The Self-compassion during Pandemic Covid-19: Cased in Jember District

Panca Kursistin Handayani[1], Reza Fauzan Trias Sugiharto[2] and Nuraini Kusumaningtyas[3]

[1]University of Muhammadiyah Jember 1; reyzafauzan@gmail.com

[2]1University of Muhammadiyah Jember 2; pikaha_ocha@unmuhjember.ac.id

Abtract: Policy of restrictions on activity during pandemic covid-19 has a negative psychological impact. Thus, the need for good self-management so as not to cause stress, anxiety in the face of pandemics. One of the self-management used by improving self-compassion. Self-compassion is an attitude to be able to be open, to be aware of mistakes that occur to yourself, so as to positively interpret negative experiences. Self-compassion can increase the body's immunity, reducing anxiety. The purpose of this study is to describe the self-compassion of Jember people during the pandemic.The study used a descriptive quantitative approach with the subjects of covid-19 affected communities in Jember, numbering 349 respondents. The data collection method uses questionnaires with purposive sampling techniques, adapted from Neff's Self-compassion Scale (2003) containing 26 items with a total reliability of 0.93. The results showed that as many as 60 respondents (17%) people in Jember had moderate Self-compassion, with the highest percentage of Mindfullness aspect as many as 65 respondents (19%). While the lowest percentage in Isolation aspect is 60 (17%). Reviewed by gender, female subjects had a low self-compassion of 39 respondents (15%), compared to 14 male respondents (14%). Based on tribe, Madura has low self-compassion compared to other tribes, 12 respondents (18%). Based on the results of the research, it can be used as a reference for related parties to form community intervention programs based on internal strengthening and spirituality, and the community can understand the importance of mental health through self-compassion.

Keywords : Self-compassion, Pandemi Covid-19, Jember District

INTRODUCTION

At the beginning of 2020, the world was shocked by a new outbreak, namely the Covid-19 virus (Corona Virus Diseases) which is currently turning into a pandemic and has been declared a global emergency[17]. The corona virus was identified in 2019, starting from the city of Wuhan in China, which eventually infected almost all countries in the world. Corona virus or Severe Acute Respiratory Syndrome Corona Virus 2 (SARS-CoV-2) is a virus that attacks the respiratory system [18].

The Indonesian government has declared a disaster emergency status as of February 29, 2020 and issued policies to anticipate and prevent the spread of Covid-19. These policies include socializing the social distancing movement by limiting activities outside the home, school activities being dismissed, working from home (work from home), even worship activities are also carried out at home. The implementation of policies that emerged due to the corona virus outbreak was seen in the closure of several access roads at a certain time, restrictions on the amount of transportation, restrictions on transportation operating hours, which of course were intended to be able to restrain the pace of people's activities outside the house. All activities that are to stay at home are called Lockdown [19].

The lockdown policy has been carried out in all affected countries to break the chain of transmission, because until now the Covid-19 virus has not found a cure. However, this policy does not always have a positive impact on the community, including the Indonesian population, there are many negative impacts felt by the community and directly affect their daily lives, including psychological, economic and welfare impacts. Based on research conducted by Wang et al [16] the psychological impacts felt by the Chinese people include stress, anxiety, and depression, and these impacts are felt by women the most. The results of a recent study conducted by Rossi et al. [12] in Italy, people are more prone to experiencing PTSS (Post-Traumatic Stress Symptom), depression, anxiety, insomnia, stress and ADS (Adjustment Disorder Symptom), with the female gender having a higher level. This epidemic does not only cause physical suffering, which in the percentage of 3.5% causes death [17] but also psychological and even social suffering. This is due to the increasing number of Covid-19 cases, negative news from the media, loved ones affected by Covid-19 and even death, limitations in work, and some daily stress, such as finances, problems in the household, and so on.

