

From Wounds To Psychological Well-Being: The Role Of Dating Violence Experiences And Self-Compassion Among Emerging Adults

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Abstract

Psychological well-being in young adults is a concern because the emotional and environmental pressures faced during this phase can affect an individual's ability to manage life, build positive relationships, and achieve meaningful life goals. This study aims to analyze the influence of dating violence and self-compassion on psychological well-being among young adults in Karawang Regency. This study used a quantitative approach with a causal design. Participants were 399 young adults aged 18–29 who were currently or had been in a relationship and resided in Karawang Regency. The sampling technique used convenience sampling. Data was collected using Psychological well-being Scale, The Revised Conflict Tactics Scale(CTS2), and Self-compassion Scale(SCS). Data analysis was conducted using multiple linear regression with the help of IBM SPSS Statistics. The results of the study showed that violence in dating and self-compassion simultaneously has a significant effect on psychological well-being ($F = 285.628$; $p < 0.001$). Partially, violence in dating has a negative and significant effect ($\beta = -0.190$; $p < 0.001$), while self-compassion has a positive and significant effect ($\beta = 0.640$; $p < 0.001$) on psychological well-being. Both variables contributed 58.9% to psychological well-being. This finding indicates that the increase in self-compassion and decreasing experiences of dating violence play a role in increasing psychological well-being in young adults.

Keywords: dating violence; self-compassion; psychological well-being; young adults

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INTRODUCTION

Young adulthood or what is known as the phase emerging adulthood, including developmental stages that show different characteristics compared to adolescence and adulthood. Arnett (2000) said that the developmental phase merging adulthood refers to the developmental period experienced by individuals aged between 18 and 25 years, this phase is also a developmental period characterized by the freedom to explore various life possibilities before entering the role and responsibilities of adults fully. Along with social and demographic changes, the transition period to adulthood lasts longer until the age of 29 years so that individuals are in a phase of identity exploration, instability, focus on themselves, feeling in-between, and optimism for the future (Arnett et al., 2014). These various characteristics make young adults a group that is vulnerable to experiencing various psychological problems, so that psychological well-being including one of the important dimensions that needs to be studied.

This vulnerability is reflected in the increasing number of mental health problems experienced by young adults. Based on a survey by the Health Development Policy Agency (2024), the highest prevalence of depression was found in the 15–24 age group. In line with this, this phenomenon is also reflected in various mass media reports regarding the increase in suicide cases among adolescents and young adults in Indonesia. One such report was reported by Sagita (2024) in detik Health, which reviewed that depression in young people is one of the factors related to the high number of suicide cases in Indonesia. This condition indicates that many young adults have not yet reached the level of psychological well-being optimal.

This phenomenon is also supported by various data, both at the global and national levels. According to the World Health Organization (2025), individuals in the age range of adolescence to young adulthood are the group most at risk of experiencing mental health disorders. In line with this, the Central Statistics Agency (2025) noted an increase in various behavioral and emotional problems in Indonesia since the COVID-19 pandemic and the 15–34 age group is also a group that has a higher level of vulnerability to behavioral and emotional problems compared to other age groups, this shows that the various developmental demands faced by young adults can affect their psychological condition, so that psychological well-being in this age group need to get more attention.

This phenomenon is also evident in Karawang Regency. Based on data from the Karawang Regency Central Statistics Agency (2025), the population composition in this region is dominated by the productive age group, especially in the 15–29 year age range. As one of the largest



industrial areas, the characteristics of the urban-industrial area of Karawang demand high productivity, which impacts the psychological vulnerability of its youth. This is in line with the report of the Ministry of Health of the Republic of Indonesia (2023) regarding the high trend of stress levels among productive age groups in urban areas. The high pressure to compete in the industrial sector and the daily socio-economic burdens are indicators that many young adults in Karawang have a high level of stress. psychological well-being which is less than good (Karawang Regency Central Statistics Agency, 2025). This condition, as in Ryff's theory (2014), explains that high emotional burdens and stress due to environmental pressures are the main indicators of decreased psychological well-being, which is characterized by the emergence of individual difficulties in managing environmental stress and obstacles in finding a clear life purpose.

