

The Moderating Role of Timespan since Parental Divorce on the Relationship between Self-Compassion and Anxiety

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Abstract: This study aims to find out the relationship between self-compassion and anxiety on how young adults experience divorce from both parents. The total number of participants was 66 people and young adults aged 18-25 years. Compassion is measured using the Self-Compassion Scale-Short Form (SCS-SF), anxiety is measured using the State-Trait anxiety Inventory Trait Scale (STAI-T). The results showed that there was a significant negative relationship between self-compassion and anxiety in young adults who experienced divorce from both parents. Then it was found that anxiety was higher in participants who had taken an undergraduate or diploma education compared to participants who had just taken high school education and equivalent.

Keywords: Self-compassion, anxiety, trait anxiety, parental divorce, emerging adults, timespan

I. PRELIMINARY

The trend of divorce in Indonesia is increasing every year. In 2018, Indonesia's divorce rate reached 408,202 cases, an increase of 9% compared to the previous year. The biggest cause of divorce in 2018 was constant disputes and quarrels with 183,085 cases. Economic factors ranked second with 110,909 cases. While other problems are husband/wife leaving (17.55%), domestic violence (2.15%) and getting drunk (0.85%) (Jayani, 2020). This is certainly a fact that is quite worrying regarding the condition of the family in Indonesian society.

The family according to Hill (1998) is a household that is related by blood or marriage or provides the implementation of basic instrumental functions and expressive functions of the family for its members who are in a network. In terms of family membership, the family can be divided into two groups: the nuclear family and the extended family. According to Mattessich and Hill (1987), the family is a group that has very close kinship, residence, or emotional relationships that exhibit four things (i.e. intimate interdependence, maintaining selected boundaries, being able to adapt to change and maintaining identity). all the time, and doing family chores).

Divorce is the breaking of marital ties between husband and wife with a court decision and there are sufficient reasons that between husband and wife will not be able to live in harmony again as husband and wife (Soemiyati, 1982). On the other hand, it is possible that children born as long as they live as husband and wife will be included with one of their

parents, either following their father or mother (Olson & DeFrain, 2003). According to experts, such as Turner & Helms (1995), Sudarto & Wirawan (2001), there are several factors that cause divorce, namely a) verbal violence, b) economic problems or violence, c) involvement in gambling, d) involvement in alcohol abuse) infidelity. However, they did not clearly specify the causal factors.

Divorce certainly has more negative impacts on children, including feeling embarrassed by the experience of parental divorce, getting angry easily if other people's wishes are not in accordance with your own wishes, having difficulty focusing on something, losing respect for parents and blaming parents easily. does something that is not good, is often insensitive to the environment, has no ethics in society, does not have a purpose in life, wants to win on their own, feels insecure about the environment because there are no parents who fully protect them. The positive impacts that arise are in the form of becoming more independent, trained in daily activities, quickly rising if experiencing a downturn (Untari, Putri, & Hafidudin, 2018).

As for the negative impact on the psychology of children at the age of young adults whose parents are divorced, one of them is the growth of anxiety. The breakdown of the family structure that provides support and protection for the child often triggers a period of disorganisation in the child's life (Kelly & Wallerstein, 1976). Anxiety is defined as concern over problems that need to be anticipated in the future (Kring, Johnson, Davidson, & Neale, 2014). In their clinical observations, Kelly and Wallerstein (1976) concluded that children of divorced parents feel anxious about the imbalance of their parents' divorce cases. Some children may feel responsible for the divorce and feel hurt by this conflict. As a result, they may be prone to feelings of guilt and anxiety when faced with changes in their family (Wallerstein & Kelly, 1980).

Next, based on the results of research analysis that has been carried out by Ningsih (2014) on children who are victims of divorce at SMPN 3 Kepanjen Malang Regency, the number of students who are in the high anxiety category level is 62.5%, while the medium category is 25.0% and the low category is 12.5%. From the results of the analysis, on average, children who are victims of divorce have high anxiety categories.

The results of another study showed that children from divorced families had higher levels of anxiety than their friends from intact families. These children also have fewer close friends and generally do not engage in activities as much as their friends. Increased levels of anxiety can also affect a child's ability to concentrate at school or even decrease their desire to attend school. This causes children to feel that their cognitive abilities are declining (Wyman, Cowen, Hightower, & Pedro-Carroll, 1985).