The results of interviews with 2 women and 2 men stated that the subject during the pandemic felt afraid and confused by the circumstances that occurred at this time, the subject was always filled with feelings of anxiety and worry about contracting the covid-19 disease, then the subject stated that the more the days were getting worse. anxious about the news circulating and not finding a vaccine for the covid-19 disease quickly, the subject is also worried about his future work due to the many news of mass layoffs and often blaming others when faced with a problem or difficulty. The subject stated that he had carried out the health protocol as recommended by the government, however, the feeling of anxiety and worry remained in the subject's feelings. The subject has begun to reduce reading news related to covid-19 but it makes the subject more anxious.

Based on the results of the interview above, it is necessary to have good self-management so that there is no excessive stress, anxiety, and even depression in dealing with this pandemic situation, because this can lead to a decrease in body immunity which is needed by the body to ward off the Covid-19 virus. One of self-management that can be used is to increase Self-compassion. According to Germer and Neff [4] Self-compassion can boost the immune system, reduce anxiety, and is the easiest way to keep your heart open.

Self-compassion is an attitude to be open, aware of a failure and weakness that occurs in oneself, being able to display a good attitude and being able to understand oneself, wanting a welfare for oneself, taking an objective attitude towards a deficiency and failure, and make an experience as an experience that can be felt by other humans [8]. Self-compassion is one way to explain the ability of individuals to be able to survive, understand, and realize the meaning of an experience as something positive. Having a self-compassion attitude can be a start in reducing negative thoughts that are felt by yourself [15]. Self-compassion can be felt by individuals comfortably in social life and can accept themselves as they are, besides that it can increase wisdom and emotional intelligence [15].

Self-compassion is a desire to reduce suffering, cognition related to knowing the causes of suffer-ing and behavior to act with compassion for oneself. Thus, the emergence of self-compassion is a combina-tion of emotions, behavior, thoughts and motives [11]. In the case of the Covid-19 pandemic, Self-compassion can help each individual to reduce the anxiety he feels, so that it does not have a longer impact such as being stressed, unproductive, and even depressed. In addi-

tion, self-compassion also helps oneself to keep one's heart and open to others so that they are wiser and can take preventive actions that are beneficial for themselves and others [4].

Self-compassion has three main components, namely self-kindness, a sense of common humanity, and mindfulness. According to Neff [11] Self-kindness can be defined as the ability of individuals to understand themselves, not to give negative judgments and to judge themselves when experiencing difficulties or failures [11]. Next is the sense of common humanity aspect, according to Neff [11] which is self-understanding that all humans have weaknesses or strengths and will get into trouble or face failure. When individuals feel that failure and difficulties are only experienced by themselves and not experienced by all humans, it can cause isolation.

Then the last one is mindfulness, according to Neff [11] mindfulness is a self-understanding to see objectively about experiences that occur and can accept reality. Mindfulness can help individuals to be able to build complete self-compassion in themselves so that they have the strength from within to deal with pandemics that are seen as difficulties, so that individuals do not only focus on problems but can be more productive and able to find solutions to the difficulties they face [4]

Based on the description above, good self-management is very necessary during the current pan-demic, to maintain mental well-being and health, one of which is by increasing self-compassion in each individual. According to Finlay-Jones et., al [3] self-compassion is important for interventions aimed at preventing or reducing stress. By studying self-compassion, it can increase the body's immunity because it can reduce anxiety or stress objectively and with the right response when getting a problem. And can provide understanding or information for related parties to be able to provide an intervention for psychologically affected parties.

METHOD

This type of research is descriptive quantitative which aims only to describe the results of the data obtained without intending to make comparisons. Descriptive analysis only analyzes data that is concluded by describing or describing the data that has been collected as it is without intending to make conclusions that apply to the public or generalizations [14].

The variable used is self-compassion. The researcher used a population of 1,819,423 people who referred to the data from the Central Bureau of Statistics of the Jember Regency Government in 2015 and the sample used referred to Isaac's table using an error rate of 5% and produced a sample of 349 people with the following characteristics:

a. Male and female

b. Domiciled and domiciled in Jember Regency

c. 18 to over 50 years old. To view self-compassion by age category

This research using purposive sampling technique. Collecting data using a questionnaire distribution method using a self-compassion scale from Neff [8] which is a Likert scale type, with reliability reaching 0.93. This study uses analytical methods in the form of validity, reliability, assumption testing, and descriptive tests.