In theory, Ryff (1989) defines psychological well-being as a full achievement of an individual's psychological potential and a reflection of optimal self-functioning (optimal psychological functioning). Ryff (1989) explains that psychological well-being is not just a condition of being free from mental disorders or a momentary feeling of happiness, but rather a long-term self-evaluation process that includes six main aspects, namely autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. These six aspects clearly illustrate how individuals are able to achieve optimal self-development in various aspects of life (Ryff in Kakambong et al., 2024). This condition is reflected in an individual's ability to live a positive life, such as having a clear direction and purpose in life, building healthy relationships with others, being independent, and being able to adapt to and manage their surroundings. Furthermore, individuals with psychological well-being. A good person also demonstrates genuine acceptance of himself and continues to strive for continuous personal growth (Ryff in Kurniasari et al., 2019). Thus, psychological well-being encompasses the individual's complete ability to build a valuable, productive, and meaningful life.

Based on the results of pre-research on 50 young adults, the general picture is psychological well-being. The respondents appear to be still not at the appropriate level. Percentage-wise, 54% of respondents have not yet reached the criteria or appropriate level for their psychological well-being. Meanwhile, only around 4% of respondents have reached the appropriate level. This indicates that the majority of young adults in this study are still in the group that has not yet met the appropriate level criteria, compared to the group that has successfully achieved it. When viewed from six aspects, psychological well-being by Ryff & Keyes (1995) young adults in this study generally showed a fairly strong capacity in determining the



direction of life, this is reflected in the high aspect purpose in life which reached 60.7%, which shows that the majority of respondents already have clear life goals and targets. This ability to set direction goes hand in hand with the aspect of environmental mastery 55.8%, where more than half of respondents were assessed as being able to manage, control, and utilize the environmental conditions around them effectively. Their independence was also quite good in terms of autonomy 53.0%, indicating that most respondents are able to act and make their own decisions without being easily swayed by external pressure. However, different dynamics are seen in the three aspects with the smallest percentages, such as interpersonal relationships. positive relations with others 52.9% of respondents appear to still need more capacity to build deeper closeness with others. A more real challenge arises in the aspect of self-acceptance 49.6%, where less than half of the respondents were truly able to reconcile and accept all of their characteristics, both their strengths and weaknesses, in their entirety. This condition is ultimately directly proportional to the aspect of personal growth 46.7% occupy the smallest position, this figure shows that the respondents' encouragement and efforts to continue to hone their potential and carry out continuous personal development are still not running optimally.

The results of this percentage are strengthened through the results of interviews with five young adults who showed low levels in this aspect self-acceptance And personal growth. This is reflected in the majority of respondents who admitted that they still have difficulty accepting themselves, tend to blame themselves when they make mistakes, often make social comparisons, and experience dissatisfaction with their condition. In addition, the low score on positive relations with others also in line with respondents' statements regarding the existence of obstacles in building healthy interpersonal relationships. Interestingly, although this aspect autonomy And purpose in life While having the highest percentage, interview results show that some respondents still experience obstacles in making independent decisions, facing various life demands, and determining the direction and goals of their lives. These various conditions demonstrate that psychological well-being is still an aspect that needs attention because it describes an individual's ability to carry out psychological functions positively, for example self-acceptance, developing good social relations, managing the environment, having a life orientation, and developing self-potential.

Therefore, it is important to identify the factors that influence psychological well-being. According to Ryff (2014) psychological well-being is determined by various factors originating from both internal and external aspects of the individual. In Ryff's view (2014) external factors refer to



the quality of interpersonal relationships and experiences of life events (life events) which includes the existence of social support as well as detrimental relational conflicts such as experiences of violence in dating. Meanwhile, internal factors are closely related to psychological characteristics and evaluative attitudes towards oneself such as personality aspects and coping mechanisms which in the context of this research are seen from how individuals respond to their shortcomings or failures through self-compassion. Based on this, this research focuses on two variables that are estimated to play a role in psychological well-being, namely the experience of violence in dating as an external factor and self-compassion as an internal factor.

Experience of violence in dating is one of the factors suspected of playing a role in this condition. psychological well-being Romantic relationships, which should be a source of emotional support, can become a source of psychological distress when tainted by various forms of violence. Wolfe and Feiring (in Safitri & Herdiana, 2024) define dating violence as physical, sexual, or psychological acts aimed at controlling a partner, resulting in injury or loss. Straus et al. (1996) explain that dating violence encompasses five dimensions: negotiation, psychological aggression, physical assault, sexual coercion, And injury. Various studies show that incidents of violence in dating are related to low psychological well-being. A study conducted by Rohmah & Satwika (2023) on three young adult women aged 21–23 years who had experienced violence in dating showed that the picture psychological well-being. Each participant was different, although in some aspects they continued to develop well, some participants still experienced difficulties in the dimensions of self-acceptance, positive interpersonal relationships, the ability to manage the environment, and orientation of life goals. These results are in line with Sianipar's (2023) research which used a qualitative case study method on two female victims of dating violence. The results of the study stated that the experience of dating violence affected the condition of the participants psychological well-being victims characterized by changes in 6 aspects psychological well-being, either in the form of a decrease or an increase during the recovery process.