Although the majority of research on divorce shows that divorce will have an impact on increasing anxiety in children (Gill, Chan Watson, & William, 2018; Hoyt, Cowen, Pedro-Carroll, & Alpert-Gillis, 2010) some of whose findings show that children who are victims of divorce aged 18-32 years have lower personal relationship anxiety than children from normal families (Riggio, 2004). This is because someone who has been separated from his parents will get used to feeling lonely in social life, so he does not worry if he is left behind or not accepted by his peers.

Anxiety can be defined as fear, tension, or discomfort that comes from anticipating internal or external danger (American Psychiatric Association, 2013). Anxiety disorders include disorders characterised by excessive fear and anxiety and other related behavioural disorders. Fear is a real or perceived emotional response to an imminent threat, whereas anxiety is the anticipation of a threat that is expected to come in the future. It is generally agreed that Anxiety is divided into 2, first as an emotional state (A-State), consisting of feelings of tension and fear and increased activity of the autonomic nervous system. The term anxiety is also used to refer to individual differences in the tendency to feel anxious in their personality. People who have a high anxiety personality (A-Trait) are more likely to have real A-States than people who do not have an anxious personality (low A-Trait) (Spielberger, 1966).

Werner, Jazaieri, Goldin, Ziv, Heimberg, & Gross (2012) in their research stated that self-compassion is something unique and a predictor of social anxiety after controlling generalised anxiety and depression (Werner et al., 2012). Self-compassion itself is a process of understanding without criticism of suffering, failure, or self-inability by understanding that these three things are part of the experience as humans in general. Self-compassion means having the sensitivity and openness to understand one's own suffering, by not avoiding or disconnecting from that suffering, thereby generating a desire to alleviate suffering and heal oneself with kindness. Self-compassion also involves the ability to understand one's pain, shortcomings and failures, without being judgmental so that one's experience is seen as part of a larger human experience (Neff, 2003).

Self-compassion has also been shown to be a better predictor of various other variables that have been studied regarding its relationship with anxiety. Finding research from Van Dam, Sheppard, Forsyth, & Earleywine (2011) shows

that self-compassion (as measured by the SCS) is a stronger predictor of symptoms of depression, anxiety and quality of life than "dispositional" mindfulness (as measured by MAAS).

Self-compassion consists of three main components: The first component (a) Self kindness or kindness to ourselves in the face of pain or failure, we respond to it by being kind and understanding to ourselves, not criticising ourselves. The second component is (b) Common humanity or considers one's experience as part of a larger human life experience and does not see it as a separate and isolated experience. The third component (c) mindfulness or efforts to control negative thoughts and feelings that arise with a balanced awareness rather than too identifying with these negative thoughts and feelings (Neff, 2003). The role of the time span of the divorce of both parents still needs to be studied more because it could be that the longer the time span of the divorce of both parents that has been passed by the participants can reduce their anxiety level, because over time they are able to grow self-compassion. Another possibility is that the longer the time span from the divorce of both parents actually increases the anxiety level of the participants, because the smaller their age when they experience the divorce of both parents, the greater the anxiety experienced, as research conducted by Kelly & Wallerstein (1976); Blakeslee & Wallerstein (1989).

Seeing the importance of self-compassion in young adults whose parents are divorced, it is necessary to find out how self-compassion is related to anxiety. Existing research has only described the relationship between self-compassion and anxiety (Muris, Meesters, Pierik, & De Kock, 2016), as well as divorce and anxiety (Hoyt, Cowen, Pero-Carroll, & Alpert-Gillis, 1990), and recently trying to explain to teenagers, not yet specifically among young adults whose parents experienced divorce. In addition, it is also necessary to find out the moderating role of the time span since the divorce of parents on the relationship between self-compassion and young adult anxiety. Because so far there has been no research that has really analysed the moderating role of the time span of parents' divorce on the relationship between self-compassion and anxiety in young adults.

