

The Relationship between Self-Compassion and Prosocial Behavior in Late Adolescents in DKI Jakarta

Keisha Putri Amara¹, Amearah Bellarosa Yosza², Naomi Lamria Lisbet Naibaho³

Faculty of Psychology, Master of Professional Psychology, Persada Indonesia University YAI

Email: keishaamara@gmail.com¹, amearah.bellarosa@gmail.com², naomilamria07@gmail.com³

Abstract

This study aims to determine the relationship between self-compassion and prosocial behavior in late adolescents in DKI Jakarta. The researcher employed a quantitative approach and utilized purposive sampling to select 400 subjects aged 18-21 years who lived in DKI Jakarta. Data were collected using the Prosocial Behavior Scale (PBS) and the Self-Compassion Scale (SCS). The data processing involved hypothesis testing through the Pearson correlation test. The results revealed a significant positive relationship between self-compassion and prosocial behavior, with a correlation coefficient of $r = 0.107$ and a p-value of 0.032, which is less than the significance level of 0.05. These findings suggest that higher levels of self-compassion are associated with greater prosocial behavior in late adolescents in this region. This research highlights the importance of fostering self-compassion as a potential means to enhance prosocial behavior among adolescents. Given the cultural context of DKI Jakarta, where communal values and social harmony are emphasized, self-compassion may play a crucial role in promoting positive social interactions and behaviors. Future studies could further explore the underlying mechanisms of this relationship and consider interventions to cultivate self-compassion in adolescents to support their social development and well-being.

Keywords Prosocial behavior, self-compassion, late adolescence.

INTRODUCTION

According to Hurlock (2003) Adolescence is a period experienced by individuals aged 12-21 years. Adolescence is divided into three phases, namely early adolescence starting from the age of 12-15 years, middle adolescence starting from the age of 15-18 years, and late adolescence starting from the age of 18-21 years. Adolescence is a transition period from children to adults. For a teenager to become an adult, they also go through several developmental tasks. One of the developmental tasks that teenagers need to achieve is adjusting to the social environment. It is important for teenagers to be able to apply the values and norms that exist in society, such as attitudes of helping, working together, empathy and caring for others. These attitudes can also be called prosocial behavior.

According to Eisenberg & Mussen (1989), prosocial behavior is a voluntary action in helping or benefiting another individual. Based on Greener (2000), prosocial behavior includes attitudes of helping, sharing, volunteering, and altruism. Prosocial behavior in adolescents is quite different from adults. In adolescents, prosocial behavior is more focused on direct behavior, such as helping or pleasing friends, because adolescents interact more with peers (Crick & Grotpeter, 1995; Rahajeng & Wigati, 2018).

Savitri (2014) revealed that the prosocial behavior of teenagers in cities tends to be lower than that of teenagers in villages. One of them occurred in the city of Jakarta, this can be seen from the phenomenon that occurred on the commuter line. In the commuter line, teenagers were seen who did not want to give up their seats to people in need (Situmorang,



2014). In line with this phenomenon, research conducted by Zahra (2014), shows that students in Jakarta have low altruism, namely 59.2%. In line with previous research, research conducted by Setio (2016), shows that prosocial behavior of students in Jakarta is in the low category at 54.7%. It can be seen from the existing phenomena and research results that there are still many teenagers who have low prosocial behavior, especially teenagers in Jakarta.

The low prosocial behavior of teenagers makes them need to increase this prosocial behavior. Prosocial behavior can have many positive impacts on teenagers themselves. One of them is that teenagers will tend to show positive behavior that is in accordance with existing norms in society, so that they will be more accepted in society (Megawati & Herdiyanto, 2016). There are several factors that influence individuals to behave prosocially, including personal benefits, values, personal norms, and empathy (Staub, 1979).

Empathy is one of the important factors that influences individuals to behave prosocially. Empathy is an individual's ability to feel the suffering of others, as if he felt his own suffering (You, 2010). Empathy can make individuals better understand and feel connected to other people's suffering (Susilarningsih, 2015). This makes individuals understand that suffering, failure and shortcomings are part of the human condition (Neff, 2003b). It is this understanding that makes everyone worthy of compassion, including compassion for oneself (Neff, 2003b). The concept of compassion for oneself is better known as self-compassion.