However, the experience of violence in dating does not always reduce psychological well-being victims significantly (Rohmah & Satwika, 2023). This condition could be caused by the important role of internal factors such as self-compassion which was proven in the research of Syafrina & Farida (2023) was proven to be a strong predictor with an influence contribution of 54.8% on psychological well-being. According to Neff (2003) self-compassion is an attitude of accepting oneself with kindness, viewing suffering as part of the universal human experience and facing that experience in a balanced way without giving excessive negative judgment. Neff (2023)



also explains that self-compassion consists of three main aspects, namely self-kindness, common humanity, as well as mindfulness. These three aspects support individuals in developing better self-adjustment skills when facing pressure and various life situations, so that they are able to maintain a healthy psychological condition, therefore individuals with a high level of...self-compassion those who are tall are more likely to be able to maintain psychological well-being because they have better abilities in managing negative emotions, accepting their limitations, and recovering when faced with unpleasant experiences (Neff & Germer, 2017). This is supported by research by Utoyo and Kristinawati (2024) on 103 young adults who were victims of technology-facilitated sexual violence, which indicates a significant positive relationship between self-compassion and psychological well-being. This finding is also in line with Voon et al. (2021) of 408 counselors in Malaysia who stated that self-compassion positively related to psychological well-being and contribute to increasing individual resilience.

A number of previous studies have examined the relationship between experiences of dating violence and psychological well-being, or the relationship between self-compassion and psychological well-being. However, research that discusses both variables simultaneously regarding psychological well-being. Research on young adults is still relatively limited, particularly in the context of Karawang Regency. Furthermore, most previous research was conducted on different population characteristics, so the results may not necessarily reflect the conditions of young adults who are currently or have been in dating relationships in the region. Therefore, this study was conducted to obtain evidence regarding the influence of experiences of dating violence and self-compassion to psychological well-being in young adults in Karawang Regency. The findings of this study are expected to contribute to the development of scientific literature that discusses various factors that play a role in the formation of psychological well-being, especially in young adults. In addition to contributing to the development of psychology, the research findings are also expected to be used as considerations in developing promotional and preventive programs aimed at improving psychological well-being in this age group. Based on this description, the hypothesis proposed in this study is that there is an influence of dating violence and self-compassion to psychological well-being in young adults in Karawang Regency. This hypothesis is based on the assumption that dating violence has the potential to reduce psychological well-being, whereas self-compassion has the potential to increase psychological well-being.



METHODS

This study applies a quantitative approach with a causal research design to analyze the influence of two independent variables, namely dating violence (X_1) and *self-compassion* (X_2), on the dependent variable, namely *psychological well-being* (Y). The selection of participants in this study was carried out using the *convenience sampling* technique. The participant criteria included: (1) male or female individuals aged 18–29 years, (2) residents of Karawang Regency, and (3) individuals who were currently or previously involved in a romantic relationship. Due to uncertainty regarding the population size, the researcher used Cochran's formula as the basis for determining the required sample size. Based on the calculation results, the minimum required sample size was 385 respondents. In its implementation, this study successfully collected data from 399 respondents.

The research data were obtained through the online distribution of Likert-scale-based psychological instruments using Google Forms. *Psychological well-being* was measured using the *Psychological Well-Being Scale* developed by Ryff and Keyes (1995). In this study, the researcher adopted the scale based on the Indonesian adaptation version prepared by Muttaqin (2022). This scale includes six dimensions, namely *self-acceptance*, *positive relations with others*, *autonomy*, *environmental mastery*, *purpose in life*, and *personal growth*. This scale consists of 42 items, including 22 favorable items and 20 unfavorable items. A *favorable* item is a statement that describes a positive *psychological well-being* condition, whereas an *unfavorable* item is a statement that reflects the opposite condition. One example of a *favorable* item is, "I am not afraid to voice my opinions even when they conflict with most people's opinions." Meanwhile, an example of an *unfavorable* item is, "I tend to worry about what other people think about me." This instrument applies a Likert scale with six response alternatives. Scores range from 1 (Strongly Disagree) to 6 (Strongly Agree). For *unfavorable* items, reverse scoring is applied, with scores ranging from 6 (Strongly Disagree) to 1 (Strongly Agree). The *psychological well-being* instrument used in this study underwent a re-testing process on respondents who had characteristics similar to those of the research participants. The validity test results, using the *Corrected Item–Total Correlation* technique, indicated that all 42 items obtained coefficient values above 0.30; therefore, all items met the validity criteria. Furthermore, the reliability test yielded a Cronbach's Alpha value of 0.961, indicating a very high level of internal consistency. Based on these results, the *psychological well-being* instrument was declared valid and reliable and was therefore suitable for measuring the level of *psychological well-being* among young adults in Karawang