Table 1

The Blueprint of Self-compassion Scale

o	Aspect	Indicator	Number of Item	Item Total
	Self-kindness	Feeling worthy of being loved and loved	5,12,19,23,26	5
	Self-judgement	Low self-esteem and self-criticism	1,8,11,16,21	5
	Common Humanity	Assessing a failure positively	3,7,10,15	4
	Isolation	Trying to isolate myself	4,13,18,25	4
	Mindfulness	Able to control emotions under stress	9,14,17,22	4
	Over identification	Loss of emotional control under stress	2,6,20,24	4
	TOTAL			26

RESULTS AND DISCUSSION

This research was conducted using descriptive analysis of the self-compassion variable using three categories to get an overview of the data that has been obtained. Data analysis used two categories, namely high and low categories. This is used to facilitate the descriptive depiction of the research results. The category is determined based on the results of the analysis using SPSS v21 for windows with the acquisition of the mean and standard deviation values with the formula proposed by Azwar [1] as follows:

Table 2

Categorization Formula

Interval	Category
$X \geq M + 1SD$	High
$M - 1SD \leq X < M + 1SD$	Moderate
$X < M - 1SD$	Low

Based on this formula, if analyzed using a descriptive test, it produces the following data:

a. General Description of Self-compassion Rate

The categorization of the self-compassion variable uses three categories, namely high, medium and low which can be seen as follows:

Table 3

General Description of Self-compassion Level

Interval	Category	Frequency	Procentage
$X \geq 106,5$	High	60	17%
$86,5 \leq X <$	Moderate	240	69%

106,5			
X < 78,5	Low	49	14%
	Total	349	100%

Based on the results obtained, it shows that overall of 349 respondents, as many as 60 respondents have high self-compassion with a percentage of 17%, while 49 respondents have low self-compassion with a percentage of 14%, and 240 respondents have sufficient self-compassion with percentage 60%. This shows that many respondents in Jember Regency have a high category of self-compassion, meaning that respondents are capable enough to be open about problems or difficulties experienced during the pandemic. However, respondents tend to feel that the failure or difficulties experienced only occur to themselves so that respondents tend to be easily carried away by emotions. Based on research conducted by Neff [8], in forming a person's self-compassion three basic components that interact with each other are needed, namely self-kindness, common humanity, and mindfulness, but the common humanity aspect is not fully owned by the people of Jember Regency in dealing with the COVID-19 pandemic. Currently, based on the phenomena encountered, people in Jember Regency are experiencing various difficulties, especially in the economic sector in the form of difficulty in meeting their daily needs, the increasing number of infected patients, and the absence of vaccines or drugs to deal with the COVID-19 virus. So, this is the background for many people in Jember Regency who feel stressed, anxious, have difficulty sleeping, and are still unable to think positively. Especially with people who still have early childhood and have to work outside the home which increases the anxiety so that their children don't get infected with the Covid-19 virus. This phenomenon is in line with research from Rossi et al [13] and Wang C et. al [17] that during the pandemic, people in Italy and China experienced stress, anxiety, and depression.

b. **Rate of Self-compassion by Aspect**

Self-compassion has three main components with three other components as opposed to the principal components. The results obtained from data collection are as follows:

Table 4

Rate of Self-compassion by Aspect

NO	Aspect	Category	Interval	Frequency	Percentage
1	*Self-kindness vs Self-judgement*	High	X ≥ 41,2	62	18%
		Moderate	28,8 ≤ X < 41,2	239	68%
		Low	X < 28,8	48	14%
	Total			349	
2	*Common Humanity vs Isolation*	High	X ≥ 33,7	55	16%
		Moderate	24,1 ≤ X < 33,7	234	67%
		Low	X < 24,1	60	17%
	Total			349	
3	*Mindfulness vs Over Identification*	High	X ≥ 33,3	65	19%
		Moderate	23,1 ≤ X < 33,3	225	64%
		Low	X < 23,1	59	17%
	Total			349	