Self-compassion is an individual's kind and compassionate attitude towards himself and understanding the suffering he is experiencing (Neff, 2003a). The individual does not criticize himself harshly and understands that the experiences are part of the human experience (Neff, 2003a). The main aspects of self-compassion are divided into three, namely self-kindness, common humanity, and mindfulness (Neff, 2003a). Self-compassion enables individuals to manage emotions and reduce negative feelings such as feelings of hatred, revenge, envy and fear, in facing the suffering or situation they are experiencing (Goleman, 2003). This is done to maintain self-compassion and avoid unrealistic thoughts (Allen & Leary, 2010). It can be said that self-compassion can improve an individual's mental health.

Self-compassion It can also help individuals raise awareness not to judge other people (Chen & Jordan, 2020; Yang et al., 2019). The results of research conducted by Welp & Brown (2014) show that individuals who have high self-compassion will be more likely to carry out helping behavior towards individuals who are experiencing difficulties. It can be said that self-compassion is positively related to several social behaviors, such as perspective taking and altruism (Neff & Pommier, 2012).

Another social behavior that shows a positive relationship with self-compassion is prosocial behavior. This is supported by research conducted by Yang et al. (2019), shows that self-compassion is positively related to prosocial behavior in adolescents. Similar research was also carried out by Marshall et al. (2020), which shows that self-compassion is positively related to prosocial behavior. It can be said that self-compassion has a positive relationship with prosocial behavior in adolescents. However, there is still no research related to self-compassion and prosocial behavior in Indonesia.

Based on the phenomena described above, teenagers currently have low prosocial behavior, especially in DKI Jakarta. In line with this, teenagers should have high levels of prosocial behavior, especially in their late teens (Eisenberg et al., 1995). Therefore, researchers need to study further the prosocial behavior of late adolescents from a self-compassion perspective. Individuals who have self-compassion will not only focus on themselves, but also increase prosocial behavior. Therefore, researchers are interested in examining the relationship between self-compassion and prosocial behavior in late adolescents in DKI Jakarta.

LITERATURE REVIEW

Self-Compassion

Self-compassion, a concept introduced by Kristin Neff (2003), refers to the way individuals relate to themselves in times of suffering, failure, or perceived inadequacy. It comprises three core components: self-kindness versus self-judgment, common humanity versus isolation, and mindfulness versus over-identification. Self-compassionate individuals treat themselves with kindness and understanding, recognize their experiences as part of the larger human experience, and hold their painful thoughts and feelings in balanced awareness. Research has demonstrated that self-compassion is linked to numerous positive psychological outcomes, including greater emotional resilience, reduced anxiety and depression, and improved overall well-being (Neff, 2011).

Prosocial Behavior

Prosocial behavior encompasses voluntary actions intended to benefit others, such as helping, sharing, comforting, and showing empathy (Eisenberg & Mussen, 1989). In adolescents, prosocial behavior is critical as it fosters social integration and well-being and is indicative of positive social development (Padilla-Walker & Carlo, 2014). Factors influencing prosocial behavior include empathy, moral reasoning, and socialization practices, with higher levels of prosocial behavior associated with positive outcomes such as better peer relationships and academic performance (Eisenberg et al., 2006).

Self-Compassion and Prosocial Behavior

The link between self-compassion and prosocial behavior has gained increasing attention in psychological research. Self-compassion is thought to enhance prosocial behavior through several mechanisms. First, self-compassion reduces self-focused distress, allowing individuals to be more attuned to the needs of others (Neff & Pommier, 2013). Second, self-compassion fosters a sense of connectedness and common humanity, which can increase empathetic concern and altruistic behavior (Neff, 2003). Third, by promoting emotional resilience, self-compassionate individuals may be better equipped to engage in prosocial actions even when facing personal difficulties (Neff & Germer, 2013).

Studies have shown that individuals with higher levels of self-compassion tend to exhibit more prosocial behaviors. For instance, Neff and Pommier (2013) found that self-compassion was positively correlated with empathetic concern and altruism in both adults



and adolescents. Similarly, research by Breines and Chen (2013) indicated that self-compassion can lead to increased prosocial behavior by reducing negative emotions and fostering positive self-regard.

Adolescence and Developmental Context

Adolescence is a critical period for the development of both self-compassion and prosocial behavior. During late adolescence, individuals experience significant cognitive, emotional, and social changes that influence their self-concept and interpersonal relationships (Steinberg, 2005). In this developmental context, self-compassion can play a vital role in helping adolescents navigate challenges and build healthy social connections (Bluth & Blanton, 2014).

