

ABSTRAK

Pendamping korban di UPTD PPA menghadapi beban emosional yang tinggi akibat paparan cerita traumatis berulang, ancaman fisik, dan kompleksitas hukum, sehingga risiko kelelahan emosional dan kecemasan meningkat. *Self compassion* dianggap penting untuk menjaga kesejahteraan psikologis, karena membantu pendamping bersikap baik kepada diri sendiri saat menghadapi kesulitan, menyadari bahwa kesulitan merupakan bagian dari pengalaman bersama, serta menjaga kesadaran emosional untuk bertahan dalam tugas yang menantang. Penelitian kualitatif fenomenologi ini bertujuan untuk menggambarkan keterwujudan *self compassion* pada lima pendamping korban di Aceh Utara berdasarkan tiga aspek Neff yaitu: *self kindness*, *common humanity*, dan *mindfulness*. Data dikumpulkan melalui wawancara mendalam, observasi, dan triangulasi sumber dengan rekan kerja serta keluarga, pemilihan sampel menggunakan *purposive nonprobability*. Hasil menunjukkan beragam keterwujudan *self compassion* pada ketiga aspek. Pada *self kindness* teridentifikasi lima bentuk yaitu: penetapan batas emosional dan kerja, memberi waktu istirahat dan pemulihan, menghindari menyalahkan diri sendiri, berusaha memahami korban, dan tindakan aktif mencari solusi. Pada *common humanity* terwujud tiga bentuk yaitu: dukungan tim, perasaan tidak sendirian, dan pengakuan pengalaman bersama. Pada *mindfulness* terungkap lima bentuk yaitu: kesadaran kondisi emosional, kesadaran beban kerja, pengakuan keterbatasan peran, pemahaman makna pekerjaan, dan kesadaran terhadap dampak tugas terhadap diri. Penelitian juga mengidentifikasi tantangan kontekstual, seperti tumpang tindih sistem hukum, ancaman fisik, dan keterbatasan dukungan institusional, yang memengaruhi pembentukan *self compassion*. Berdasarkan hasil penelitian dapat disimpulkan bahwa kelima pendamping di UPTD PPA Aceh Utara memiliki dan terus mengembangkan *self compassion* sebagai kemampuan yang membantu mereka bertahan dalam menghadapi beban pekerjaannya. Oleh karena itu penting untuk memperkuat kemampuan *self compassion* secara terstruktur dan resmi untuk meningkatkan kesejahteraan pendamping dan efektivitas layanan perlindungan korban.

Kata kunci: *fenomenologi, kekerasan, pendamping, self compassion, UPTD PPA.*

ABSTRACT

Victim advocates at the UPTD PPA face high emotional burden due to repeated exposure to traumatic narratives, physical threats, and legal complexity, which increases their risk of emotional exhaustion and anxiety. Self compassion is considered important for maintaining advocates' psychological well being because it helps them be kind to themselves when facing difficulties, recognize that suffering is part of a shared human experience, and maintain emotional awareness to endure challenging work. This phenomenological qualitative study aims to describe the manifestation of self compassion among five victim advocates in North Aceh based on Neff three components: self kindness, common humanity, and mindfulness. Data were collected through in depth interviews, observation, and source triangulation with colleagues and family: sampling used purposive nonprobability sampling. The results show various manifestations of self compassion across the three aspects. In self kindness, five forms were identified: setting emotional and work boundaries, allowing time for rest and recovery, avoiding self blame, striving to understand the victim, and actively seeking solutions. In common humanity, three forms emerged: team support, feeling not alone, and recognition of shared experience. In mindfulness, five forms appeared: awareness of emotional state, awareness of workload, acknowledgment of role limitations, understanding the meaning of the work, and awareness of the task's impact on oneself. The study also identified contextual challenges, such as overlapping legal systems, physical threats, and limited institutional support, that influence the development of self compassion. Based on the findings, it can be concluded that the five assistants at UPTD PPA North Aceh possess and continue to develop self compassion as a capacity that helps them endure the burdens of their work. Therefore, it is important to strengthen self compassion capacities in a structured and formal manner to improve advocates' well being and the effectiveness of victim protection services.

Keywords: caseworkers, phenomenology, self compassion, UPTD PPA, violence