



The Influence of Self-Compassion and Psychological Flexibility on Psychological Distress in Early Adults Who Work

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Abstract: This study aims to determine whether there is an effect of self-compassion and psychological flexibility on psychological distress in early adults who work in DKI Jakarta. Researchers used quantitative methods. The sampling technique in this study used purposive sampling by distributing questionnaires to 130 subjects who work in DKI Jakarta and are 20-39 years old. The instruments that researchers used in this study were the Self-Compassion Scale (SCS), Acceptance and Action Questionnaire - II (AAQ-II), and The Kessler Psychological Distress Scale 10 (K 10). Hypothesis testing through multiple linear regression. Based on the results of research on self-compassion variables obtained p value = 0.001 ($p < 0.005$) with a value of $R^2 = 19\%$, meaning that H_{a1} is accepted, namely there is a negative influence between self-compassion and psychological distress. In the psychological flexibility variable, the value of $p = 0.001$ ($p < 0.005$) is obtained with a value of $R^2 = 35\%$, meaning that H_{a2} is accepted, namely there is a negative influence between psychological flexibility and psychological distress. The results of multiple linear regression show that self-compassion and psychological flexibility have an influence on psychological distress.

Keywords: Self-Compassion, Psychological Flexibility, Psychological Distress

INTRODUCTION

Based on Santrock (2020), adulthood is a period where individuals are at the age of 20 years until the end of their lives. Santrock divides adulthood into three, namely early adulthood aged 20-39 years, middle adulthood 40-60 years, and late adulthood aged 60 years and over until the end of their lives. In early adulthood they do activities that are experimental and exploratory. Therefore, early adulthood is characterized by various changes in their lives.

The series of changes experienced in early adulthood is a period filled with problems and emotional tension (Putri, 2018). If this emotional tension continues, it will cause anxiety. This situation, if not resolved properly, can cause the individual to experience a state of saturation and pressure to trigger the onset of psychological distress (Dharma et al., 2020).

According to Kessler et al. (2002), psychological distress is a condition where the individual is unstable so that it has an impact on the problem of behavioral discomfort, feelings, emotions, and cognition of the individual. Psychological distress is caused by two

main forms, namely anxiety and depression. The symptoms of psychological distress are anxiety, fatigue, feeling worthless, or depressed mood.

Many individuals in early adulthood experience psychological distress. Based on a survey conducted by Arnett (2023), 58% of early adults experience high psychological distress. This is also evidenced in the research of Condinata et al. (2021), which shows that psychological distress in early adulthood is at a moderate level. Research conducted by Marini & Sembiring (2021), also shows that psychological distress in early adulthood is at a moderate level. Research by Medianti (2021), showed 91.5% of early adults experienced high psychological distress.

Seeing from the many phenomena that occur, urban communities have higher stress and mental disorders than rural communities (Dimeitri et al., 2019). Individuals in early adulthood who live in urban areas are more required to be able to adapt to various changes, meet life needs, improve living standards in work, study, or get married. DKI Jakarta is in 9th position out of 100 cities in the world that have the highest stress level with a score of 41.8 on a scale of 1-100 (Lam, 2021). Based on data from the Ministry of Health (Ministry of Health, 2021) throughout 2020, 18,373 people experienced anxiety disorders, more than 23,000 people experienced depression, and around 1,193 people made suicide attempts.

There are also many working early adults who experience psychological distress. This is also related to how the workplace facilities, the risks of the work, whether the individual is married or not, and so on. In line with this, research conducted by Viertiö et al. (2021), shows that working women experience higher psychological distress than men, especially working mothers. Where individuals who have a higher workload will experience psychological distress, the results also show that there are 67.16% of individuals who experience psychological distress.

Based on the above, it appears that many individuals in early adulthood who work experience psychological distress. One of the factors that causes early adulthood to experience psychological distress is that many individuals in early adulthood tend to criticize themselves and have negative emotions, so they are encouraged to commit selfinjury as a way to get out

of psychological stress that they can no longer handle (Megawati et al., 2019). This happens because the life he lives does not match the expectations he has, causing him to feel very guilty and ashamed. Therefore, he will criticize himself harshly when they experience failure and feelings of worthlessness towards himself arise (Rahmandani et al., 2021).