Based on the results obtained in table 4, the aspect of self-kindness vs self-judgment there are 62 respondents with a percentage of 18% and are in the high category, 239 respondents are in the medium category with a percentage of 68%, and 48 respondents with a percentage of 14% are in the category low. That is, the respondents in this study were able to understand and interpret the difficulties they were facing during the pandemic. Based on these data, respondents in Jember district tend to have high self-kindness. This means that respondents tend to be able to understand and interpret their failures and can prevent judging themselves regarding problems during the pandemic. According to Neff [8] when individuals have self-kindness, even though the individual is in the worst condition, the individual is able to create comfort for himself. Based on the research results obtained, respondents always try to love themselves and try not to judge themselves during a pandemic, but respondents tend to dislike the negative traits that exist in respondents. Based on the results of interviews conducted after the analysis, the community revealed that the community was able to understand the conditions that were being experienced at this time, and had a way to calm down by staying alone to divert attention from the problems that were being experienced. However, another interview subject stated that they still tend to blame themselves for their inability to overcome the difficulties that occur, so that feelings of anxiety cannot be avoided, shame and despair about their future unconsciously trigger people to tend to criticize themselves excessively. So it is necessary to increase self-kindness by starting to be open related to the problems faced, knowing and accepting one's own strengths and limitations.

Furthermore, from the aspect of common humanity vs isolation, 55 respondents were in the high category with a percentage of 16%, 234 respondents were in the medium category with a percentage of 67%, and 60 respondents were in the low category with a percentage of 17%. This means that respondents during this pandemic still tend to feel that the difficulties experienced during the pandemic only happen to themselves. Based on this data, people in Jember Regency tend to have an isolation aspect in themselves, this is reinforced by the statement of the self-compassion measuring instrument, namely respondents tend to feel that even though they struggle really, respondents tend to feel that other people can do it more easily and feel that in During a pandemic, other people tend to be happier than yourself. This is reinforced by the phenomenon obtained, namely that people think that the difficulties during this pandemic are only felt by themselves so that they feel that life is unfair, ashamed, angry, disappointed, and considers other people's lives to be easier and remain prosperous during this covid-19 pandemic. . This is in line with the opinion expressed by Hidayati & Maharani [5] that when a person feels a failure or difficulty being faced, they will usually feel that the mistakes that occur are due to their own mistakes and assume that they must be responsible alone, this can lead to embarrassment. and started isolating myself. This individual feels that he is the only one who suffers and thinks that he is the only one who faces a situation that he thinks is unfair [10]. So it is necessary to continue to improve aspects of common humanity in order to minimize the shame because they feel that all the difficulties they get only happen to themselves.

The last aspect is mindfulness vs over identification, in this aspect there are 65 respondents in the high category with a percentage of 19%, 225 respondents in the medium category with a percentage of 64%, 60 other respondents are in the low category with a percentage of 17%. This means that during this pandemic, respondents are able to be aware of what problems they are facing. According to Adelina, et al [11] by having mindfulness individuals will be able to see broadly

related to the conditions being experienced. Based on the results of the study, during this pandemic, respondents were able to see consciously and objectively regarding the difficulties they were facing and try to take positive things from the difficulties they were experiencing, but respondents tended to easily vent their emotions when the difficulties they were facing experienced a disturbance. Based on the results of interviews that researchers found, the subject was able to consciously know the problems or difficulties that occurred, but the subject was still easily carried away by emotions when sensitive matters in the difficulties they were facing experienced disturbances so that respondents tended to lose control over themselves.

c. **Self-compassion Rate by Gender**

Table 5

Self-compassion Rate by Gender

NO	Aspect	Interval	Category	Frequency	Percentage
1	Male	$X > 110,9$	High	16	17%
		$82,9 \leq X < 110,9$	Moderate	66	69%
		$X < 82,9$	Low	14	14%
	Total			96	
2	Female	$X > 104,3$	High	43	17%
		$77,1 \leq X < 104,3$	Moderate	171	68%
		$X < 77,1$	Low	39	15%
	Total			253	
		Total Keseluruhan		349	