II. THEORETICAL REVIEW

According to Spielberg (1966) Anxiety is most often used to show reactions or emotional states that are complex and have varying intensity, and fluctuate from time to time. Anxiety functions as an intrapsychic process or situational pressure that suppresses an individual (Spielberger, 1966). The research of Cattell & Scheier (1961) provides empirical evidence to support the notion of different types of anxiety concepts. Through factor analysis, they extracted two different anxiety factors, namely trait anxiety and state anxiety. They define chronic anxiety (trait) as a relatively permanent (stable) personality characteristic, and temporary (state) anxiety as a condition that varies over time and from day to day. It is generally agreed that anxiety is an emotional state (A-State),

consisting of feelings of tension, fear, and increased autonomic nervous system activity.

The term "anxiety" is also used to refer to individual differences in the level of anxiety susceptibility as a personality trait of each individual. People who have high anxiety traits (A-Trait) are more likely to show a state of anxiety than people who do not have anxiety traits (low A-Trait). Neurotic individuals with high A-Trait are better able to respond to situations that threaten self-esteem with a greater increase in intensity on the A-State than people who have low A-Trait anxiety. Neurotic individuals also have a greater tendency to feel worried than non-neurotic individuals, even in the presence of little or no external stressor.

A number of empirical data consistently support the finding that anxiety disorders have an early onset in childhood and adolescence and run chronically into adulthood (Achenbach, Howell, McConaughy, & Stanger, 1995). Thus, anxiety-related disorders in adolescents have long-term implications for daily functioning in adulthood (Kendall, 1992). Research shows there is potential to show that a person's symptoms of anxiety actually worsen over time (Kendall, 1994) and lead to more serious consequences in adulthood, such as continuing anxiety disorders, major depression, suicide attempts, and psychiatric hospitalization. (Achenbach et al., 1995).

Symptoms of high anxiety are usually found in almost all people with emotional disorders. From a psychoanalytic perspective, Freud (1936) considered anxiety as a "fundamental phenomena and major problems of neurosis". Based on data from daily life observations and recent research findings suggest that problems with anger also exist in high-anxiety individuals (Deffenbacher, 1992).

Depression is also closely related to anxiety. Both Darwin and Freud recognized that depression generally results from the interaction of anxiety and anger. Like anxiety and anger, symptoms of depression vary in severity, from feeling sad or gloomy for a relatively short time, to long-lasting hopelessness, extreme guilt, and thoughts of death that could lead to suicide.

Other studies have also shown that the harm avoidance temperament dimension has a positive correlation with trait anxiety (Jiang, Sato, Hara, Takedomi, Ozaki, & Yamada, 2002). In addition, it was also found that individuals with high trait anxiety tend to show harm avoidance in their temperament, have low self-directedness scores and are very vulnerable to life pressures, which in turn results in fatigue (Jiang, et. al., 2002).

In addition, there is also a relationship between social withdrawal and anxiety. In 1993, Rubin and Asendorpf attempted to provide a clear definition for the study of social withdrawal. They define "inhibition" as the disposition to be alert and fearful when faced with new (foreign) situations. "Frightening shyness" is the term they use to describe barriers

to responding to new social situations. In middle childhood, shyness based on a fear of new things is referred to as "self-conscious shyness", a phenomenon that is reflected in the inhibition of responses in responding to social evaluative conditions. There is also "Social isolation" which is the expression and/or behaviour of a person that arises as a result of being isolated (rejected) by a group of peers. So that in the end there will be "social withdrawal" which refers to consistent behaviour (across various situations and times) when meeting with familiar and/or unfamiliar peers. Therefore, social withdrawal can be interpreted as isolating oneself from the peer group, while social isolation indicates isolation by the peer group (Rubin, Burgess, & Coplan, 2002). Wallerstein and Kelly (1976, 1980) in a longitudinal study found that based on the results of clinical interviews with 131 children from 60 middle-class families divorced, express feelings of anger, sadness, and anxiety about divorce that persist for years after a parent's separation. Five years after divorce, 25% of these children are adapting well, 50% are adjusting only slightly, and another 25% have serious adjustment problems (Wallerstein & Kelly, 1980). When researchers followed-up participants after 10 years, many were still depressed about their parents' divorce experience (Wallerstein, 1984).

Empirically, Neff and McGehee found a negative relationship between attachment style (eg, anxious attachment type) and self-compassion among adolescents and young adults. From the theoretical perspective and empirical evidence above, it can be concluded that anxious attachment is generally negatively related to self-compassion.

