



Altruism Viewed from Self-Compassion and The Role of Fathers in Students

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Highlights

- Previous research has there is a positive relationship between altruism and the father's role, when the father's role is more positive the perception of the father's role is owned, the higher the altruism, which is closely related to this research.
- Apart from that, previous research also explained that the father's role greatly influences the formation of children's character, including their altruism and the child's self-compassion also influences his altruism.
- What I will add is that this research has not previously existed, therefore it is new research that can add insight for readers and for researchers to be more advanced in conducting research.

Abstract

Many pupils act alone, seem solitary, and do not depend on others. In this study, students of psychology of Universitas Diponegoro judgments of fatherhood and self-compassion are compared to their levels of altruism to see how they correlate. The idea is that there is a correlation between college students' levels of self-compassion, paternity perceptions, and generosity. 40 students on 4th semester from the Faculty of Psychology took part in this study. The self-compassion scale, the perceived fatherhood scale, and the altruism scale were all used in the data collection process. Multiple linear regression is used in the data analysis technique. The findings of student study must start to take on an altruistic attitude because they must be able to empathize with a difficult problem. With the ability to empathize, they find it simpler to approach and investigate the subject's concerns. Additionally, they must exhibit traits of altruism include a low level of egoism, a sense of social duty, and an internal center of control.

Keywords: Role Perceptions of The Father; Self-Compassion; Altruism; Student

INTRODUCTION

Today, people's lives seem increasingly individualistic. Each person is selfish and does not care about others. If some people still pay attention, care, and like to help others, they look exceptional, especially if they have an attitude of altruism. Altruism is selfless helping behavior, based on the desire to benefit others (Mercer & Clayton, 2012a). Sarwono and Meinarno (2009) divided the factors that influence helping behavior into two parts: situational factors and the influence within oneself.

Altruism can form early on. Mubarak (2003) states that one of the important factors in building a child's character is the upbringing and behavior of parents. The role of the father in child rearing can shape the child's perception of his father. Parenting roles and behaviors father influences development as well child well-being and the transition period towards teenager (Cabrera et al., 2000).s Good fathering reflects the positive involvement of fathers in parenting through affective, cognitive, and behavior. Individuals with self-compassion are motivated to do something, for intrinsic encouragement, not just because they hope for environmental acceptance. Thus, the role of the father greatly influences the formation of the child's character including his altruism and self-compassion that the child has also influences his altruism. Self-compassion is a way of achieving emotional well-being and satisfaction in life by being kind and comforting yourself (Neff, 2011). Having an attitude of self-compassion is the starting point for overcoming negative emotions experienced by individuals. This term is called self-compassion or often referred to as self-compassion (Karinda, 2020).

Much research on altruism has been carried out on people working in the field of disaster management, and social assistance organizations, as well as students who are members of social SMEs. Research on altruism in psychology students, especially after semester IV, has never been carried out, while the courses taken have begun to assign assignments to conduct interviews, assessments, and even interventions with other people. Students must be able to be empathetic to provide a sense of closeness and comfort to others. Empathy is one aspect of altruism, so they must begin to develop this attitude of altruism.

Thus, researchers consider this research important to do so that it can be known how altruistic attitudes are toward students of the Faculty of Psychology. This study aims to determine the relationship between perceptions of the father's role and self-compassion with altruism in Diponegoro University Psychology students. The results of this study can also be used as input for curriculum development so that students can be better, more altruistic in the future. The hypothesis in this study is that there is a positive relationship between self-compassion and perceptions of the father's role with the level of altruism in students.

The hypotheses in this study are major, minor 1 and minor 2 hypotheses. The major hypothesis is that there is a positive relationship between self-compassion and fathers' perceptions of students' altruism levels. Minor hypothesis 1 is that there is a positive relationship between self-compassion and altruism in students. Minor hypothesis 2 is that there is a positive relationship between perceptions of the father's role and altruism.

METHOD

Study design

The quantitative method used in this study is which aims to determine the relationship between self-compassion and perceptions of the father's role as a predictor variable with altruism as a criterion variable.

Participant

The subjects of this study were fourth-semester students (4) of the Faculty of Psychology, Diponegoro University. The subjects for testing the measuring instrument were 40 students and 100 students as research subjects.

Instruments

The data collection technique in this study used simple random sampling. The scale used in this study is the self-report altruism scale (SRA) proposed by Rushton et al (1981) and has been translated into Indonesian (40 items; $\alpha = 0.80$), a scale of perceptions of the father's role proposed by Coren (2003) and has been translated into Indonesian (40 items; $\alpha = 0.94$) and the self-compassion scale proposed by Neff and Germer (2018) and has been translated into Indonesian (36 items; $\alpha = .85$).

Procedure

This research began with the preparatory stage, namely asking permission from the faculty whose students would later be used as respondents in this study. At this stage, of course, the measuring instrument to be used is ready and has been tested so that the validity and reliability of the measuring instrument have also been obtained.

The researcher will involve two students to assist in the data collection process which may take several times, up to one month. Data collection uses 3 scales, namely the altruism scale, the father's role perception scale, and the self-compassion scale. In the following month, the data obtained will be processed and analyzed. After the data is collected, data analysis will use a two-way regression technique or multiple regression which takes about one month.