In connection with this, in early adulthood it is necessary to increase a sense of caring for oneself without criticizing oneself harshly so as to bring up positive emotions. This is related to one of the concepts of self-compassion, namely self-kindness. Selfcompassion itself can be interpreted as a kind and compassionate attitude towards himself and understands all the suffering he experiences. In addition, he will also not criticize himself harshly, and can understand that the events he experiences are part of the human experience (Neff, 2003). There are three main aspects of self-compassion: self-kindness, common humanity, and mindfulness (Neff, 2003).

Individuals who have self-compassion can manage their emotions well and can reduce negative feelings, such as feelings of hatred, resentment, envy, and fear in the face of suffering and the circumstances they are experiencing (Goleman, 2003). It can be said that individuals who have self-compassion can improve mental health in that individual. Therefore, self-compassion can be used as a coping resource when individuals experience failure or unwanted events (Giyati & Whibowo, 2023).

This is evidenced by research Bluth & Eisenlohr-Moul (2017), where the higher the self-compassion an individual has, the higher the optimism, self-efficacy, life satisfaction, body appreciation and lower rumination, depression, anxiety, and stress in adults. This research is also in line with Giyati & Whibowo (2023), that high selfcompassion can provide emotional

well-being so that the physiological response to stress is lower. So it can be said, that individuals who have self-compassion will understand and love themselves more, so that when they experience suffering they will see it as a natural thing that happens to anyone. Therefore, the individual will be more proactive in finding ways or activities that can relieve psychological distress (Zulian & Wahyudi, 2020).

In addition, another factor that can cause early adulthood to experience psychological distress is from unpleasant experiences or situations that have been experienced by the individual to make him harm or reduce his well-being (Dharma et al., 2020). This scheme is formed until it then settles on their cognition, so that the event they experience is something threatening and will get negative results (Dimeitri et al., 2019). Therefore, individuals need openness to experiences related to pleasant and unpleasant feelings about the situation that occurs (Tindle et al., 2022). This is related to the concept of psychological flexibility.

Psychological flexibility is the ability of individuals to come into contact with the present moment fully and choose or maintain behavior based on the values that are important in their lives (Bond & Flaxman, 2006). Based on Francis et al. (2016), psychological flexibility has several components, namely openness to experience, behavioral awareness, and valued action. Individuals who have psychological flexibility can act according to the values they believe in, can solve problems in depressive situations, do not close themselves, and can control their behavior (Alrefi et al., 2020).

Research conducted by Tindle et al. (2022) shows that psychological flexibility can affect the type of coping used by individuals in stressful situations. In line with research conducted by (Holmberg et al., 2020), that psychological flexibility has a direct influence on psychological distress. Then, research conducted by Browne et al. (2022), also shows psychological flexibility has a significant effect on psychological distress. It can be said, individuals who have psychological flexibility can reduce psychological distress. However, there are findings that contradict previous research, namely research conducted by Meek et al. (2022), which shows that psychological flexibility does not moderate the relationship between anxiety, depression, or quality of life.

Based on the explanation above, it can be said that self-compassion and psychological flexibility can prevent individuals in early adulthood from experiencing psychological distress. However, research related to self-compassion and psychological flexibility is still rarely done in Indonesia. Therefore, researchers are interested in further examining the influence of self-compassion and psychological flexibility on psychological distress in early adulthood who work in DKI Jakarta.

METHOD

In this study, the population set is early adults who work in DKI Jakarta. The sample of this study is early adults who start from the age of 20-39 years and are working in DKI Jakarta. In collecting samples, the technique used by this study is non-probability sampling with purposive sampling technique.

Researchers in determining the number of subjects to be used in this study, used the Slovin formula. Based on the results of the calculation, here the researcher uses an error tolerance limit of 10%, it can be seen that the sample needed in this study is 99.99. The results of this calculation are rounded to 100 in order to achieve the required suitability. This study used 130 samples, which means that it can achieve the required suitability.

