THE EFFECTIVENESS OF SELF-COMPASSION TRAINING TO INCREASE THE RESILIENCE IN WIVES WHO HAVE DRUG ADDICTED HUSBANDS IN THE DISTRICT AREA OF AUR MEDAN MAIMUN

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ABSTRACT

The primary aim of this study is to evaluate the effectiveness of self-compassion training in enhancing the resilience of wives who have husbands struggling with drug addiction in the Aur Medan region. The proposed hypothesis in this research suggests that a substantial distinction exists in the levels of resilience among wives with drug-addicted husbands before and after undergoing self-compassion training. The hypothesis posits that the resilience of these wives will witness an increase subsequent to the self-compassion training. Employing a pre-experimental design with a one-group pretest-posttest setup, the collected data was subjected to the Shapiro-Wilk normality test, with data being considered normally distributed when the resultant significance value is $p > 0.05$. Analysis of the pretest data produces a p-value coefficient of 0.969 ($p > 0.05$), and the posttest data yields a p-value coefficient of 0.094 ($p > 0.05$), indicating conformity to normal distribution. The research methodology adopts a quantitative approach, employing the paired sample T-Test analysis technique with the support of SPSS (Statistical Product and Service Solution) version 26. The criteria from the paired sample T-Test result in a significance value of 0.000. A value of Sig.<0.05 entails the endorsement of the hypothesis, signifying that self-compassion indeed contributes to the augmentation of resilience. Thus, it can be concluded that the levels of resilience increase subsequent to the engagement in self-compassion training, as compared to the period preceding the training.

Key Words: Resilience, Self-Compassion