

Does Self-Compassion affect the Stress on Married Women Workers ?

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Abstract. One's response to stress is certainly different. Everyone has preparation in facing reality so that they can receive the preparation and create a sense of self-compassion. This study aims to determine the effect of self-compassion on stress. The subjects in this study were 60 married women workers. The measurements for this study was conducted by means of SCS (Self Compassion Scale), and DASS-21 scale (Depression Anxiety Stress Scales) for stress measurement. The data analysis was conducted by using regression analysis. The study found that the self-compassion had significant coefficient effect on stress. Therefore, the hypothesis proved that self-compassion has a negative and significant effect on stress, which means that the higher the level of self-compassion, the lower the level of stress in married women workers. The suggestions for further research are included in the discussion.

Keywords: Self-compassion, stress, married women

Introduction

Many activities in humans demands someone to make a choice. If these demands increase, it can be causes of stress. More activities carried out the chances are higher for experiencing stress. Stress can be described as individual circumstances resulting from their interaction with the environment is considered too demanding and pose a threat to the welfare (Bluth et al., 2016; Sadaghiani, 2011).

Society must know and be familiar with stress, not just to see the news in the media, reading a newspaper, article or listen to the radio with the topic of stress. This is become interesting to anyone, especially for working women, so the stress effects can give negative impact on family harmony, physical and psychological (Bakhshizadeh, Shiroudi, & Khalatbari, 2013; Sirois, Molnar, & Hirsch, 2015)

The factors that may affect mothers in parenting stress experienced included child's behavior, interaction between parents and children and the characteristics of the environment where the parents live and work (Breines et al., 2015; Subramanian & Vinothkumar, 2009). However, it is different for women who are capable of running well in the role of family and have role in their job, so it can make them have the satisfaction of personally and psychologically they will feel prosperous.

Everyone has preparation in facing the reality of a choice, whether it is a bad event or a good event, so that the preparation to accept this can lead to self-compassion. Self-Compassion referred to anticipate the threats and safeguards that affect behavioral and cognitive processes (Neff & Pommier, 2013). Psychological well-being can be derived from a concept of love that involves attention to oneself.

Literature review

Self compassion referred to anticipate the threats and safeguards that affect behavioral and cognitive processes (Neff, Rude, & Kirkpatrick, 2007). The reactions of the body during stress that we often see when facing psychological stress on the physical such as fighting, running or choosing to be silent, for example embarrassing forms and painful thoughts or feelings. Therefore, when stress occurs, the compassion that is owned by someone can help people reduce or even avoid it.

The findings from previous studies conducted by Neff and colleagues emphasized that the high value of compassion for oneself is positively related to psychological prosperity, self-conception, autonomy, purpose in life, reflective and affective wisdom, happiness, optimism and negatively related to self-criticism, neuroticism, anxiety, depression, stress, neurotic perfectionism, reflection and emphasis on thinking. So that, the potential benefits of increasing compassion towards individuals will increase the psychological prosperity and reduce depression, anxiety and stress (Neff et al., 2007; Raes, Pommier, Neff, & Van Gucht, 2011). The function of self-compassion is as an adaptation strategy to organize the emotions by reducing negative emotions and increasing positive emotions in the form of goodness and relationships. Individuals who care about themselves are more likely to be able to learn from failure and are more motivated to try again.

Positive emotions will give a boost to someone to be able to avoid stress. Job and family are two important aspects in women's lives. Traditionally, the main responsibilities of women are considered as family care, including house, serving their husband and childcare. Stress at work can have a negative impact on the family. The many work conditions causes stress among women,

these work conditions such as lack of control over work, confusion over roles and conflicts, poor relationships with colleagues, job insecurity and time to work and repetitive and boring work. Job stress is also often associated with depression, cardiovascular disease and exhaustion (Sumra & Schillaci, 2015).

Stressful conditions have two components physical and psychological that involve how individuals feel the situation in their lives. This component can be seen in three approaches: first focusing on the environment in which stress is seen as a stimulus, the second approach treats stress as a response that focuses on person's reactions to the stressor. The third approach describes stress as a process. Everyone is different for tension experience from the same stressor (Sarafino & Smith, 2008).

Demonstration of simple stress may be a bad temper while severe appearance may be an act of violent behavior. Stressors can be positive or negative based on how people react. Positive stress is known as eustress and negative stress as distress. Positive stress encourages someone to achieve something better. However, if this stress exceeds the required level it can cause difficulties. Perceptions of stress vary between individuals and they have different stress resistance because some tend to work better under pressure, while others are unable (Latha, 2014).