Then for those who have a high level of attachment avoidance, their view of themselves can be negative or positive (Pietromonaco & Feldman Barrett, 2000). On the one hand, those who have high levels of attachment avoidance outwardly have positive self-models. However, some researchers state that positive attitudes toward oneself are qualitatively different from observed positive attitudes, especially in interactions with people who have attachments to the individual (Mikulincer & Orbach, 1995). Therefore, individuals with high levels of avoidance are reported to have high self-compassion because of their hidden defence mechanisms of insecurity. Or, because of the rejection and neglect of their caregivers, they may develop survival tools compulsively and rely on themselves. To ensure their own capacity to be independent, they can set high standards for themselves. Acquiring these high standards can show them that they don't have to rely on others and thereby reduce the risk of rejection from others. Therefore, individuals with high avoidance may be less likely to be kind and compassionate to themselves.

In a study by Neff & McGehee (2010), they found that poor attachment (eg, avoidant attachment type) was not significantly associated with self-compassion. They interpret that those with high levels of attachment avoidance may have less clear understanding of themselves. It seems that there is a

connection between attachment avoidance and self-satisfaction that can be positive, negative, or not significantly related. Because of the different possibilities for association, we did not advance specific hypotheses about attachment avoidance and self-affection.

In summary, attachment tends to contribute to the development of self-compassion, which, in turn, is associated with subjective well-being. In particular, those with attachment anxiety tend to be less likely to have self-compassion because they tend to be unkind to themselves (because of a negative self-work model) and view negative experiences as only happening to them (because they tend to exaggerate their distress). Therefore, individuals who lack the capacity for self-compassion are less likely to feel a sense of subjective well-being (e.g. happiness or positive affect).

Research Hypothesis

Hypothesis1: Self-compassion is a predictor of anxiety levels in young adults

Hypothesis2: Time span since parental divorce is a predictor of anxiety in young adults

Hypothesis3: The time span since the parents' divorce moderated the relationship between self-compassion with anxiety in young adults

Research Type and Design

The research design that will be applied in this paper is non-experimental and cross-sectional. This type of research is moderation, with the aim of exploring the relationship between two or more variables (Gravetter & Forzano, 2012), as well as finding out the role of moderating variables in the research model. Then this research is quantitative because the interpretation of the data is based on statistical analysis tests on numerical variables (Gravetter & Forzano, 2012).

Research Participants

The characteristics of the participants in this study were individuals who were at the stage of young adult development or those who were in the age range of 18-25 years (Papalia & Martorell, 2011). The flow of taking respondents started by distributing online questionnaires to recruiting participants with the criteria for divorce victims/ordinary families, aged 18-25 years, and willing to participate in the study. Participants must also be able to speak Indonesian because the measuring instrument used has been adapted to Indonesian. Data collection is done online using google form. Information regarding requests to become participants will be randomly shared through several social media such as Line, WhatsApp, and Instagram. The participant taking technique used was convenience sampling, namely data collection that was adjusted to the availability and willingness of participants to participate in the study. The number of participants expected from this study is 60 people. This amount is determined after considering the available resources (the time required is about 4 weeks and the allocation of research costs).

III. RESEARCH INSTRUMENTS

Self-compassion Measuring Tool

Self-compassion was measured using a short-scale self-compassion measuring instrument (SCS- SF; Raes et al., 2011). This measuring instrument was adapted into Indonesian by Desinaz (2016) with a cronbach alpha value of 0.751. This measuring tool consists of 12 items and 6 subscales, of which 3 subscales have opposite characteristics to the other 3, namely (a) self-kindness (b) self-judgement (c) common humanity vs (d) isolation; and (e) mindfulness vs. (f) over-identification. Subscale (a), (c) and (e) are favourable items so that they are scored according to the answer choices, while subscales (b), (d), and (f) are unfavourable items so that they have a reversed scoring system. Each item uses a Likert scale with a range of 1 ("never") to 5 ("always"). The maximum score of the SCS-SF measuring instrument is 60, while the minimum score is 12.