Based on the results in table 5, that from 96 male respondents there are 16 respondents with a percentage of 17% who have self-compassion in the high category, 66 respondents with a percentage of 69% are in the medium category, and 14 respondents with a percentage of 14% are in the middle category. low. Meanwhile, from 253 female respondents, there are 43 female respondents with a percentage of 17% who have self-compassion in the high category, 171 respondents with a percentage of 68% in the medium category, and 39 respondents with a percentage of 15% in the low category. This means that male and female respondents tend to have the same percentage of self-compassion. However, women tend to have lower self-compassion than men. This is in line with the results of research conducted by Balkhi, Nasir, Zehra, & Riaz [2] which states that the sex ratio does not have a significant difference during the pandemic with women tending to experience psychological impacts during the COVID-19 pandemic. This is reinforced by the results of research conducted by Wang C et al. [17] and Rossi et al.. [13] which state that a person who is female is more prone to experiencing stress, depression, and excessive anxiety. The results of this study are in line with previous research conducted by Neff [8] which states that women have lower self-compassion than men. Based on the phenomena obtained, the interview subject with the female gender said that during the pandemic, the subject was able to realize the difficulties being faced during the pandemic, namely by understanding that currently the subject often feels afraid and often cannot sleep because he thinks too much about the COVID-19 virus. 19, but the subject has not been able to find a solution to overcome his fear. Another female subject stated that the difficulties that occurred dur-

ing this pandemic were only felt by herself, so the subject often grumbled because she thought that other people's lives were better. This is in accordance with the results of the analysis that the isolation aspect dominates so that the subject feels that the difficulties experienced are only felt alone.

d. **Self-compassion Rate by Age**

Table 6

Self-compassion Rate by Age

NO	Age	Interval	Category	Frequency	Percentage
1	Adolescence (18-19 tahun)	$X > 99,9$	High	8	20%
		$75,5 \leq X < 99,9$	Moderate	26	65%
		$X < 75,5$	Low	6	15%
	Total			40	
2	Early Adulthood (20-30 Tahun)	$X > 106,3$	High	42	17%
		$78,7 \leq X < 106,3$	Moderate	179	70%
		$X < 78,7$	Low	33	13%
	Total			254	
3	Mid Adulthood (31-40 Tahun)	$X < 112,7$	High	5	11%
		$82,7 \leq X < 112,7$	Moderate	31	71%
		$X < 82,7$	Low	8	18%
	Total			44	
4	Late Adulthood >40 Tahun	$X < 98,1$	High	2	18%
		$73,7 \leq X < 98,1$	Moderate	7	64%
		$X < 73,7$	Low	2	18%
	Total			11	
	End Total			349	

Based on table 6, in the adolescent age category there are 8 respondents with a percentage of 20% in the high self-compassion category, 26 respondents with a percentage of 65% in the medium category, and 6 respondents with a percentage of 15% in the low category. That is, respondents with the category of teenagers tend to be able to bring up self-compassion, but still need to be improved because adolescence is a time to find identity.

In the category of early adulthood, there are 42 respondents with a percentage of 17% in the high category, 179 respondents with a percentage of 70% in the medium category, and 33 respondents with a percentage of 13% in the low category. This means that in early adulthood, respondents during the pandemic are quite capable of eliciting self-compassion.

Furthermore, in middle adulthood there are 5 respondents with a percentage of 11% in the high category, 31 respondents with a percentage of 71% in the medium category, and 8 respondents in the low category. That is, respondents during this pandemic tend to be quite open about the problems they face, but respondents tend to criticize themselves, feeling that the difficulties that occur only occur to themselves, making it difficult to control emotions.

The last category is late adulthood. There are 2 respondents with a percentage of 18% having high self-compassion, 7 respondents with a percentage of 64% having moderate self-compassion, and 2 other respondents having low self-compassion with a percentage of 18%. That

is, respondents in the late adult category have enough self-compassion by being able to be open about the problems they are facing, but still tend to judge themselves.