The ability to sense the feelings of other individuals and the growing generosity of acceptance of yourself, emotionally and cognitively top self experience and awareness to not avoid unpleasant experience over Self-acceptance that later gave rise to the term self-compassion (Bluth et al., 2016; Samaie & Farahani, 2011). Self-compassion will help individuals not tend to fight the emotional discomfort and can help reduce the feeling of appeasement, fear and solitude (Raes et al., 2011)

Individuals who have a sense of affection are less likely to rate the emphasis towards the situation that threatened them, thus reducing the signals from the central nervous system is responsible for starting the biological stress response. In the previous research it is suggested that individuals who have a sense of affection towards themselves tend to use more adaptive coping strategies, with the role of positive cognitive restructuring when faced with stress (Breines et al., 2015).

So from the above explanation, it can be concluded that a person who has self-compassion in themselves would be able to think positively, not burden themselves and realize that any problems that occur in life can be overcome, which may help the individual to not constantly think of negative result in stress. It can be seen through some of the results of previous research, that self-compassion is very important in oneself and how they are realized as well as develops in everyday life, especially on a woman who raises a family. Then the researchers were interested to see how is the relationship between self-compassion and stress in women who have families and have a job.

Methods

This research is conducted by means of quantitative approach. This research obtained and presented as a calculation of numbers and measurements, so its known as quantification of an event.

The data collection in this study was conducted on 11 May 2018. The criteria for the respondents are married and working women of 60 people and the sampling method in this research is using incidental sampling. This research study used to test the hypothesis that is, there is influence between self-compassion with stress. The subjects of the study are 60 people who are married and working women. The sampling method in this study was conducted by using incidental sampling where the determination of the sample is based on chance, that the subject meet the researcher it can be used when the person is in accordance with the specified criteria.

The measurements were made by spreading a questionnaire that is using the SCS (Self Compassion Scale) scale with 26 items developed by (Neff, 2003), a scale for stress using the DASS-21 (Depression Anxiety Stress Scales) by (Lovibond, 2010). The scale uses a Likert scale, which using four choose strongly agree, agree and disagree, strongly disagree.

Research Analysis was conducted by using SPSS with regression analysis method and this technique was used to test an effect of dependent variable (stress) and independent variable (self Compassion).

Result

Self Compassion that had an effect towards stress and p score was 0,000 (p,0,05) in ANOVA table, which signifies there was a significant effect. Moreover, regression p coefficient score was 0,000 (p,0,05) and t 4,85 score was $t > 1,96$ and $p < 0,05$ proved that independent variable (IV) had regression coefficient that influenced to Dependent Variable (DV) significantly. Consequently, self-Compassion was confirmed had a negative and a significant relationship, which means the higher self-Compassion, and thus the lower stress, was felt. Besides, the lower self-Compassion, and thus the higher stress, so the hypothesis was accepted.

This research was set out to recognize if there is any relationship between self-compassion and stress in women who have a family. Based on test results, the researcher found that there was significantly a negative relationship between self-Compassion and stress in women who have a family. Therefore, if someone has self-compassion, it means he or she will tend to be inexperienced in stress.

This result was supported by previous research that was conducted by (Allen & Leary, 2010). They argued that people who had high self-compassion would treat themselves nicely without pain when they had a negative accident. Thus, they understand every negative event could give positive lesson for them and tried to face the events without avoidance or escaping.

Conclusion

By virtue of the research result under the title “Does Self-Compassion affect The Stress On Married Women Workers?”, it has been achieved that there was a negative effect between self-compassion and stress in women who have a family in first hypothesis. It can be concluded that the higher self-compassion, and thus the lower stress. On the other words, if self-compassion has low number, the women’s stress will increase.

For reader who wants to know variable deeply, the researcher suggests to do further research about the problem, which related to this research, with more literature and heed about some weaknesses in this research. Than the application of some languages in the scale might be influencing some subjects with condition and time when he or she filled the scale and the characteristic of research subject must be more specific and adapted with the variable

For married women, the researcher suggests to improve self-compassion on themselves in order to avoid stressful experience, so that it can give an impact on the environment and people who are close to them. Furthermore, coping strategy in facing stress is needed to abstain from stress.

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