Regency. The higher the score obtained by respondents, the higher their level of *psychological well-being*.

The dating violence variable was measured using *The Revised Conflict Tactics Scales* (CTS2) developed by Straus et al. (1996), which was adapted into Indonesian for the purposes of this study. This instrument is designed to assess various forms of behavior that emerge during conflict resolution in intimate relationships, including dating relationships. The CTS2 comprises five dimensions: *negotiation, psychological aggression, physical assault, sexual coercion, and injury*.

The CTS2 consists of 78 items divided into two forms of measurement: 39 items assessing perpetrator behaviors and 39 items assessing victim experiences. In this study, only the 39 victim-oriented items were used, consisting of 33 favorable items and 6 unfavorable items. An example of an unfavorable item is, *"My partner shows concern even when we have differences of opinion."* An example of a favorable item is, *"My partner insults or curses me."*

The instrument uses a frequency scale with eight response categories: 0 = Never Happened, 1 = Once in the Last Year, 2 = Twice in the Last Year, 3 = 3–5 Times in the Last Year, 4 = 6–10 Times in the Last Year, 5 = 11–20 Times in the Last Year, 6 = More than 20 Times in the Last Year, and 7 = Not in the Last Year but Has Happened Before. Higher scores indicate a greater level of dating violence experienced by the respondent.

Prior to data collection, the instrument underwent a translation process and expert review by three specialists. Subsequently, a pilot test was conducted on respondents with characteristics similar to those of the study participants. The validity test using the *Corrected Item–Total Correlation* method showed that all 39 items obtained coefficients greater than 0.30, indicating that all items met the validity criteria. Furthermore, the reliability test yielded a Cronbach's Alpha coefficient of 0.976, demonstrating excellent internal consistency. Therefore, the CTS2 was considered valid and reliable for measuring dating violence experiences among young adults in Karawang Regency.

The *self-compassion* variable was measured using the *Self-Compassion Scale* (SCS) developed by Neff (2003). In this study, the researcher adopted the Indonesian adaptation developed by Sugianto et al. (2020). The scale consists of six dimensions: *self-kindness, self-judgment, common humanity, isolation, mindfulness, and overidentification*.

The SCS contains 26 items, comprising 13 favorable items and 13 unfavorable items. An example of a favorable item is, *"I try to love myself when I experience emotional pain."* An



example of an unfavorable item is, “*I do not accept and often judge my weaknesses and shortcomings.*”

The instrument employs a five-point Likert scale. Favorable items are scored from 1 (*Almost Never*) to 5 (*Almost Always*), whereas unfavorable items are reverse-scored from 5 (*Almost Never*) to 1 (*Almost Always*). Higher scores indicate higher levels of *self-compassion*.

Before implementation, the instrument was pilot-tested on respondents with characteristics similar to those of the target population. The validity test using the *Corrected Item–Total Correlation* method demonstrated that all items obtained coefficients above 0.30 and were therefore considered valid. The reliability analysis produced a Cronbach’s Alpha coefficient of 0.927, indicating a high level of internal consistency. Based on these results, the *Self-Compassion Scale* was deemed valid and reliable for assessing *self-compassion* among young adults in Karawang Regency.

The data were analyzed using IBM SPSS Statistics software. Prior to hypothesis testing, several assumption tests were conducted, including tests of normality and linearity. The linearity assumption was evaluated through an examination of scatterplot distributions to determine whether the relationships among variables met the assumptions required for regression analysis.

To test the research hypotheses, multiple linear regression analysis was employed to examine the effects of dating violence and *self-compassion* on *psychological well-being*. In addition, the coefficient of determination (R^2) was calculated to determine the proportion of variance in *psychological well-being* explained by the independent variables.