State-Trait Anxiety Inventory Measuring Tool (Trait Inventory)

Anxiety variable was measured by State-Trait anxiety Inventory (STAI) form Y2 from Spielberger which has been adapted into Indonesian by Oktary (2007). The researcher chose the Trait Anxiety scale because the researcher did not control for how long the participant's parents had been divorced. This is done to obtain data regarding the anxiety of the rich so that they can know the difference between anxiety in young adults who have recently experienced a divorce from their parents, and those who have experienced it a long time ago.

STAI itself initially consists of two parts, namely 20 items that measure state anxiety (Form Y1) and 20 items that measure trait anxiety (Form Y2). This study measures the type of trait, therefore the measuring instrument used is the STAI Trait Scale (STAI-T) or Form Y2. Trait Anxiety measuring instrument is used to determine the level of anxiety because the researchers wanted to know the impact of divorce on the nature of anxiety that persists in the personality of the participants.

The STAI-T form Y2 measuring instrument in Oktary's (2007) study which has been translated into Indonesian, only uses 17 items because there are 3 items that were eliminated by considering having a low Cronbach Alpha value.

Research procedure

At the beginning of the study, the research umbrella and the supervisor agreed to bring up the topic of self-compassion in young adults who have experienced divorce from both parents.

The data was taken with a research questionnaire made online using the google form feature. The link to the questionnaire was disseminated through various social media platforms such as Instagram, WhatsApp, and Line. The researcher distributed the questionnaire through the

researcher's personal social media account and asked for help from several college colleagues and a community of broken home children named Hamur. Data collection uses the convenience sampling method and starts on October 19, 2020 until November 24, 2020. Participants will then be drawn in a draw to determine 5 people who will get a GO-PAY / OVO price of IDR 25,000. The data is also cleaned first if there is data that is filled in incompletely or filled in at random.

The quantitative data collected was processed using the SPSS (Statistical Package for Social Science) version 21 program. Data processing was carried out on 62 clean data. After processing, the data is interpreted and further analysed. The technical analysis of the data used is descriptive statistical analysis aimed at processing demographic data regarding the general description of the characteristics of research participants. Pearson correlation technique used to find out the relationship between self-compassion and anxiety and find out the level of significance. The researcher used the Independence sample T-test to process data regarding the relationship between several demographic data variables that had more than 2 sub-variables such as last education and gender. Then the researcher also uses the Analysis of Variance (ANOVA) to see the relationship between ethnicity variables and how long has it been since the divorce of parents with self-compassion and anxiety. Then, the main analysis of the study used PROCESS developed by Hayes to see the relationship between the three variables and the moderating role in the study.

IV. RESEARCH RESULT

The correlation between the self-compassion variable and trait anxiety was calculated by technical analysis of the Pearson correlation statistic. The results of the statistical analysis described in table 4.6, from a total of 62 participants there was a significant negative relationship between self-compassion and trait anxiety ($r = -0.809, p < 0.01$, one-tailed). The correlation coefficient value is quite large because it is

above 0.50 (Gravetter & Forzano, 2012). The value of the determinant coefficient (r^2) of the correlation is 0.654, which means that self-compassion is able to explain 65% of the variability of the trait anxiety score.

Table 4.6 Correlation of Self-compassion with Anxiety

Variabel	Trait anxiety (r)	P	r2
Self-compassion	-.809**	0,000	0.654
** $p < 0,01$			

Table 4.7 shows that research variables (self-compassion and time span since parents' divorce) can explain the variance in anxiety of 67.9%, $F(2,62) = 40,958, p < 0.05 R = 0.824$. The results of the analysis of the relationship between each predictor variable with anxiety showed that self-compassion negatively predicted anxiety ($B = -1.057, t(62) = -10.770, p < 0.01$). For every 1 level increase in SC, anxiety will decrease by 1.05. In other words, self-compassion can predict the level of anxiety, so the first hypothesis of the study can be enforced.

Furthermore, the results of the moderation analysis showed that the time span since parents' divorce could not predict anxiety ($B = 0.194, t(62) = 0.276, 95\%, p > 0.05$). These results indicate that the second hypothesis of the study cannot be enforced.

