

An analysis of self-compassion influence on posttraumatic growth with resilience as moderation variable

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Abstract: Affair becomes one of traumatic events for an individual which can cause stress. The purpose of this research was to find out the influence of self-compassion on posttraumatic growth on affair victim (the wife) with resilience as the moderation variable. This research employed quantitative method and the collected data were then processed statistically by using Moderated Regression Analysis (MRA). This study involved 100 victims of infidelity. The instruments used are self-compassion scale, posttraumatic growth scale; resilience. The research result proved that self-compassion was sufficient to help increasing posttraumatic growth on the wife who becomes a victim of an affair.

Keywords: Posttraumatic Growth; Resilience; Self-compassion

Introduction

Marriage is one of the stages of development experienced by someone who has entered adulthood. According to Law Number 1 of 1974 "marriage is a physical and spiritual bond between a man and a woman as husband and wife which aims to form a happy family or household based on the One Godhead". In married life, it is not uncommon for a husband and wife to encounter various problems, both external and internal, that cause conflict. Dewi & Basti (2011) state that in a relationship that exists between a man and a woman there will be conflict, even in a relationship that looks fine. One of the most common problems in the relationship between men and women is infidelity.

Infidelity is a betrayal of fidelity in a marital relationship. Based on data from JustDating, America is the country with the highest infidelity cases in the world. Meanwhile, within the scope of Southeast Asia, Thailand occupies the first position as the country with the highest level of infidelity reaching 50%, followed by Indonesia with the percentage of infidelity reaching 40%. The YouGov survey in 2019 revealed that as many as 20% of married men have had an affair, this figure is 2 times more than cases of infidelity committed by women. Infidelity that occurs is generally based on the desire to obtain personal satisfaction (Muhajarah, 2016). Infidelity is one of the most common reasons for the total

number of divorce cases nationally. The Religious Courts noted that from a total of 291,677 divorces in 2020, 34,700 divorces occurred due to infidelity (Jayani, 2021).

In addition to causing divorce, the infidelity experienced by a person can be a traumatic event that causes feelings of confusion, forgetfulness, anger, irritation, excessive worry and fear, sadness, hopelessness, and difficulty in dealing with stress to cause symptoms of depression and trauma (Driyah et al., 2019). In addition, individuals tend to feel isolated when facing a difficult situation that causes suffering. Feelings of failure, weakness, and difficulty due to bad experiences can lead to a tendency to blame oneself. To minimize the tendency to blame oneself, one thing that can be done is to cultivate *self-compassion*, namely acceptance, and compassion for oneself. *Self-compassion* is a psychological concept that effective for overcoming negative emotions and minimizing the possibility of the emergence of destructive behavior (Neff, 2011). Germer's research (2009), proves that *self-compassion* can minimize the impact of negative events experienced by someone. In line with Germer's findings, Nabilah (2021) through her research also proves that *self-compassion* has a significant effect on *posttraumatic growth*. This means that the better the self-compassion a person has, the easier it will be to get out of the trauma he experienced and grow in a more positive direction. In line with this, Mitchell et al., (2018) found that giving *self-compassion* can help reduce symptoms of *posttraumatic* stress and is effective in reducing symptoms of depression, and anxiety and increasing life satisfaction (Krieger et al., 2019).

Everyone has the abilities and capacities to be able to adapt to the problems and experiences in their life thus they can continue their life again. Resilience is a process when individuals have the will to bounce back after experiencing stress in their lives (Gill & Donaghue, 2016; Neenan, 2017; Waugh & Koster, 2015). Resilience can also be described as a dynamic process when an individual shows his adaptive function in dealing with suffering in his life which is very important for the individual (Schoon, 2006).

Individuals who successfully rise from the bad situation they experience will experience *post-traumatic growth*, which is a positive development phase experienced by individuals after experiencing traumatic conditions in their lives (Tedeschi dan Calhoun, dalam Zhai et al., 2019). Furthermore, according to Tedeschi and Calhoun, post-traumatic growth has two important definitions, namely 1) *Post-traumatic growth* can occur when a person experiences a very unpleasant or upsetting event. The onset of *post-traumatic growth* is not associated with low-stress levels or normal developmental processes. 2) Positive changes will be achieved after one struggles. Struggle refers to an attempt to come to terms with a person's past and future events in life that occur immediately after a severe trauma.

Schmuck (2020) revealed that infidelity in a marital relationship can cause *post-infidelity* stress disorder or stress disorder due to the unfaithfulness of a partner, where the prevalence of this disorder is estimated at 20 to 40 percent. This shows that an infidelity is a traumatic event for the wife as the victim and it is important for the victims to be able to achieve positive changes after experiencing the trauma. Changes that lead to a positive direction after a traumatic event is known as *Posttraumatic Growth* (Riffle et al., 2020). Without *posttraumatic growth*, a person will find it difficult to return to the post-traumatic life he experienced, especially in Indonesia, the rate of infidelity is still quite high and occupies the 2nd position in Southeast Asia.