Finally, categorization analyses were performed to classify the levels of dating violence, *self-compassion*, and *psychological well-being* into low and high categories for descriptive interpretation.

RESULTS AND DISCUSSION

The study involved 399 young adults aged 18–29 who were or were currently in a relationship and resided in Karawang. Respondent demographic characteristics included age, gender, current activity, relationship status, relationship duration, history of dating violence, type of violence experienced, and frequency of conflict with their partner

Table 1 Respondent Characteristics

Characteristics	Category	n	%
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Age	19 years old	34	8,5
	20 years	65	16,3
	21 years	62	15,5
	22 years	69	17,3
	23 years	61	15,3
	24 years old	68	17
	25 years	40	10
Gender	Man	144	36,1
	Woman	255	63,9
Relationship Duration	< 1 year	126	31,6
	> 3 years	83	20,8
	1–3 years	189	47,4
History of Dating Violence	No	145	36,3
	Of	254	63,7
Forms of Violence	Physique	52	13
	Sexual	21	5,3
	Never experienced	145	36,3
	Verbal/emotional	181	45,4
Frequency of Conflict	Seldom	138	34,6
	Sometimes	131	32,8
	Very rarely	70	17,5
	Often	60	15

Table 1 illustrates the characteristics of the respondents who participated in this study. The study involved 399 respondents who met the research criteria, dominated by 255 female respondents (63.9%), followed by 144 male respondents (36.1%). The high number of female respondents indicates that female participation in this study was greater than male, so that the sample characteristics more represent women's experiences. Judging by age, the largest number of respondents was 22 years old, namely 69 people (17.3%), then the smallest number was 19 years old, namely 34 people (8.5%). In terms of current activities, almost half of the respondents were workers, namely 198 people (49.6%), while 147 people (36.8%) were students. Respondents who were not working were 51 people (12.8%), while 3 people (0.8%) were still students.

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Based on relationship duration, the largest group, 189 people (47.4%), had been in a relationship for 1–3 years, followed by 126 respondents (31.6%) with a relationship duration of less than one year, and 83 respondents (20.8%) with a relationship duration of more than three years. This indicates that respondents predominantly had experience in long-term romantic relationships. A total of 254 respondents (63.7%) admitted to having experienced dating violence, while 145 respondents (36.3%) stated they had never experienced it. Among the various forms of violence, verbal or emotional violence was the most frequently reported form, with 181 respondents (45.4%). Meanwhile, physical violence was experienced by 52 respondents (13.0%), and sexual violence by 21 respondents (5.3%). These findings indicate that verbal or emotional violence was the most dominant form of violence experienced by respondents in this study. The highest frequency of conflict with partners was in the "rare" category, with 138 respondents (34.6%), followed by "sometimes" with 131 respondents (32.8%). Seventy (17.5%) respondents reported experiencing conflict very rarely, while 60 (15.0%) reported experiencing conflict frequently. Although most respondents reported relatively infrequent conflict, experiences of dating violence were still found in more than half of the study respondents.

Table 2 Normality Test

		Unstandardi zed Residual
N		399
Normal Parameters^{a,b}	Mean	0,0000000
	Std. Deviation	13,82715444
Most Extreme Differences	Absolute	0,027
	Positive	0,025
	Negative	-0,027
Test Statistic		0,027
Asymp. Sig. (2- tailed)		.200 ^{c,d}



Based on Table 2, the results of the normality test using the method *One-Sample* The Kolmogorov-Smirnov test showed an Asymp. Sig. (2-tailed) value of 0.200. This value exceeds the significance level limit ($\alpha = 0.05$), so it can be concluded that the research residual data is normally distributed. With the normality assumption met, multiple linear regression analysis can be carried out in the next stage.

Table 3 Linearity Test

Variables	F	Sig. Linearity	Sig. Deviation from Linearity
Dating Violence Against <i>Psychological Well-Being</i>	2,379	0,000	0,000
<i>Self-Compassion</i> to <i>Psychological Well-Being</i>	2,329	0,000	0,000

Based on Table 3, the results of the linearity test show that the relationship between violence in dating and *psychological well-being* have value *Deviation from Linearity* of 0.000 ($p < 0.05$), while the relationship between *self-compassion* with *psychological well-being* also has value *Deviation from Linearity* of 0.000 ($p < 0.05$). This shows that based on statistical testing of the two relationships between independent variables and *psychological well-being* has deviations from the linear relationship pattern.