Cultural Considerations in DKI Jakarta

Understanding the relationship between self-compassion and prosocial behavior in late adolescents in DKI Jakarta requires consideration of cultural factors. Indonesia, including its capital DKI Jakarta, is characterized by a collectivist culture that emphasizes interdependence, community orientation, and social harmony (Hofstede, 2001). In such cultural settings, prosocial behavior is highly valued, and self-compassion may be particularly beneficial in promoting these behaviors by aligning with cultural norms of empathy and communal support.

METHOD

This study uses a quantitative approach. The type of research used is correlational research. In collecting samples, the technique used in this research was non-probability sampling. The non-probability sampling technique used is purposive sampling. In this study, researchers used 400 late adolescent subjects aged 18-21 years and domiciled in DKI Jakarta.

The data collection technique in the research is using a questionnaire. There are two questionnaires used in this research, for prosocial behavior the measuring instrument that will be used is the Prosocial Behavior Scale (PBS) from Caprara et al. Meanwhile, to measure self-compassion, use a measuring instrument from Neff, namely the Self-Compassion Scale (SCS).

RESULTS AND DISCUSSION

Researchers tested the instrument on 400 subjects, researchers obtained validity and reliability results for the instruments used. The reliability value obtained from the test results for the Prosocial Behavior Scale (PBS) was 0.868. Then for the Self-Compassion Scale (SCS), the reliability value obtained was 0.886.

Next, researchers processed the data using SPSS software. The linearity test is carried out to see whether there is a relationship between two variables that is classified as linear or not (Suryaratri, 2015). The results of this linearity test show a linear relationship between prosocial behavior and self-compassion, namely $0.028 < 0.05$. Then, the researchers also carried out a correlation test to see whether there was a relationship between these variables,

that prosocial behavior with self-compassion had a p value of $0.032 < 0.05$ and r of 0.107. It can be interpreted that these two variables have a relationship or are correlated with each other. The relationship between the two variables has a positive relationship.

The results of this research show that H_0 is rejected, and H_a is accepted. It can be interpreted that there is a relationship between self-compassion and prosocial behavior in late adolescents in DKI Jakarta. This presentation is in line with research conducted by Yang et al. (2019) And Marshall et al. (2020), that self-compassion is positively related to prosocial behavior in adolescents. Individuals who have high self-compassion will have greater empathy and compassion for other people. Where he sees other people's suffering objectively and do not judge the person's suffering (Neff, 2003b). This is what makes individuals tend to act kinder towards other people, just like towards themselves. In line with what was explained by Neff (2003a), that common humanity will make it easier for individuals to give kindness and recognize other people when they are suffering, so they will be more moved to help them.

Common humanity is one aspect of self-compassion related to how individuals understand their failures and suffering as part of the conditions experienced by humans in general. Therefore, individuals can better understand the suffering of others and become more sensitive to the suffering that person feels. This is what makes individuals motivated to carry out prosocial behavior. Therefore, individuals who have self-compassion with high levels of common humanity will be more concerned about the welfare of others, including compassion for humanity, which will have an impact on individuals to behave prosocially. This presentation is also in line with research Welp & Brown (2014), which suggests that self-compassion has a positive relationship with prosocial behavior, especially compassion for humanity.

Another aspect of self-compassion that can encourage individuals to behave prosocially is mindfulness. Mindfulness is an individual's awareness of balancing his feelings and thoughts in stressful situations or suffering. Mindfulness can make individuals more sensitive to their surroundings, so that they are not focused on themselves (Wiguna & Theresia, 2020). Apart from that, individuals who have high levels of mindfulness can encourage them to behave prosocially, because prosocial behavior is always carried out with awareness of the situation they are facing or other people. In line with research Steffen & Masters (2005), shows that individuals who have mindfulness have a positive relationship with empathy, where individuals will display behavior to help others in reducing the burden on that person. This means that individuals who have high self-compassion, especially mindfulness, can increase prosocial behavior.

The limitation of this research is that comprehensive data analysis using qualitative methods has not been carried out, in seeing how individuals have high prosocial behavior or high self-compassion. One example of data analysis that can be carried out is using the Spradley model, namely domain analysis, taxonomic analysis, componential analysis and cultural theme analysis. (Sugiyono, 2015). Apart from the Spradley model, you can also use other data analysis models that support qualitative methods.



CONCLUSION

Based on the results of the data analysis that has been carried out, it can be concluded that there is a positive relationship between self-compassion and prosocial behavior in late adolescents in DKI Jakarta. It can be interpreted that the higher the self-compassion, the higher the prosocial behavior in late adolescents in DKI Jakarta.

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