Self-Compassion is one of the variables that play a role in the level of *posttraumatic growth* that is owned by a person. Based on research (Chi et al., 2021) shows as *self-compassion* has a relationship with *posttraumatic growth*. The purpose of this study was to examine the effect of *self-compassion* on *posttraumatic growth* in wives as victims of husbands' infidelity with *resilience* as a moderating variable. The rise of cases of infidelity and domestic violence which can be one the trauma triggers is the main reason for conducting this research. Through this research, it is hoped that it can help individuals who experience *posttraumatic stress* to be able to get out of the trauma experienced and return to life by becoming a better person.

Method

This study uses a quantitative methodology, involving a sample of 100 people who are victims of husbands' infidelity. The sampling technique used was purposive sampling with the following criteria: 1) Married women aged 19-40; 2) Have experience being a victim of infidelity. The data collection technique uses a scale created in a google form which is distributed through various social media platforms such as Instagram, Twitter, and WhatsApp. The instruments used are the self-compassion scale, post-traumatic growth scale, and resilience scale. The analysis used is Moderated Regression Analysis (MRA) which is used to assess whether the relationship between the independent and dependent variables increases or decreases in the presence of a moderating variable.

Results and Discussion

Based on the results of hypothesis testing which were analyzed using moderated regression analysis, the following results were obtained:

Table 1 Hypothesis Test Results

	Original Sample (O)	T Statistics (O/STDEV)	P Values	Description
Moderating Effect 1 -> Post Traumatic Growth Y	0.055	1.462	0.144	There is no correlation between self-compassion variable on post traumatic growth moderated by resilience.
Resilience M -> Post Traumatic Growth Y	0.579	6.514	0.000	There is a significantly positive correlation between resilience variable and post traumatic growth
Self-Compassion X -> Post Traumatic Growth Y	0.297	3.067	0.002	There is significantly positive correlation between self-compassion variable and Post-Traumatic Growth.

The results of the analysis showed that resilience did not have a significant affair on the relationship between self-compassion and post-traumatic growth, this is shown by the significant result of 0.144 ($0.144 > 0.05$). While resilience has a relationship with post-traumatic growth, it can be seen from the results of Sig. of 0.000 ($0.000 < 0.05$). Then self-compassion has a significant relationship with post-traumatic growth based on the Sig result of 0.002 ($0.002 < 0.05$). Thus when self-compassion is carried out, treatment does not require resilience to affect post-traumatic growth.

There is no correlation between *self-compassion* and *post-traumatic growth* moderated by *resilience*. It can be concluded that *self-compassion* is sufficient to influence the increase in *post-traumatic growth* in women who are victims of husbands' infidelity. Individuals with high levels of *self-compassion* will be able to gather resources for themselves when experiencing traumatic events thus they can better cope with stress (Chi et al., 2021). In this study, *resilience* is a moderating predictor variable that is not statistically significant but still plays a role in the relationship model (Ghozali, 2017).

There is a significant positive correlation between *resilience* and *post-traumatic growth*. The better *resilience*, the better the post-traumatic growth. Growth refers to a positive outlook and development after experiencing a period of trauma. The existence of positive growth after going through trauma can be influenced by *resilience* in oneself Levine

et al., 2009). *Resilience* is broadly defined as the ability to adapt to or bounce back from difficult life events (Wu et al., 2013) or a dynamic process that includes positive adaptation in the context of significant adversity (Southwick & Charney, 2012). *Post-traumatic growth* and *resilience* produce positive adaptations after experiencing a traumatic event. *Resilience* serves as a protective factor, positively associated with *post-traumatic growth* (Kong et al., 2018).

The variables of *self-compassion* and *Post-Traumatic Growth* have a significant positive relationship. The greater one's *self-compassion*, the greater one's *post-traumatic growth*. According to research findings (Nabilah & Kusristanti, 2022) in women who experience violence during a relationship, it also explains that *self-compassion* for victims affects the level of *post-traumatic growth*. *Self-compassion* will grow positively and can be linked to adaptive cognitive processes, this will increase *post-traumatic growth* in individual (Wong & Yeung, 2017).

Conclusions and Suggestions

Based on the results of research conducted on wives with victims of husbands' infidelity, it was concluded that *post-traumatic growth* is influenced by *self-compassion* and *resilience*. The hypothesis test conducted shows that *resilience* is not able to moderate the effect of *self-compassion* and *post-traumatic growth* on wives as victims of infidelity. *Self-compassion* is enough to help increase *post-traumatic growth* in wives who are victims of husband's infidelity.

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