Original Research

Overview of Self-Compassion on Nurses at Santa Elisabeth Hospital Medan 2022

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Article Info	ABSTRACT
	Self-compassion is a mindset of accepting, understanding, and loving oneself in order to be capable of manipulating feelings positively, overcoming problems faced, decreasing anxiety, stress, and depression; and also being superb in knowing oneself when experiencing difficulties so as no longer to criticize oneself excessively and can enhance the exceptional of life, accordingly self-compassion is needed in nursing services in enhancing the excellent of nursing services. This study aims to identify self-compassion in nurses at Santa Elisabeth Hospital Medan in 2022. We used a descriptive method. The sampling technique is total sampling, and we have 196 respondents. This study uses a compassion scale questionnaire with 26 statements, consisting of 6 components, namely self-kindness, self-judgment, common humanity, isolation, mindfulness, and overidentification. The results obtained from the description of self-compassion of nurses at Santa Elisabeth Hospital Medan 2022. We found that in high category as many as 62.8%, and in low category as many as 37.2%. It can be said that the self-compassion of nurses at Santa Elisabeth Hospital Medan is high in treating themselves and others well and being able to understand one's shortcomings. We hope that nurses can maintain their self-compassion in service tasks.

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Introduction

Anyone who meets the requirements to provide nursing services voluntarily and professionally has higher education in nursing at home and abroad has been recognized by the government as a nurse, and has an excessive workload and demands. The workload of nurses in hospitals consists of physical and mental workloads. The workload and high work demands make nurses vulnerable to stress (Undang, 2019; Abdollahi, Taheri, and Allen, 2021; Budiono & Malang, 2021).

Excessive stress triggers physical fatigue and emotional exhaustion with symptoms such as headaches, insomnia, irritability, sadness, depression, feelings of not enjoying a career, and difficulty empathizing so that they are less than optimal in service (Kim & Ko, 2018). This resulted in nurses experiencing depersonalization and no longer treating patients as objects that require treatment; this endangers patients (Adinda *et al.*, 2020).

The response of each individual to stress is not the same; it is influenced by self-compassion. Self means oneself, and compassion is compassion. Self-compassion is loving yourself to control shortcomings or problems and your ability to remain kind and understanding in the face of failure (Hartono *et al.*, 2021).

Self-compassion is very important for nurses because good self-compassion can influence the nurse's response when experiencing a bad event or witnessing a patient's suffering so that nurses can respond to these events with emotional balance and an objective point of view (Kesumaputri *et al.*, 2021). Nurses who have adaptive emotional reactions and are not easy to experience excessive stress will be able to provide affection and empathy to increase patients' comfort and well-being through treatment. Nurses with high self-compassion will have altruism, and vice versa; nurses with low self-compassion will not have altruism. As a nurse,

they must have self-compassion because then there will be a sense of caring for themselves and the patient (Hartono *et al.*, 2021).

The initial survey we already did with total ten respondents about searching the overview of self-compassion on nurses at Santa Elisabeth Hospital Medan, found that all respondents (100%) liked themselves as they were, six respondents (60%) liked to compare themselves to others, eight respondents (80%) believed that others had never gone through the difficulties they had, and lastly, eight respondents (80%) will respond positively when receiving a reprimand. We are intrigued to do a research on the definition of self-compassion for nurses at Santa Elisabeth Hospital Medan 2022.

Method

The research was conducted using descriptive research. The design used is cross-sectional, where data collection is carried out simultaneously (Polit & Beck, 2014). The study was conducted at Santa Elisabeth Hospital Medan from April 29 to May 14, 2022. The sampling method used was total sampling with a sample size of 196 respondents.

The instrument in this study is the self-compassion scale questionnaire with validity score with r = 0,3, p < 0,01 and reliability of 0.872. (Sugianto *et al.,* 2020) as many as 26 statements with six components studied, namely self-kindness, common humanity, mindfulness, self-judgment, isolation, and over-identification. The analysis measured in this study is an overview of self-compassion on nurses at Santa Elisabeth Hospital Medan 2022.

Results and Discussion

The following is a table of research results on the frequency distribution of demographic data, self-compassion, components of self-compassion, and self-compassion based on demographic data on nurses working at Santa Elisabeth Hospital Medan 2022.