Based on age category, self-compassion in all age categories showed moderate results. However, if it is reviewed further, it can be seen that the results of self-compassion that have the highest percentage in the high category are in the adolescent age (20%) while the highest percentage in the low category occurs in middle adult age (18%). That is, during this pandemic, the age difference affects the self-compassion of the respondents. This is not in line with research conducted by Neff [8] that adolescents will tend to have low self-compassion, because at that age range individuals are still in the search for identity. This is reinforced by the results of interviews conducted that adolescents during the pandemic tend to experience difficulties in the learning process but do not interfere with daily life. The results of this study are not in accordance with the results of research conducted by Neff [10] which states that people who have reached the integrity stage (late adulthood) will be more accepting of the conditions that occur, meaning that the more mature an individual is, the easier it is to accept something so as to increase self-esteem. compassion better. This is reinforced by the results of research by Schulenberg et al [6] that self-compassion has an important role in leading a psychologically prosperous life for middle-aged adults. Based on the results of interviews with middle-aged adult subjects, this happened because the subjects experienced a decline in economic terms so that they experienced difficulties related to their daily needs. Based on this, the subject felt that the difficulties faced were an error that occurred due to himself, so the subject felt he had to solve the problem himself. This results in the emergence of effects such as stress, anxiety, and fear. This could be the cause of the lack of self-compassion in middle age adults in Jember

e. **Self-compassion by Education**

Table 7

Self-compassion by Education

NO	Education Level	Interval	Category	Frequency	Percentage
1	High School	X > 105,4	High	44	18%
		77,6 ≤ X < 105,4	Moderate	169	68%
		X < 77,6	Low	35	14%
	Total			248	
2	S1, S2, dst	X > 108,7	High	15	15%
		108,7 ≤ X < 80,7	Moderate	70	69%
		X < 80,7	Low	16	16%
	Total			101	
		Total Keseluruhan		349	

Based on table 7, high school education level / equivalent has 44 respondents with a percentage of 18% in the high category, 169 respondents with a percentage of 68% in the medium category, and 35 respondents with a percentage of 14% in the low category. Meanwhile, at the education level S1, S2, etc., there are 15 respondents with a percentage of 15% in the high category, 70 respondents in the medium category, and 16 respondents with a percentage of 16% in the low category. This means that respondents with high school and undergraduate education levels, S1, S2 etc.

have the same level of self-compassion but education levels for S1, S2, etc. tend to have lower self-compassion than high school education levels. This means that the difference in education levels that have been taken by respondents has not been able to help respondents to generate self-compassion during the current pandemic, even though respondents with high school education have higher self-compassion than those at S1, S2, and so on. This is not in line with Anggara's opinion [12] The higher the education level, the greater the influence in helping individuals to find solutions to problems that occur compared to individuals with low levels of education.

f. Self-compassion Rate by Etnicity

Table 8

Self-compassion Rate by Etnicity

NO	Etnicity	Interval	Category	Frequency	Percentage
1	Javanese	X > 106,3	high	38	18%
		79,9 ≤ X < 106,3	moderate	141	68%
		X < 79,9	low	29	14%
	Total			208	
2	Madurese	X > 106	high	10	15%
		73,6 ≤ X < 106	moderate	45	67%
		X < 73,6	low	12	18%
	Total			67	
3	Pandhalungan	X < 106,4	high	11	17%
		78,4 ≤ X < 106,4	moderate	44	68%
		X < 78,4	low	10	15%
	Total			65	
4	Others	X < 110,5	high	1	11%
		82,9 ≤ X < 110,5	moderate	7	78%
		X < 82,9	low	1	11%
	Total			9	
		Total Keseluruhan		349	

