

Fitri Fariani
Student Number.16142010113
Nursing of program study

Advisor
Dr. M. Suhron, S.Kep., Ns., M.Kes
NIDN. 0703038420

The relationship between self compassion with stressful moms caring for child stunting-based theory Jean Watson
(study at Arosbaya Health Center Bangkalan Regency)

ABSTRACT

Stress treatment is a series of processes that lead to unloved psychological conditions and psychological reactions that arise in an attempt to adapt to the demands of the role of parenthood. Based on Preliminary study results made to 10 mothers treating children stunting there were 4 mothers (40) in the category of mild stress, 2 mothers (20) in moderate stress category, and 4 mothers (40) in the high-stress category. The purpose of the study is to analyze analyzing the relationship between self-compassion with the stress of mothers caring for a child stunting based on Jean Watson in the work area of Arosbaya Health Center Bangkalan Regency

The design of this research was Cross-Sectional. The Independent variable was self-compassion while the dependent variable was stressful maternal caring. Population number 108 respondents, number of samples 72 patients. Sampling techniques using Simple Random Sampling, a research instrument using Kusioner. Test the statistics using the Spearman rank test. This research has been carried out the ethical clearance test by KEPK STIKes Ngudia Husada Madura.

The results of the statistical test using a test of Spearman Rank relationship between Self Compassion with the stress of caring mothers obtained results p 0.000 shows there was no relationship between Self Compassion with stressful mothers caring.

For researchers can then be used as reference material by finding other alternatives to reduce stress treatment in mothers who care for stunting children.

Keywords: Self Compassion, Stress Treatment