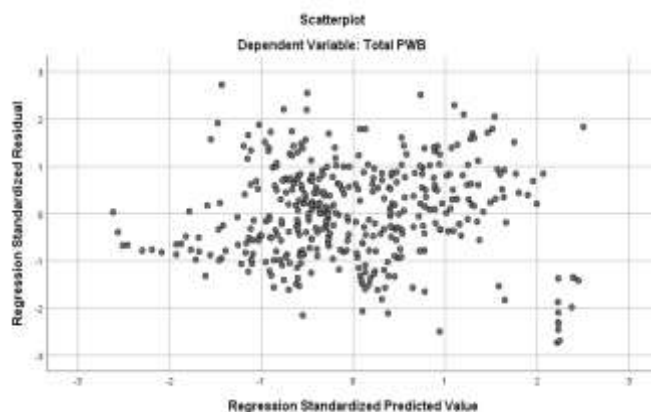


Figure 1 Scatter Plot Test

Based on Figure 1 test results *scatter plot* shows that the data points tend to be evenly distributed randomly and do not form a straight line pattern. According to Raharjo (2019), the relationship between variables is said to be linear if the points on the *scatter plot* forms a pattern resembling a straight line, while the relationship is said to be non-linear if the points do not form a straight line pattern or form a certain pattern. Based on these results, the visual relationship between the variables of violence in dating and *self-compassion* with *psychological well-being* shows a tendency towards non-linear patterns.

Table 4 Multiple Regression Analysis Test - Simultaneous

	Sum of Squares	df	Mean Square	F	Say.
Regression	109770,050	2	54885,025	285,628	.000 ^b

Based on Table 4, the results of the simultaneous test reflect a value of 285.628 with a significance level of 0.000. With a significance value less than 0.05, then violence in dating and *self-compassion* together have a significant influence on *psychological well-being* in young adults in Karawang. Therefore, the applied regression model is declared to meet the feasibility requirements for analysis.

Table 5 Multiple Regression Analysis Test - Partial

	Unstandardized Coefficients	Std. Error	Standardized Coefficients	t	Say.
(Constant)	84,753	5,637		15,035	0,000
Dating Violence Against <i>Psychological well-being</i>	-0,068	0,014	-0,190	-4,740	0,000
<i>Self-compassion</i> to <i>Psychological well-being</i>	0,879	0,055	0,640	15,995	0,000

Based on Table 5, it indicates that the dating violence variable has a regression coefficient (B) of -0.068, a t-value of -4.740, and a significance value of 0.000 ($p < 0.05$). This indicates that dating violence has a negative and significant effect on *psychological well-being*. This is supported by a beta coefficient value of -0.190, which indicates that the higher the experience of dating

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violence experienced by an individual, the lower the level of *psychological well-being* in young adults in Karawang. Meanwhile, the variable *self-compassion* obtained a regression coefficient value (B) of 0.879, a t-value of 15.995, and a significance value of 0.000 ($p < 0.05$). The beta coefficient value of 0.640 indicates a significant positive relationship, indicating that the higher the *self-compassion* that an individual has, the higher the level of *psychological well-being* in young adults in Karawang.

Based on the results of the multiple linear regression analysis, the following relationship between the research variables can be formulated into a regression equation:

$$Y = 84,753 - 0.068(X_1) + 0.879(X_2)$$

Based on the regression equation obtained, the constant value of 84.753 indicates the predicted value *psychological well-being* if the variable of dating violence (X_1) and *self-compassion* (X_2) is assumed to remain unchanged. The regression coefficient value for dating violence is -0.068, indicating that every one-point increase in this variable will be followed by a decrease. *psychological well-being* by 0.068 points assuming *self-compassion* remains the same. On the other hand, the regression coefficient *self-compassion* of 0.879 indicates that a one point increase *self-compassion* will improve *psychological well-being* 0.879 points if the level of dating violence remains unchanged. This finding indicates that *self-compassion* has a positive and significant effect on *psychological well-being*, while dating violence has a negative and significant impact. Based on this, the alternative hypothesis (H_a) is said to be accepted, while the null hypothesis (H_0) is rejected.

