

The effect of coping strategies on flourishing with self-compassion as a mediator in teachers with functional dyspepsia

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ARTICLE INFO

Article history:

Received Jan 17, 2026

Revised Jan 24, 2026

Accepted Jan 30, 2026

Keywords:

Coping Strategy
Flourishing
Functional Dyspepsia
Self-Compassion
Stress

ABSTRACT

The inability of teachers to manage stress effectively can worsen their health and trigger functional dyspepsia. This study aims to understand how teachers can achieve flourishing despite experiencing work-related stress. It examines the coping strategies used to manage stress and how these strategies contribute to achieving flourishing. This study also investigates the role of self-compassion in the relationship between coping strategies and flourishing. The purpose of this study is to examine the effect of coping strategies on flourishing, the effect of coping strategies on self-compassion, the effect of self-compassion on flourishing, and the effect of coping strategies on flourishing with self-compassion as a mediating variable among teachers with functional dyspepsia. This study employed a quantitative method by distributing questionnaires to 200 teacher respondents diagnosed with functional dyspepsia who met the screening criteria of the R4-FDDQ Functional Dyspepsia Diagnostic Questionnaire. Data analysis was conducted using JASP version 0.19.3.0 through Structural Equation Modeling-Partial Least Squares (SEM-PLS). The results indicate that the respondent data were reliable, valid, and the model demonstrated good fit. The findings reveal a significant relationship between coping strategies and flourishing, as well as between coping strategies and self-compassion. However, self-compassion did not have a significant effect on flourishing, nor did it significantly mediate the relationship between coping strategies and flourishing among teachers with functional dyspepsia. In coping with problems, teachers with functional dyspepsia tended to prioritize emotion-focused coping in achieving flourishing. Religiosity and mindfulness were identified as the most prioritized strategies compared to other aspects.

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INTRODUCTION

Work-related stress in education is a psychological, physiological, and behavioral response resulting from a mismatch between job demands and an individual's capacity to manage them (Skaalvik & Skaalvik, 2015). Among teachers, stress arises when workloads—such as curriculum targets and classroom management responsibilities—exceed the available resources. This condition generates chronic tension manifested in emotional aspects (anxiety, depression), physical symptoms (sleep disturbances, headaches), and behavioral outcomes (absenteeism, social withdrawal) (Satria et al., 2025).

Unmanaged stress can further deteriorate health conditions, including triggering functional dyspepsia through increased gastric acid secretion and digestive disturbances. Therefore, attention to teachers' mental health should not only focus on preventing disorders but also on developing optimal potential through positive psychology approaches, particularly the concept of flourishing, which refers to a state of high psychological well-being characterized by meaningful engagement, healthy relationships, optimism, and life achievement.

Teacher work stress is a serious issue that requires an in-depth understanding of its causes, impacts, and the coping strategies employed, so that teachers are able to perform their roles optimally and create productive learning environments. This study aims to examine teachers' coping strategies in dealing with work-related pressures, both in general and in specific situations. This research seeks to understand how teachers can achieve flourishing despite experiencing work stress, as well as to identify coping strategies that contribute to enhancing this condition. Previous findings (Yuspendi et al., 2017) indicate that voluntary activities and coping have a significant effect on flourishing, contributing 50.9%, reinforcing the notion that flourishing is not merely the absence of stress, but rather the result of the ability to manage stress through adaptive strategies such as active coping, acceptance, instrumental support, and religious coping.

However, previous studies have not specifically examined the role of internal psychological mechanisms such as self-compassion in mediating the relationship between coping strategies and flourishing. This research gap is important to address, particularly among teachers who are vulnerable to prolonged work stress. Within the framework of positive psychology, as emphasized by Seligman and Csikszentmihalyi (2000), the primary focus is on enhancing quality of life by fostering positive experiences, individual strengths, and healthy institutions. The concept of flourishing is rooted in two philosophical and psychological traditions, namely hedonism and eudaimonia, which emphasize happiness, well-being, and meaning in life (Ruyter, 2007).

According to Seligman (2011) in his book *Flourish*, happiness and well-being are conceptualized through the PERMA model, which consists of five components: (1) Positive Emotion (positive emotions that broaden perspectives and build creativity), (2) Engagement (full involvement in meaningful activities), (3) Relationships (healthy social relationships), (4) Meaning (a sense of purpose derived from life calling and altruistic contribution), and (5) Accomplishment (small and large achievements that enhance self-esteem) (Goei & Garvin, 2021). This model serves as an important framework for understanding flourishing as a condition of optimal psychological well-being.

On the other hand, Lazarus and Folkman (1984) define stress as a pressing event that generates feelings of helplessness and negative impacts such as physical, emotional, and cognitive disturbances. To cope with stress, individuals employ coping, which refers to efforts to manage internal and external demands perceived as exceeding available resources. Coping strategies are influenced by cultural factors, experience, environment, personality, and social support, thereby determining an individual's capacity to confront problems. The primary goal of coping is to adapt to stressful situations while utilizing available resources to maintain adaptive functioning.