The data collection technique in the study was to use a questionnaire. Based on Sugiyono (2015), a questionnaire is one of the techniques used in collecting data, by giving several questions or written statements to the subject to answer. The questionnaire in this study, researchers will use three kinds of measuring instruments, psychological distress which is measured using The Kessler Psychological Distress (K10) from Kessler (2002). This

instrument will measure the dimensions of depression and anxiety. The K10 consists of 10 items and five answer choices. Self-compassion is measured using the SelfCompassion Scale (SCS). This instrument will measure aspects of self-kindness vs selfjudgement, common humanity vs isolation, and mindfulness vs over-identification. The SCS consists of 26 items and five answer choices. Then, psychological flexibility is measured using the Acceptance and Action Questionnaire II (AAQ-II) from Bond (2011). This AAQ-II consists of 7 items and seven answer choices.

In this study, in the data analysis process, researchers used JASP ver 19.0 software. The analysis technique used in this research is multiple linear regression analysis. Based on Sugiyono (2015), multiple linear regression analysis is an analysis to predict the value of the influence of two or more independent variables on the dependent variable.

RESULT AND DISCUSSION

Table 1. Results of Self-Compassion analysis with Psychological Distress

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p	Collinearity Statistics	
							Tolerance	VIF
H ₀	(Intercept)	25.946	0.558		46.521	< .001		
H ₁	(Intercept)	75.855	8.991		8.437	< .001		
	SCS	-0.625	0.112	-0.441	-5.560	< .001	1.000	1.000

Source: JASP Version 19.0
 Model Summary - K 10

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	6.359
H ₁	0.441	0.195	0.188	5.729

Note. H₁ includes SCS

Source: JASP Version 19.0

The results of the first hypothesis show that there is a significant effect of self-compassion on psychological distress. The p value is $0.001 < 0.05$, meaning that H_{a1} in this study is accepted. These results also show that there is a significant negative effect, where high self-compassion in working early adults, the lower the psychological distress. Likewise, the results of the coefficient of determination test found that the contribution of the influence of self-compassion on psychological distress is 19%.

The results obtained are in line with the research of Giyati & Whibowo (2023), that high self-compassion can provide emotional well-being so that the physiological response of stress is lower. So it can be said, that individuals who have self-compassion will understand and love themselves more, so that when they experience suffering they will see this as a natural thing that happens to anyone. Therefore, the individual will be more proactive in finding ways or activities that can relieve psychological distress (Zulian & Wahyudi, 2020).

Table 2. Results of Psychological Flexibility analysis with Psychological Distress

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p	Collinearity Statistics	
							Tolerance	VIF
H ₀	(Intercept)	25.946	0.558		-46.521	< .001		
H ₁	(Intercept)	37.131	1.412		26.304	< .001		
	AAQ-II	-0.441	0.053	-0.594	-8.360	< .001	1.000	1.000

Source: JASP Version 19.0

Model Summary - K 10

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	6.359
H ₁	0.594	0.353	0.348	5.134

Note. H₁ includes AAQ-II

Source: JASP Version 19.0

The results of the second hypothesis show that there is a significant effect of psychological flexibility on psychological distress. The p value is $0.001 < 0.05$, meaning that Ha2 in this study is accepted. These results also show that there is a significant negative effect, where high psychological flexibility in working early adults, the lower the psychological distress. Then, the results of the coefficient of determination test found that the contribution of the influence of psychological flexibility on psychological distress was 35%.

The results obtained are in line with research conducted by Tindle et al. (2022) shows that psychological flexibility can affect the type of coping used by individuals in stressful situations. In line with research conducted by Holmberg (2020), that psychological flexibility has a direct influence on psychological distress. Where psychological flexibility is useful as a factor that helps individuals survive and adapt to the problems or pressures being faced. Then, research conducted by Browne et al. (2022), also shows psychological flexibility has a significant effect on psychological distress.