The next stage is the preparation and submission of reports which takes approximately two months. After the research reporting process is complete, the manuscript begins to be sent to an Accredited National Journal so that it can be published by researchers. Researchers give one month to be able to make revisions until the manuscript can be accepted to meet publication requirements. Of all these stages, researchers need approximately 7 (seven) months.

Data Analysis

The collected data were then analyzed using multiple regression analysis in the SPSS (Statistical Package for Social Science) version 21 program.

RESULT

Participant's characteristics

The number of students needed is approximately 75 people, namely 40 people for trials and 35 people for research samples.

Data analysis

Present in writing the results of the data analysis conducted by the author. If including a table or figure, it should be mentioned in the text and placed not far from the paragraph in which the table or figure are discussed. For example, see Table 1 for reporting comparison analysis. Please refer to APA style in reporting statistical analysis results. Never copy and paste the whole output of statistical analysis into this manuscript.

Table 1.

Correlation Test Results Between Self-Compassion and Altruism

Variable	Correlation coefficient	Sig.
Self-Compassion with Altruism	0,415	0,000

Based on the table data above, there is a correlation coefficient of 0.415 with a significance value of $p=0.000$ ($p<0.05$), which means there is a positive relationship between self-compassion and altruism.

Table 2.

Determination Test Results Between Self-Compassion and Altruism

Predictor Variables	R	R Square	Std. Error of the Estimation
Self-Compassion	0,415	0,172	6,712

Based on the table, the correlation coefficient is seen from R Square which has a value of 0.172. This value explains that self-compassion makes an effective contribution of 17.2% to altruism.

Table 3.

Correlation Coefficient Between Perception of Father's Role and Altruism

Model	Unstanderized Coefficients		Standardized Coefficients	T	Sig.
	B	Std.Error	B		
(Constant)	75.174	4.532		16.589	.000
Perceptions of the Role of the Father	0.109	0.039	0.269	2.768	.007

Table 4.

Research Determination Coefficient

R	The coefficient of determination	The usual coefficient of determination	Estimated Error
0.269 ^a	0,072	0,063	7.10290

The magnitude of the coefficient of determination is shown by R Square of 7.2%. This indicates that the variable perception of the role of the father makes an effective contribution of 7.2%

There is a significant positive relationship between perceptions of the father's role and altruistic behavior in students with a correlation coefficient $r_{xy} = 0.269$ with $p = 0.007$ ($p < 0.05$). That is, the more positive the perception of the father's role, the higher the altruism. Perception of the father's role makes an effective contribution of 7.2% of Altruism.

DISCUSSION

This study aims to determine altruism in terms of self-compassion relations and perceptions of the role of fathers with 75 fourth-semester students of the Faculty of Psychology, Diponegoro University. In this study, it is known that if there is a significant positive relationship

between perceptions of the father's role and altruistic behavior, the more positive the perception of the father's role is owned, the higher the altruism.

Altruism comes from the word "alter" which means "other". Altruism is an act that leads to the good of others. Comte distinguished between selfish helping and altruistic helping. According to him, in giving help, every individual has two motivations, namely selfishness, and selflessness. Both of these motives are aimed at assisting others (Mercer & Clayton, 2012b). Selfish helping actions strive to seek benefits for oneself or take advantage of the person being allowed. Conversely, altruistic helping behavior is an act of helping solely for good (Taufik, 2012). According to Myers (2012), people who have altruistic traits have 5 traits that exist within them, namely empathy, belief in world justice, social responsibility, internal self-control, and low ego.

With the role of a good father to children regarding altruism, the qualities of kindness toward others will be very attached to their children (Pandinata & Firman, 2021). Fathers also make important contributions to children's development, experiences shared with fathers will influence a child into adulthood. The role and parenting behavior of the father influences the development and welfare of the child and the transition to adolescence (Cabrera et al., 2000). The father is primarily responsible for the financial needs of the family. Mothers are responsible for basic parenting. Playing with children, emotional support, monitoring, and matters related to discipline and rules tend to be shared by fathers and mothers. Lamb, et.al (in Palkovitz, 2002) divides fathers' involvement into 3 components, namely, Paternal engagement, accessibility or availability to interact with children when needed, and Responsibilities and roles in terms of preparing parenting plans for children.

CONCLUSION

This research was conducted on a 2017 class of UNDIP Faculty of Psychology students who had taken assessment and intervention courses. By the existing curriculum, starting in semester V, students are required to take assessment and intervention courses. It is hoped that they will begin to learn to deal with problematic subjects, both clinical, developmental, social, educational, and industrial. They must carry out assessments, design interventions and provide suggestions for solving the problem. Thus, students must begin to develop an attitude of altruism because they are required to be able to empathize with these problematic subjects. Without an empathetic attitude, it will be difficult for them to be able to approach and explore the problems faced by the subject. In addition, they must also have a sense of social responsibility, have low egocentrism, and have an internal locus of control, all of which are aspects of altruism.

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CONFLICT OF INTEREST

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