According to Lazarus and Folkman (1984), coping strategies are divided into two main types: (1) Problem-Focused Coping, which involves efforts directed toward directly solving the problem. This strategy is used when individuals perceive the situation as controllable and believe that available resources allow for change; and (2) Emotion-Focused Coping, which involves efforts to reduce emotional distress without directly altering the stressor. This strategy is typically chosen when individuals perceive the situation as difficult to change and focus more on self-acceptance.

Meanwhile, self-compassion is defined as compassion directed toward oneself, namely the ability to be kind and understanding toward one's own suffering in the same way one would show compassion to others (Neff & Christopher, 2017). Self-compassion involves accepting suffering without avoidance, offering understanding without judgment, and viewing personal experiences as part of the universal human experience.

According to (Neff (2003), self-compassion consists of three main components: (1) self-kindness, (2) common humanity, and (3) mindfulness. Individuals with high levels of self-compassion tend to treat themselves with kindness (self-kindness), recognize that suffering is a universal human experience (common humanity), and maintain mindful awareness of personal experiences without becoming excessively entangled in negative emotions (mindfulness).

Functional dyspepsia is a digestive disorder characterized by discomfort in the upper abdomen without any identifiable structural abnormalities. Functional dyspepsia is divided into two types: postprandial distress syndrome (PDS) and epigastric pain syndrome (EPS). Its mechanisms are multifactorial but are often associated with psychosocial factors and decreased quality of life. Psychological stress plays a crucial role in triggering functional dyspepsia. During stress, the brain releases cortisol, which increases gastric acid production and reduces the stomach's natural protective mechanisms, making the gastric lining more vulnerable to damage. Studies indicate that individuals with functional dyspepsia have higher cortisol levels, particularly when accompanied by depression (Darwin et al., 2017).

To assess symptoms, the Rome IV Functional Dyspepsia Diagnostic Questionnaire (R4-FDDQ) is used, consisting of questions regarding the frequency and severity of discomfort in the upper abdomen. The Indonesian translated version has been modified into six questions to reduce ambiguity while maintaining the original structure (Asari et al., 2023).

Based on the above description, this study aims to examine: (1) the effect of coping strategies on flourishing among individuals with functional dyspepsia; (2) the effect of coping strategies on self-compassion among individuals with functional dyspepsia; (3) the effect of self-compassion on flourishing among individuals with functional dyspepsia; and (4) the effect of coping strategies on flourishing with self-compassion as a mediating variable among individuals with functional dyspepsia.

RESEARCH METHOD

This study employs a quantitative approach, which emphasizes the analysis of numerical data using statistical methods to determine the significance of relationships among variables (Azwar, 2022). The respondents were Madrasah teachers under the supervision of the Ministry of Religious Affairs in Pematangsiantar who were diagnosed with functional dyspepsia. Prior to scale distribution, a screening process was conducted using the Rome IV Functional Dyspepsia Diagnostic Questionnaire (R4-FDDQ), which defines functional dyspepsia as symptoms of postprandial fullness, early satiety, or epigastric pain persisting for more than three months and occurring at least six months prior to diagnosis, in the absence of organic abnormalities (Jung et al., 2022). This study involves three variables: (1) the independent variable (coping strategies), (2) the dependent variable (flourishing), and (3) the mediating variable (self-compassion). Variables are understood as attributes or constructs that can be observed or measured and that vary across individuals (Creswell, as cited in Supratiknya, 2015). The instrument used to measure the

independent variable was the Brief COPE scale (Carver, 1997), which has been adapted by (Siaputra et al. 2023). The latest version consists of 28 items (21 original items and 7 revised items resulting from Discriminant Content Validity (DCV) evaluation), which has demonstrated stronger validity in measuring the three dimensions of coping strategies. The dependent variable is the PERMA-Profiler measuring instrument (Butler & Kern, 2016) which has been adapted by Elfida et al. (2021), which consists of 23 items. The measuring instrument for the mediating variable uses the Self Compassion Scale (SCS) (Neff et al., 2018), which has been adapted into Indonesian by Sugianto et al. (2020) which consists of 26 items.

RESULTS AND DISCUSSIONS

Research Result

The R4-FDDQ criteria define functional dyspepsia as the presence of one or more symptoms, including postprandial fullness, early satiety, and epigastric pain or upper abdominal discomfort, with symptom onset occurring at least six months prior to diagnosis and persisting for more than three months in the absence of any organic disease (Jung et al., 2022).

