

Abstrak

Maraknya kasus *fatherless* di Indonesia semakin menyebar luas yang mengakibatkan remaja kehilangan sosok ayah yang aktif dalam kehidupan sehari-hari. Hilangnya peran ayah dalam kehidupan anak akan sangat memengaruhi proses tumbuh kembang mereka. Hal ini dikhawatirkan akan menimbulkan berbagai permasalahan kehidupan remaja. Oleh karena itu, penelitian ini bertujuan untuk melihat pengaruh *self-compassion* dan *perceived peer support* terhadap resiliensi. Penelitian ini dilakukan di Desa Karang Asih, Kabupaten Bekasi dengan total 135 remaja yang sedang menempuh jenjang Sekolah Menengah Pertama yang mengalami *fatherless*. Instrumen yang dipakai dalam penelitian ini adalah The Connor-Davidson Resilience Scale (CD-RISC), Self-Compassion Scale Short Form (SPS-SF), dan Perceived Peer Support. Analisis data dilakukan dengan menggunakan *software Statistical Package for Social Science for windows*. Dalam penelitian ini didapatkan hasil yang menunjukkan bahwa *self-compassion* dan *perceived peer support* secara simultan memiliki pengaruh terhadap resiliensi dengan memberikan pengaruh sebesar 22.6%. Didapatkan hasil yang menunjukkan bahwa secara parsial *perceived peer support* berpengaruh terhadap resiliensi. Namun, dalam penelitian ini *self-compassion* tidak dapat berpengaruh terhadap resiliensi.

Kata Kunci : resiliensi, *self-compassion*, *perceived peer support*, *fatherless*



Abstract

The prevalence of fatherless cases in Indonesia is becoming increasingly widespread, resulting in teenagers losing the figure of an active father in their daily lives. The loss of the father's role in children's lives will greatly affect their growth and development process. It is feared that this will lead to various problems in adolescent life. Therefore, this study aims to look at the influence of self-compassion and perceived peer support on resilience. This study was conducted in Karang Asih Village, Bekasi Regency with a total of 135 adolescents who are currently studying at the Junior High School level who experience fatherless. The instruments used in this study were The Connor-Davidson Resilience Scale (CD-RISC), Self-Compassion Scale Short Form (SPS-SF), and Perceived Peer Support. Data analysis was carried out using the Statistical Package for Social Science for windows software. In this study, the results showed that self-compassion and perceived peer support simultaneously had an influence on resilience by providing an influence of 22.6%. The results showed that partially perceived peer support had an effect on resilience. However, in this study self-compassion cannot affect resilience.

Kata Kunci : *resilience, self-compassion, perceived peer support, fatherless*