Table 6 Test of Determination Coefficient

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.769 ^a	0,591	0,589	13,862

Based on Table 6, the results of the coefficient of determination test show an R value of 0.769, *R Square* of 0.591, and *Adjusted R Square* of 0.589. This value shows that the variables of violence in dating and *self-compassion* together have the ability to explain variations *psychological well-being* in young adults in Karawang. According to Ghazali (2021), the coefficient of determination is used to test *goodness-fit* regression model, while the value *Adjusted R Square* shows the magnitude of the variation in the dependent variable that can be explained by the



independent variable. Based on this explanation, the value. *Adjusted R Square* used in this study as a basis for determining the magnitude of the contribution of the two independent variables simultaneously to *psychological well-being*. Thus, the value *Adjusted R Square* of 0.589 shows that violence in dating and *elf-compassion* together are able to explain 58.9% of the variation *psychological well-being* in young adults in Karawang, while the remaining 41.1% is explained by other factors not examined in this study.

Table 7 Psychological well-being Categorization Test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Low	208	52,1	52,1	52,1
	High	191	47,9	47,9	100,0
	Total	399	100,0	100,0	

Based on Table 7, as many as 208 respondents (52.1%) are included in the category *psychological well-being* low, then 191 respondents (47.9%) were in the high category. This indicates that the majority of respondents in this study had a high level of *psychological well-being* is low.

Table 8 Test of Categorization of Violence in Dating

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Low	202	50,6	50,6	50,6
	High	197	49,4	49,4	100,0
	Total	399	100,0	100,0	

Based on Table 8, 202 respondents (50.6%) had low levels of dating violence experience, while 197 respondents (49.4%) had high levels. This indicates that the distribution of dating violence experience among respondents is relatively balanced between the low and high categories.



Table 9 Self-compassion Categorization Test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Low	208	52,1	52,1	52,1
	High	191	47,9	47,9	100,0
	Total	399	100,0	100,0	

Based on Table 9, the results of the categorization test show that as many as 208 respondents (52.1%) have *self-compassion* in the low category, while 191 respondents (47.9%) were in the high category. These results indicate that the majority of respondents had *self-compassion* which is still in the low category.

Research findings show that dating violence has a negative and significant impact on *psychological well-being* in young adults in Karawang Regency, this indicates that an increase in the experience of dating violence is followed by a decrease in the level of *psychological well-being* that exist in individuals. This condition is in line with the theory of Ryff & Keyes (1995) which states that *psychological well-being* is reflected in an individual's capacity for self-acceptance, building positive relationships with others, developing self-potential, having a purpose in life, managing the environment, and demonstrating independence. Experiences of violence in dating relationships have the potential to hinder the development of these aspects because they can cause psychological stress, lower self-esteem, diminish feelings of security, and interfere with an individual's ability to build healthy interpersonal relationships. In some cases, experiences of violence can also lead to self-harming behavior (*self-harm*) in response to the psychological stress experienced (Lestari et al., 2022). These various impacts indicate that the experience of dating violence not only affects an individual's emotional state but also hinders their ability to accept themselves, build positive relationships with others, and optimally navigate daily life. Furthermore, victims of dating violence are also more susceptible to depression, anxiety, low self-esteem, low life satisfaction, and decreased *well-being*, so that *psychological well-being* is getting lower (Matud et al., 2023). This is in line with Lagdon et al. (2014) who stated that victims of *intimate partner violence* end to be more vulnerable to mental health problems and decreased psychological well-being. Furthermore, a study by Gómez-López et al. (2019) also stated that the experience of violence in romantic relationships is associated with lower *psychological well-being* in individuals who are in the phase *emerging adulthood*. The similarity of these results



strengthens the fact that the experience of violence in dating is an aspect that can reduce *psychological well-being*. In addition to examining the influence of these risk factors, this study also examines protective factors that are thought to be able to maximize *psychological well-being*, that is *self-compassion*.