Table 1. Distribution of Demographic Data

Characteristic		f	%
Age			
17-25 years old		19	9.7
26-35 years old		106	54.1
36-45 years old		42	21.4
46-55 years old		29	14.8
	Total	**196**	**100**
Gender			
Male		22	11.2
Female		174	88.8
	Total	**196**	**100**
Education			
Senior high school of nursing		2	0.6
Vocational of nursing		131	66.8
Bachelor of Nursing		24	12.2
Profession (News)		39	19.9
	Total	**196**	**100**
Length of working			
0-5 years		67	34.2
6-10 years		83	42.3
>15 years		46	23.5
	Total	**196**	**100**
Ethnic			
Batak		185	94.4
Nias		6	3.1
Java		5	2.6
	Total	**196**	**100**
Religion			
Catholic		108	55.1
Protestant		86	43.9
Islam		2	1
	Total	**196**	**100**

Table 2. Distribution of Self-Compassion

Self-Compassion	f	%
High	123	62.8
Low	73	37.2
Total	**196**	**100**

Based on the table 1, it can be seen that judging from the demographic records of nurses at Santa Elisabeth Hospital Medan, the majority of girls (88,8%) are aged 26-35 years (54,1%), trained in D3-Nursing (66,8%), working 5-10 years (42,3%), Batak ethnicity (94,4%) and Catholic (55,1%). Table 2 shows that of 196 respondents with high self-compassion, there were 123 respondents (62,8%) and 73 respondents with low self-compassion (37,2%). Based on table 3 of self-components, namely self-kindness and common humanity 151 respondents (77%) were high and 45 respondents (23%) were low. High mindfulness as many as 141 respondents (71,9%) and low as many as 55 respondents (28,1%). High self-judgment as many as 69 respondents (35,2%) and low as many as 127 respondents (64,8%). High isolation as many as 44 respondents (22,4%) and low as many as 152 respondents (77,6%). Overidentification is high as many as 65 respondents (33,2%) and low as many as 131 respondents (66,8%).

Table 3. Distribution of Component Self-Compassion

Component	f	%
Self-kind ness		
High	151	77
Low	45	23
Total	**196**	**100**
Common humanity		
High	151	77
Low	45	23
Total	**196**	**100**
Mindfulness		
High	141	71.9
Low	55	28.1
Total	**196**	**100**
Self-judgment		
High	69	35.2
Low	127	64.8
Total	**196**	**100**
Isolation		
High	44	22.4
Low	152	77.6
Total	**196**	**100**
Overidentification		
High	65	33.2
Low	131	66.8
Total	**196**	**100**

Table 4. Distribution of Self-Compassion Based on Demographic Data

Characteristic	High		Low	
	f	%	f	%
Age (y.o)				
17-25	14	63.6	8	36.4
26-35	66	64.7	36	35.3
36-45	24	58.5	17	41.5
46-55	20	64.5	11	35.5
Gender				
Male	12	54.5	10	45.5
Female	109	62.6	65	37.4
Education				
High school	1	50.0	1	50.0
Vocational	77	58.3	55	41.7
Bachelor	18	75.0	6	25.0
News	29	76.3	9	23.7
Work period				
0-5 years	45	65.2	24	34.8
6-15 years	47	60.3	31	39.7
>15 years	31	63.3	18	36.7

Based on table 4, it can be seen that level of self-compassion among nurses aged 17-25 years had high self-compassion as many as 14 respondents (63,6%), 26-35 years had high self-compassion as many as 66 respondents (64.7%), 36-45 years old have high self-compassion as many as 24 respondents (58.5%), 46-55 years with high category as many as 20 respondents (64.5%).

The characteristics of the male gender have high self-compassion as many as 12 respondents (54.5%), and female have high self-compassion as many as 109 respondents (62.6%). Educational characteristics of respondents with SPK nurses (equivalent with high school in nursing) had high self-compassion by 1 respondent (50%), nursing vocational schools had high self-compassion

by 77 respondents (58.3%), bachelor nurses had high self-compassion by 18 respondents (75%), and registered nurses had high self-compassion by 29 respondents (76.3%).

The characteristics of the length of work of respondents who worked for a period of 0-5 years had high self-compassion by 45 respondents (65.2%), working years of 6-15 years had high self-compassion by 47 respondents (60.3%), length of work > 15 years old have high self-compassion by 31 respondents (63.3%). Based on the results of the study, we found that nurses who worked at Santa Elisabeth Hospital Medan had an age range of 22-51 years, dominated by female nurses, with educational backgrounds in high school nursing, vocational nursing, bachelor nursing, and registered nurses graduates. They all come from Medan people from various ethnic groups such as Batak, Nias, and Javanese, as well as religions including Catholicism, Protestantism, and Islam. They have worked with a span of 0-5 years, 6-15 years, > 15 years. Our samples are nurses who work at Santa Elisabeth Hospital Medan as many as 196 respondents. The results showed that nurses who had high self-compassion were 123 respondents (62.8%) and nurses who had low self-compassion were 73 (37.2%). In line with research Adinda, Aryanto and Tunjungsari, (2020) the self-compassion of emergency room nurses in Jakarta is high and only one nurse withfound to have low self-compassion.

