regulation, special needs children.*