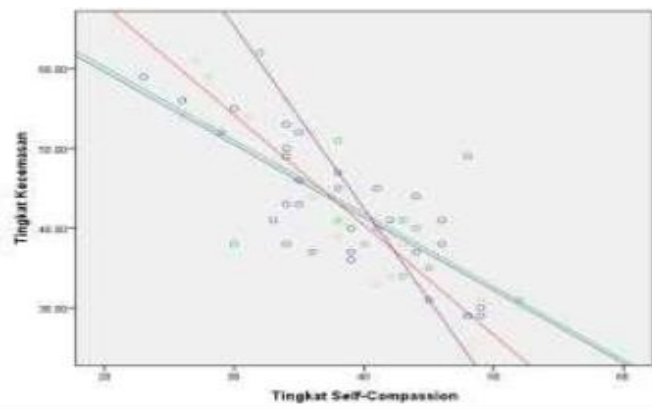
Then, the interaction between self-compassion and the time span since parents' divorce on anxiety turned out to show significant results ($B = -0.223, t(62) = -2.108, 95\%, p < 0.05$). These results indicate that the interaction effect between the experience of self-compassion and the time span since parental divorce caused a significant change in variance in anxiety ($R^2 = 0.024, F(2,62) = 4.446, p < 0.05$). Therefore, the time span since parents' divorce is a moderator of the relationship between self-compassion and anxiety, so that the third hypothesis of this study can be enforced.

Table 4.7 Results of Multiple Moderated Regression Analysis between Self-Compassion and Time Range Since Parental Divorce on Anxiety

Antecedent	Consequent Anxiety		T	P	R	R2	F
	B	SE					
Constant	43.442	0.657	66.065	0.000	0.824	0.679	40.958
Self-Compassion	-1.057	0.098	-10.770	0.000			
Time Span since Parental Divorce	0.194	0.703	0.276	0.783			
Self-Compassion* Time Span since Parental Divorce		0.106	-2.108	0.039			

Note. BCa 95%, CL: Bias-corrected on Accelerated 95% Confidence Interval

4.1 Direction of Relationship between Self-Compassion, Time Range Since Parent's Divorce and Anxiety



Parent's Divorce Length:

- >10 years
- 6-10 years
- 1-5 years
- <1 years

V. DISCUSSION

The main results of this study are in accordance with the initial hypothesis, namely that there is a significant negative correlation between self-compassion and anxiety in young adults who experience divorce from both parents. This is in line with a number of previous studies (Pandia, 2019); Muris, Meesters, Pierik, & Kock, 2016) who found that there was a significant negative relationship between self-compassion and anxiety. In one study, it was found that children of divorced parents had high trait anxiety due to their experience of seeing their parents unable to demonstrate problem solving skills when facing conflict with their partner (Cummings, Goeke-Morey, & Papp, 2003; Du Rocher, 2003). Schudlich & Cummings, 2003).

The negative relationship between self-compassion and anxiety is thought to occur because individuals with high self-compassion will not criticise themselves excessively, he also believes that the problems he faces are common problems that are also experienced by many people. In addition, he is also able to respond to negative emotions that he feels naturally and not excessively, so that his anxiety tends to be low. Researchers also suspect that this happens because generally students who have taken a bachelor's degree or diploma will face the Quarter Life Crisis phase, besides that the demands for life are increasing.

This phenomenon can also be explained by the theory of The Contemporary Moratorium, a condition in which a young adult experiences a crisis so that he does not have a commitment to certain life goals. This is because they

have not been able to determine their purpose in life. This according to Heinz (2002) is caused by a lack of direction and pressure to develop, thus causing them to be unable to develop to complete their tasks (Cote, 2006). However, most young adults in this phase actually take passive steps to find their purpose in life (diffused) or even follow the directions given by their parents (foreclosure) (Cote, 2006).

The significant moderating relationship between the three variables is in line with the longitudinal study of Cherlin, Chase-Lansdale, & McRae (1998) which showed that participants who experienced the divorce of both parents at an average age of 33 years experienced expansion of emotional problems as they got older. Wallerstein and Kelly (1976, 1980) in their longitudinal study also found that from the results of clinical interviews with 131 children from 60 middle-class divorced families, they showed feelings of anger, sadness, and anxiety about divorce that had persisted for years after the divorce. parental separation. Five years after divorce, 25% of these children are adapting well, 50% are adjusting only slightly, and another 25% have serious adjustment problems (Wallerstein & Kelly, 1980). Participants in this study were followed up after 10 years and many of them still felt depressed about their parents' divorce experience (Wallerstein, 1984).

