

ABSTRAK

Penelitian ini bertujuan untuk menggambarkan *self-compassion* pada istri yang mengalami infertilitas. *Self-compassion* merupakan sikap welas asih terhadap diri sendiri saat menghadapi kesulitan, dan mencakup tiga aspek: *self-kindness*, *common humanity*, dan *mindfulness*. Penelitian ini menggunakan pendekatan kualitatif fenomenologis dengan lima subjek istri yang telah menikah lebih dari enam tahun namun belum memiliki anak. Data dikumpulkan melalui wawancara mendalam dan observasi. Hasil penelitian menunjukkan bahwa *self-compassion* para subjek pada aspek *self-kindness* tampak dari sikap yang tidak menyalahkan diri sendiri atas infertilitas yang dialami. Hal ini disebabkan tidak adanya tekanan dari pasangan dan keyakinan bahwa anak adalah rezeki dari Tuhan. Sebagian subjek menerima kekurangan dalam diri dan tidak menganggap ketiadaan anak sebagai kekurangan. Pada aspek *common humanity*, para subjek tidak merasa sendirian dalam menghadapi infertilitas karena melihat atau berinteraksi dengan orang lain yang mengalami hal serupa, baik di lingkungan sekitar, komunitas sosial, maupun media sosial. Dukungan pasangan menjadi faktor penting dalam membantu mereka menghadapi kondisi ini. Kelima subjek sudah mampu menerima keadaan sebagai takdir dari Allah, meskipun proses penerimaan itu tidak mudah. Pada aspek *mindfulness*, subjek menunjukkan kemampuan menyadari dan mengenali emosi negatif seperti sedih, kecewa, marah, dan iri. Mereka juga bersyukur atas kehidupan yang dimiliki, baik materi maupun non-materi. Kesimpulannya, *self-compassion* berperan sebagai sumber kekuatan psikologis bagi istri yang mengalami infertilitas yang diperkuat oleh dukungan sosial dan religiusitas dalam menerima kondisi sebagai bagian dari takdir Tuhan.

Kata kunci: Infertilitas, istri, *self-compassion*

ABSTRACT

This study aims to describe self-compassion in wives who experience infertility. Self-compassion is a compassionate attitude towards oneself when facing difficulties, and includes three aspects: self-kindness, common humanity, and mindfulness. This study used a phenomenological qualitative approach with five wife subjects who have been married for more than six years but have not yet had children. Data were collected through in-depth interviews and observations. The results showed that the subjects' self-compassion in the aspect of self-kindness appeared from an attitude that did not blame themselves for the infertility experienced. This is due to the absence of pressure from the partner and the belief that children are sustenance from God. Some subjects accepted the shortcomings in themselves and did not consider the absence of children as a shortcoming. In the aspect of common humanity, the subjects did not feel alone in facing infertility because they saw or interacted with other people who experienced similar things, both in the surrounding environment, social communities, and social media. Spousal support is an important factor in helping them deal with this condition. The five subjects have been able to accept the situation as a destiny from God, although the acceptance process is not easy. In the mindfulness aspect, the subjects showed the ability to realize and recognize negative emotions such as sadness, disappointment, anger, and envy. They are also grateful for the life they have, both material and personal. They are also grateful for the life they have, both material and non-material. In conclusion, self-compassion acts as a source of psychological strength for wives who experience infertility, which is strengthened by social support and religiosity in accepting conditions as part of God's destiny.

Keywords: Infertility, self-compassion, wife