Nurses at Santa Elisabeth Hospital Medan love themselves because they have interpersonal relationships, which means that individuals are interconnected, making nurses view negative experiences as experiences that are also experienced by others. Nurses with high self-compassion have a positive mood, recognize failure as a part of life, and do not judge themselves excessively. High self-compassion improves individual psychological well-being, so nurses can avoid depression or pressure when experiencing failure so that they are more optimal when carrying out service tasks.

The self-compassion component in nurses found that the majority of self-kindness and common humanity were high (77%), high mindfulness (71.9%), high self-judgment (35.2%), high isolation (22.4%), and high overidentification (33.2%). Nurses at Santa Elisabeth Hospital Medan have a high positive component because the majority of nurses at Santa Elisabeth Hospital Medan, is women the place women tend to involve emotions causing women to be extra empathetic, nurses are extra-aged adults where at that age nurses have reached the stage of fine self-acceptance. Self-kindness and self-judgment are inversely proportional; individuals with high self-compassion will feel safe and, when experiencing suffering are not judging themselves for the situation. Common humanity and isolation are inversely proportional, high common humanity is able to increase self-kindness and mindfulness. Mindfulness and overidentification are inversely related; mindfulness makes individuals able to understand what they are feeling (Rahayu et al., 2019).

The interaction between the components of self-compassion in nurses illustrates the ability of nurses to perceive failure and the suffering experienced by everyone is also experienced. This perspective enables nurses to understand the shortcomings as a whole and not focus on blaming the situation and themselves so that nurses are more prosperous, reduce stress levels and negative emotions, and have good nurse social relationships. Nurses with high self-compassion will be considerate of others to improve the quality of service.

Nurses aged 26-35 years, as many as 66 respondents (64.7%) have high self-compassion. Neff and Vonk's research in Karinda, (2020) stated that self-compassion had a significant relationship with age. This means that the higher the age level, the higher the self-compassion. The researcher argues that more mature nurses have a high category of self-compassion because at that age, nurses have reached the stage of positive self-acceptance. When they experience failure, nurses can face and understand the suffering experienced so that nurses are kind and considerate of themselves.

Female nurses had high self-compassion as many as 109 respondents (62.6%) and male nurses had high self-compassion as many as 12 respondents (54.4%). Study Karinda, (2020) it was found that women had high self-compassion as many as 126 respondents (53.6%) and men had high self-compassion as many as 58 respondents (52.7%). Research Lintang, 2018 found no significant difference in the self-compassion of

men and women. The researcher argues that the higher self-compassion of female nurses is caused by differences in perspective where women tend to involve feelings and men are more into thoughts, causing women to be more empathetic. When experiencing failure or problems, female nurses will tend to seek support by exchanging stories with others so that they can overcome and not judge themselves for their failures or problems.

Nurses with the education level of Nurses have high self-compassion as many as 29 respondents (76.3%). Tresna et al. (2018) stated that the level of education plays a role in changing the individual's perspective on something so that individuals can act according to their understanding. Researchers believe that nurses with a Nurses education level will have a better understanding, be able to address problems positively, have a broad perspective because at this level of education the emphasis is on real practice in the field, especially in psychiatric nursing courses, where students will apply directly previously accepted understanding. With this practice, it is hoped that someone with a nurse's education level is more able to accept themselves so that when they experience failure, nurses will try to understand and find ways to overcome failures and problems experienced, not focusing on the failures experienced.

Nurses with a working period of 0-5 years have a high category of self-compassion as many as 45 respondents (65.2%). Adinda et al. (2020) found a significant difference in nurses' self-compassion based on their tenure. Work boredom is caused by a high workload, irregular and busy hours, monotonous routines, and complex work (Hashem & Zeinoun, 2020). Researchers argue that nurses who work for a range of 0-5 years still have the enthusiasm to work compared to those who work more than five years. Nurses begin to feel bored with monotonous work, so when nurses who work for a range of 0-5 years experience failure, nurses will try to overcome the failures and problems experienced.

Conclusion

Self-compassion on nurses who work at the Santa Elisabeth Hospital Medan is in the high category (62,8%). This illustrates that nurses who work at this hospital can accept, understand, and love themselves, control emotions positively, minimize depression, and do not criticize themselves excessively to improve service quality.

Acknowledgment

Conflict of Interest

There is no conflict of interest among researchers in this study.

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