Based on table 8, for the Javanese, 38 respondents (18%) were in the high category, 141 respondents (68%), and 29 respondents (14%) were in the low category. In the Madurese, there are 10 respondents (15%) in the high category, 45 respondents (67%) in the medium category, and 12 respondents (18%) in the low category. In the Pandhalungan tribe, there are 11 respondents (17%) in the high category, 44 respondents (68%) in the medium category and 10 respondents (15%) in the low category. Meanwhile, in other ethnic groups which include Bugis, Malay, Sundanese, Balinese, Banjar, Serawai, and Sumbawa, there are 1 respondent (11%) in the high category, 7 respondents (78%) in the medium category, and 1 respondent (11%)) is in the low category. This means that in this study, ethnic and cultural differences can affect the level of self-compassion during the pandemic even though the differences that occur are not too significant. In this study, respondents with Madurese culture tend to have lower self-compassion than other ethnic groups. This result is in

line with the results of research by Neff, Pisitsungkagarn, and Hsieh [9] which states that the level of self-compassion differs based on the culture adopted. According to Muslihati [7] the Madurese will try to be independent, be able to meet their own needs and never raise their hands to others, even if they are siblings. According to Tsabit [16] the Madurese tend to behave aggressively when they get a problem, namely the problem of self-esteem and economic factors. Based on the results of interviews, subjects with a Madurese background tend to always try to be independent without asking for any help when they encounter a difficulty even during a pandemic, but on the other hand the Madurese tend to be easy to vent their emotions when experiencing difficulties, especially when this pandemic period is experiencing economic difficulties. which resulted in the emergence of emotional outbursts in people around the subject. During this pandemic, the interview subject stated that the main difficulty that occurred during this pandemic was related to his decreasing daily income. This makes the subject feel a little sensitive, especially if there is a new problem, the subject tends to be easy to vent emotions even though the actual problem can be solved easily. This causes the Madurese to experience over identification which results in a loss of control over their emotions.

CONCLUSION

1. The general results show that 69% respondents in Jember District have moderate self-compassion, 17% respondent have high self-compassion, while the percentage of 14% is in the low category. That is, respondents in research tend to be able to see a problem or difficulty consciously and can take positive things from a problem. However, it is still necessary to increase self-compassion, because there are still many respondents who have low self-compassion.

2. Self-Compassion Results Based on Aspects. If viewed based on aspects, the three aspects of self-compassion are in the moderate category, but there are aspects that dominate with the highest score in the high category, namely the mindfulness aspect with a percentage of 18% and the aspect with the highest score in the low category, namely the isolation aspect. This means that respondents tend to be quite aware of the problems they are facing, but respondents tend to think that a problem must be solved by themselves, so that when the failure continues it will make the respondent feel ashamed and isolate others.

3. Self-Compassion Based on Demographic Categories
    a. In terms of gender, male or female have a high category of self-compassion, but women have a lower self-compassion tendency than men. Based on the results of the above discussion, it can be concluded that gender differences during this pandemic did not experience too different differences with women who tend to have lower self-compassion than men.
    b. In terms of age, the categories of adolescence, early adulthood, and late adulthood are in the high category. While middle adulthood is the age with the level of self-compassion which has lower self-compassion than other ages with a percentage of

18%. These results can be concluded that the age difference during the pandemic is not too different but middle adulthood has a lower tendency of self-compassion.

c. Furthermore, if viewed from the level of education, with a high school education level or S1, S2, etc., they both have moderate self-compassion. The results of self-compassion at the educational level of S1, S2, etc. have a tendency for a lower self-compassion level with a percentage of 16% compared to high school education which only has a percentage of 14%. This means that there is no significant difference in education levels during this pandemic, but the high level of education cannot help the formation of self-compassion of respondents.

d. Finally, from a cultural perspective, Javanese, Madurese, Pandhalungan, or other ethnic groups both get self-compassion results in the high category. However, the Madurese have a lower self-compassion tendency with a percentage of 18% than the Javanese with a percentage of 14% and the Pandhalungan ethnicity with a percentage of 15%. These results indicate that ethnic differences during the pandemic can affect self-compassion, with the Madurese having lower self-compassion than other ethnic groups.

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