Table 3. Results of Psychological Flexibility analysis with Psychological Distress

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p	Collinearity Statistics	
							Tolerance	VIF
H ₀	(Intercept)	25.946	0.558		46.521	< .001		
H ₁	(Intercept)	56.413	8.536		6.609	< .001		
	SCS	-0.264	0.115	-0.186	-2.289	0.024	0.739	1.352
	AAQ-II	-0.371	0.060	-0.499	-6.138	< .001	0.739	1.352

Source: JASP Version 19.0

Model Summary - K 10

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	6.359
H ₁	0.615	0.379	0.369	5.051

Note. H₁ includes AAQ-II, SCS

Source: JASP Version 19.0

Based on the results of the third hypothesis, it shows that there is a significant effect of self-compassion and psychological flexibility on psychological distress. The p value is $0.024 < 0.05$ for self-compassion variables and $0.001 < 0.05$ for psychological flexibility variables. So it can be interpreted that Ha3 in this study is accepted.

The regression coefficient value of variable X1 (self-compassion) is negative, it means that if variable X1 increases, variable Y will decrease. Then, the regression coefficient value of variable X2 (psychological flexibility) is negative, it means that if variable X2 increases, variable Y will decrease. In line with this, it means that if individuals who have high self-

compassion and psychological flexibility, the lower they will experience psychological distress. It can be seen that the contribution of the influence of self-compassion and psychological flexibility on psychological distress is 37%.

This study shows that psychological distress in early adults who work in DKI Jakarta is high, in accordance with the phenomena that have been stated at the beginning. It can be seen that several factors that influence psychological distress are high, namely 61.3%. In line with research conducted by Viertiö et al. (2021), shows that working women experience higher psychological distress than men, especially a working mother.

Then, the second factor is relationship status. Individuals who are not married are reported to have high psychological distress, which in this study was 58.7%. Golden et al.

(2018), explained that unmarried individuals tend to have more distress than married individuals.

Related to the explanation above, it appears that psychological distress in early adults who work in DKI Jakarta is high. Therefore, the way that individuals can reduce psychological distress is by having self-compassion and psychological flexibility. In line with the results of this study which show that there is a significant negative effect, where high self-compassion and psychological flexibility in working early adults, the lower the psychological distress.

The results of this study indicate that self-compassion in early adults who work in DKI Jakarta is high, in contrast to the phenomenon stated at the beginning where if psychological distress is high then self-compassion is low. There is an influencing factor, namely gender. The majority of subjects in this study were female, which amounted to 63%. Riasnugrahani (2014) explained that aspects of self-compassion for common humanity and mindfulness in women tend to be higher than men. The reason is because women can be more open to their surroundings and see things objectively, so they become more connected with others. In addition, the study also explained that it is possible that women have higher self-compassion.

In addition to the gender factor, what makes the findings of this study different from the phenomenon stated earlier is the influence of relationship status. Where the research shows that the majority are not married, namely 64%. Previous research suggests that unmarried individuals will have self-resilience and optimistic thinking in living life so that they will live happier, this happens a lot to unmarried women so that they have more self-compassion (Maryanto et al., 2024). In this study, the majority of the last level of education was a bachelor's degree (S1), which amounted to 70%. The higher the individual's education level, the greater the chance of exposure to mental health literacy. Increased mental health literacy can correlate with an individual's tendency to independently practice self-compassion strategies that are effective in dealing with various mental stresses (Maryanto et al., 2024).

Then, the results of this study show that psychological flexibility in early adults who work in DKI Jakarta is low, in accordance with the phenomenon stated earlier where if psychological distress is high then psychological flexibility is low. One of the factors that influence low psychological flexibility in early adults who work in DKI Jakarta is gender. In this study, the majority were women, namely 54.7%. In line with previous research which says that women avoid experiences that they find unpleasant so that they are more prone to emotional problems and anxiety (Bermejo-Franco et al., 2022).

CONCLUSION

Based on the results of data analysis and discussion that has been carried out in this study, it can be concluded that:

1. There is an influence of self-compassion on psychological distress in early adults who work in DKI Jakarta. The results obtained are a significant negative effect, where high self-compassion in early adults who work, the lower the psychological distress.

2. There is an influence of psychological flexibility on psychological distress in early adults who work in DKI Jakarta. The results obtained are a significant negative effect, where high psychological flexibility in early adults who work, the lower the psychological distress.
3. There is an influence of self-compassion and psychological flexibility on psychological distress in early adults who work in DKI Jakarta. The results obtained are a significant negative effect, where high self-compassion and psychological flexibility in early adults who work, the lower the psychological distress.

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