The results of the analysis of this study also show that *self-compassion* provide a positive and significant influence on *psychological well-being*, in other words the higher the level *self-compassion* owned by an individual, the higher it is *psychological well-being* that is felt. According to Neff (2003) *self-compassion*. Supporting individuals to behave with kindness toward themselves, understanding that everyone experiences failure and suffering, and being able to face negative experiences in a balanced manner. This ability makes it easier for individuals to manage negative emotions, accept their circumstances, and recover from painful experiences, thereby maintaining psychological well-being. These findings indicate that young adults who have *self-compassion*. Highly motivated individuals tend not to become self-critical or regretful when faced with conflict or painful experiences, but rather to accept these experiences as part of life. This attitude helps individuals develop resilience in the face of stress, regulate emotions more adaptively, and reduce the tendency to self-harm. *self-criticism*, so that individuals are better able to maintain *psychological well-being* despite facing various life challenges (Apsari & Utomo, 2024). In line with that, individuals who have *self-compassion*. High-achieving individuals also tend to have higher positive affect, lower negative affect, and experience lower levels of stress, anxiety, and depression. These conditions indicate that *self-compassion* plays a protective role that helps individuals maintain their psychological well-being when facing stress or negative experiences (Cowand et al., 2024). The results of this study align with the findings of Ramadhan & Chusairi (2022) and Kurnia et al. (2023), which prove that *self-compassion* is a positive predictor *psychological well-being*. Specifically, Ramadhan & Chusairi (2022) found a very strong relationship ($r = 0.854$) in victims of violence, where the ability to respond to suffering with compassion helped individuals avoid self-blame and accept negative experiences more sincerely. Meanwhile, Kurnia et al. (2023) showed that in individuals experiencing emotional distress after a breakup, *self-compassion* significantly ($r = 0.686$) able to overcome the negative impact of the downturn. In the study, the aspect *self-kindness* was found to have the highest correlation ($r = 0.709$), which proves that the tendency to remain caring and non-judgmental of oneself is the main key that keeps an individual's psychological function running optimally even in difficult situations. Individuals with *self-compassion*. Those with high self-efficacy are more likely to have



better adaptability when facing life pressures and interpersonal conflicts. Furthermore, this study tested the influence of these two variables together on *psychological well-being*.

The size of this contribution shows that *psychological well-being* in young adults can be related to the presence of experiences that pose a risk to psychological well-being as well as the individual's internal ability to cope with these experiences. Sánchez-Zafra et al. (2024) found that experiences of dating violence in adolescents and *emerging adult* related to the level *well-being* lower levels, including lower life satisfaction, quality of life, relationship satisfaction, and *psychological well-being*. Meanwhile, Naini et al. (2024) explained that individuals who have *self-compassion*. They tend to be able to face difficulties with healthier coping mechanisms, manage stress more effectively, and be less harsh in judging themselves when they experience failure. These conditions can help individuals reduce their tendency to experience anxiety, stress, and negative feelings, thus supporting psychological well-being. Therefore, experiences of dating violence can be a factor that hinders the achievement of goals *psychological well-being*, whereas *self-compassion* can help individuals respond to difficult experiences more adaptively. This shows that psychological well-being is not only related to the experiences an individual has, but also to how they deal with and interpret those experiences. These results support the view of Ryff & Keyes (1995), who explained that *psychological well-being* influenced not only by the life experiences felt by the individual, but also by the individual's ability to interpret and respond to these experiences.

In addition to testing the influence between variables, this study also describes the levels of each variable through categorization analysis. The results of the analysis indicate that respondents are predominantly in the category *psychological well-being* low (52.1%) and *self-compassion* low (52.1%). Meanwhile, the level of dating violence showed a relatively balanced distribution, with 50.6% in the low category and 49.4% in the high category. These findings indicate that the majority of respondents still have a high level of psychological well-being. *self-compassion* which is not optimal.

CONCLUSION

Based on the results of the study, it can be concluded that *psychological well-being* among young adults in Karawang Regency is associated with both dating experiences and individuals' capacity to treat themselves with kindness and cope with life challenges. Experiences of dating violence are associated with lower levels of *psychological well-being*, whereas *self-compassion*



serves as an internal resource that is associated with better psychological well-being. Together, these two variables contribute significantly to variations in *psychological well-being*, although other factors beyond the scope of this study may also play important roles. Therefore, efforts to understand and improve *psychological well-being* among young adults should focus not only on addressing negative experiences that may occur within interpersonal relationships but also on strengthening individuals' capacity to respond to and manage such experiences effectively.

SUGGESTION

Future research is encouraged to explore other variables that may also contribute to *psychological well-being*, such as social support, resilience, emotional regulation, coping strategies, attachment styles, and self-esteem. Considering these factors may provide a more comprehensive understanding of the various determinants of psychological well-being among young adults. Furthermore, future studies are recommended to involve more heterogeneous samples with broader demographic coverage and to employ longitudinal or mixed-methods designs. Such approaches may offer deeper insights into the dynamics of the relationships among dating violence, *self-compassion*, and *psychological well-being* over time.

In addition, respondents, particularly young adults who are currently or have previously been involved in romantic relationships, are expected to develop greater awareness of the various forms of dating violence and to seek appropriate support when experiencing such situations. Furthermore, they are encouraged to cultivate *self-compassion* by practicing self-acceptance, reducing self-blame, and regulating their emotions adaptively, thereby promoting and maintaining their *psychological well-being*.

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