Researchers also looked at the moderating role of the time span since the divorce of both parents on the relationship between self-compassion and anxiety influenced by ego development. Ego development is a combination of the ability to understand oneself and the world, integrate what an individual knows, and the ability to carry out plans in life. In this case the influence of the family is very important, especially to increase the child's self-compassion. Young adults who experience poor ego development up to the age of 25 are most likely to have parents who restricted them from making decisions, did not respect them, and used harsh or hurtful words (Biling, Hauser, & Allen, 2007). 2008). Of course, it has the potential to cause Childhood Complex Trauma (Lord, 2013), depression, and anxiety (Kalter, 1977).

Chase-Lansdale, Cherlin, & Kiernan (1995) research was conducted on 2 groups who had experienced divorce from both parents, the first at the age of 7-11 years, the second at the age of 11-16 years. The results showed that participants who experienced the divorce of both parents at an older age had a worse impact. This could be because divorce in adolescence can disrupt various developmental processes such as developmental processes, including identity versus role confusion, the process of negotiating autonomy (which also occurs in young adults), attachment to family, intimate relationships with others, etc. (Cooper, Grotevant, & Condon, 1983; Feldman & Elliott, 1990; Hauser, Powers, & Noam, 1991).

As for various other demographic categories such as gender, last education and ethnicity, no significant differences were found.

VI. CONCLUSION

1. There is a significant negative relationship between self-compassion and anxiety in young adults who have experienced divorce from both parents. This shows that the higher the self-compassion of young adults who have experienced the divorce of their parents, the lower the level of anxiety they have.
2. Result shows that there is a time span since parents' divorce cannot predict anxiety.
3. Shows that there is a moderating relationship in the research model between self-compassion as the dependent variable, anxiety as the independent variable, and the time span since parental divorce as a moderator.

Then additional data analysis showed that there was only a significant difference between the last education variable and trait anxiety, where participants who last took Bachelor or Diploma education had higher trait anxiety than participants who previously took their equivalent high school education. This is in line with previous findings that anxiety-related disorders in adolescents have long-term implications for daily functioning in adulthood. The research shows there is potential to show that a person's anxiety symptoms actually worsen over time and lead to an impact over time moderately serious adults, such as continuing anxiety disorders, major depression, suicide attempts, and psychiatric hospitalization (Achenbach et al., 1995)

Suggestion

In this study, there was no measurement of traumatic experiences or other abuses that could affect the level of self-compassion and anxiety of each individual. Then the next research can also expand the scope of participants among teenagers because in this study many participants experienced the divorce of both parents when they were teenagers. Further research can also use experimental methods such as that carried out by Van Dam, Sheppard, Forsyth, & Earleywine (2011) which examines self-compassion as a predictor of anxiety and depression.

It is also necessary to control other factors that have an influence on anxiety and self-compassion, as the findings from the research of Mamun, Akter, Hossain, Faisal, Rahman, Arefin, & Griffiths (2020) that factors related to gender, age, socioeconomic conditions, educational background, lack of extracurricular activities, and high gadget activity are significant risk factors for depression, anxiety, and stress. Then the researchers also suggested taking data on the level of anxiety in participants whose parents were not divorced to find out whether they had higher or lower anxiety. In addition, further research is also recommended to calculate the correlation between categories in the time span since parents' divorce with anxiety to ascertain the level of anxiety in each time span since the divorce of both parents (<1 year, 1-5 years, 6-10 years, and >10 years). Then it is also necessary to measure the correlation between self-compassion and the time

span since the divorce of the parents to find out whether there is a relationship between the two variables and ensure the direction of the correlation.

In general, this study has several advantages, among which are researchers targeting specific population characteristics, namely young adults who have experienced divorce from both parents. This study can provide a new understanding of the relationship between the two variables in the population. Then it can also be seen the impact of the divorce of both parents on psychological conditions in the future, namely in young adulthood. It is also expected to provide education to participants about self-compassion as a healthy way to interact with oneself.

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