

**GAMBARAN *SELF-COMPASSION* PADA MANTAN PENGGUNA NAPZA
PASCA REHABILITASI**

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Diajukan Kepada Fakultas Psikologi dan Kesehatan
Universitas Islam Negeri Sunan Ampel Surabaya
untuk Memenuhi Sebagian Persyaratan Guna Memperoleh
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INTISARI

Penelitian ini bertujuan untuk menggambarkan *self-compassion* pada mantan pengguna NAPZA pasca rehabilitasi dan mengidentifikasi faktor-faktor yang membentuknya. Pendekatan yang digunakan bersifat kualitatif dengan metode fenomenologi. Subjek penelitian berjumlah tiga orang mantan pengguna NAPZA yang telah menjalani rehabilitasi. Data dikumpulkan melalui wawancara mendalam dan dokumentasi pendukung, kemudian dianalisis menggunakan analisis tematik. Hasil penelitian menunjukkan bahwa *self-compassion* pada ketiga subjek tampak melalui tiga aspek utama, yaitu *self-kindness*, *common humanity*, dan *mindfulness*. *Self-kindness* tercermin dari kemampuan individu untuk memperlakukan diri dengan lembut, mengelola rasa bersalah, dan menjalani aktivitas positif secara konsisten. *Common humanity* terlihat dari kesadaran bahwa pengalaman sulit bukan hanya dialami sendiri, tetapi juga bagian dari pengalaman manusia secara universal. *Mindfulness* tercermin dari kemampuan mengenali pikiran, emosi, dan dorongan negatif tanpa bereaksi impulsif. Faktor-faktor yang membentuk *self-compassion* meliputi kepribadian, pengalaman hidup, dan lingkungan sosial. Kepribadian yang optimis dan reflektif membantu pengelolaan diri, pengalaman hidup memberikan pelajaran dari kegagalan dan keberhasilan kecil, sedangkan dukungan sosial dari keluarga, komunitas rehabilitasi, dan masyarakat memperkuat motivasi serta penerimaan diri. Penelitian ini menegaskan bahwa *self-compassion* merupakan proses psikologis yang berkembang secara bertahap dan berperan penting dalam mendukung adaptasi emosional, regulasi diri, serta reintegrasi sosial mantan pengguna NAPZA setelah rehabilitasi.

Kata kunci: *Self-Compassion*, Mantan Pengguna NAPZA, Pasca Rehabilitasi

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ABSTRACT

This study aims to describe self-compassion among former NAPZA users after rehabilitation and to identify the factors shaping it. The research employs a qualitative approach using phenomenology. The subjects consist of three former NAPZA users who have completed rehabilitation. Data were collected through in-depth interviews and supporting documentation, and then analyzed using thematic analysis. The results indicate that self-compassion in the three subjects is manifested through three main aspects: self-kindness, common humanity, and mindfulness. Self-kindness is reflected in the ability to treat oneself gently, manage feelings of guilt, and engage consistently in positive activities. Common humanity is shown by the awareness that difficult experiences are not solely personal but part of the universal human experience. Mindfulness is reflected in the ability to recognize thoughts, emotions, and negative impulses without reacting impulsively. Factors shaping self-compassion include personality, life experiences, and social environment. An optimistic and reflective personality supports self-regulation, life experiences provide lessons from failures and small achievements, and social support from family, rehabilitation communities, and society strengthens motivation and self-acceptance. This study confirms that self-compassion is a gradually developing psychological process that plays a crucial role in supporting emotional adaptation, self-regulation, and social reintegration of former NAPZA users after rehabilitation.

Keywords: *Self-Compassion, Former NAPZA Users, Post-Rehabilitation*

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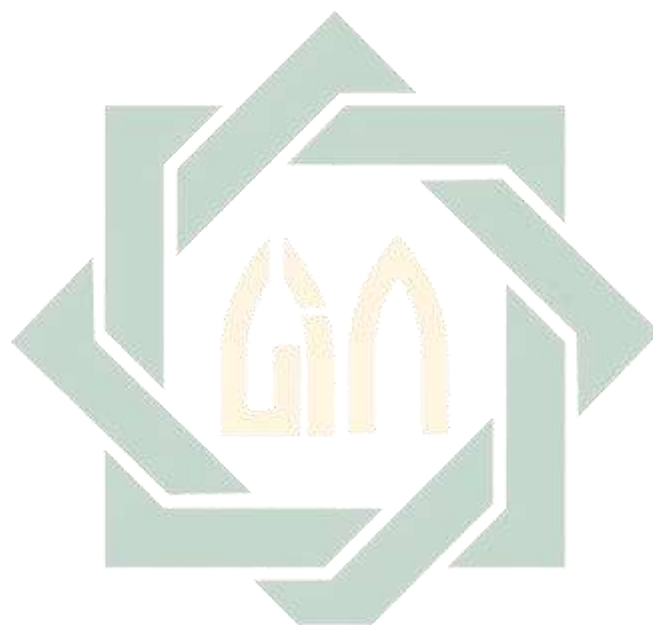
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