Table 1. Questionnaire screening test dyspepsia fungsional R4-FDDQ (Asari et al., 2023)

Symbol	Statement	Yes	No
D1	During the last 3 months, you often feel very full after eating a normal portion of food (the amount you usually eat), so that it interferes with your activities.	95	105
D2	For 6 months or more since you first experienced it, you feel fullness after eating food that is quite heavy, so that it interferes with your activities.	166	34
D3	During the last 3 months, you often cannot finish food with a normal portion because you feel too full.	95	105
D4	For 6 months or more since you first experienced it, you feel too full to finish food with normal portion.	89	111
D5	During the last 3 months, you often feel pain or burning sensation in the middle of the upper abdomen (above the navel, but not in the chest), which is quite severe so that it interferes with your activities.	65	135
D6	For 6 months or more since you first experienced it, you feel pain or a burning sensation in the middle of the upper abdomen.	68	132

Table 2. Descriptive data of functional dyspepsia patients

Variable	Level	Counts	Total	Proportion	p
Duration of suffering from gastric pain ?	More than 1 year	200	200	1.000	<.001
	Duration of Experiencing gastric pain ?	200	200	1.000	<.001
Age	20 - 30 Years	74	200	0.370	<.001
	31 - 40 Years	53	200	0.265	<.001
	41 - 50 Years	42	200	0.210	<.001
	> 50 Years	31	200	0.155	<.001
	Gender	Male	33	200	0.165
	Female	167	200	0.835	<.001
Marital Status	Unmarried	66	200	0.330	<.001
	Married	134	200	0.670	<.001

Based on the data presented in Table 2, a total of 167 female respondents were identified as having functional dyspepsia (83.5%), while the remaining 33 respondents were male (16.5%). In terms of marital status, 134 respondents were married (67%), whereas 66 respondents were unmarried (33%). These findings are consistent with the study by Muya et al. (2015), which

reported that the highest proportion of functional dyspepsia sufferers were females (64.3%) and individuals who were married (71.4%) at RSUP Dr. M. Djamil Padang, West Sumatra.

The highest number of functional dyspepsia cases was found in the 20-30 year age group, totaling 74 respondents (37%). As age increased, the percentage of individuals experiencing functional dyspepsia tended to decline. Among the young adult population, particularly those aged 20-30 years, the prevalence of functional dyspepsia is relatively higher compared to other age groups. Productive age is defined as the period during which individuals have reached physical and biological maturity, generally ranging from 18 to 45 years. During this stage, individuals are at the peak of their activity levels, with physical activities that tend to be more intense compared to other age groups.

High levels of activity often trigger stress, which is a common condition affecting modern society. The emergence of stress can alter normal bodily functions and, over prolonged periods, may lead to the early onset of degenerative disease symptoms. One such condition is functional dyspepsia (Lestari et al., 2022).

Table 3. Path analysis between indicators

Path coefficients		Estimate	Std.error	z-value	p	Lower	Upper
95% Confidence Interval							
Self-Kindness	→ Positive Emotion	0.055	0.091	0.606	0.545	-0.124	0.234
Comman Humanity	→ Positive Emotion	-0.119	0.092	-1.305	0.192	-0.299	0.060
Mindfulness	→ Positive Emotion	0.304	0.108	2.803	0.005	0.092	0.515
Problem FC	→ Positive Emotion	0.287	0.139	2.068	0.039	0.015	0.560
Emotion FC	→ Positive Emotion	0.312	0.154	2.025	0.043	0.010	0.615
Self-Kindness	→ Engagement	0.070	0.086	0.816	0.414	-0.098	0.238
Comman Humanity	→ Engagement	-0.074	0.086	-0.856	0.392	-0.242	0.095
Mindfulness	→ Engagement	0.153	0.101	1.511	0.131	-0.046	0.352
Problem FC	→ Engagement	0.297	0.131	2.276	0.023	0.041	0.553
Emotion FC	→ Engagement	0.437	0.145	3.015	0.003	0.153	0.721
Self-Kindness	→ Relationship	0.012	0.100	0.120	0.904	-0.184	0.206
Comman Humanity	→ Relationship	-0.171	0.100	-1.710	0.087	-0.367	0.025
Mindfulness	→ Relationship	0.222	0.118	1.885	0.059	-0.009	0.453
Problem FC	→ Relationship	0.234	0.152	1.541	0.123	-0.064	0.531
Emotion FC	→ Relationship	0.581	0.163	3.454	< .001	-0.251	0.911
Self-Kindness	→ Meaning	0.119	0.093	1.276	0.202	-0.064	0.302
Comman Humanity	→ Meaning	-0.032	0.093	-0.343	0.732	-0.215	0.151
Mindfulness	→ Meaning	0.136	0.110	1.229	0.219	-0.081	0.352
Problem FC	→ Meaning	0.363	0.142	2.561	0.010	0.085	0.642
Emotion FC	→ Meaning	0.356	0.158	2.258	0.024	0.047	0.664
Self-Kindness	→ Accomplishment	0.149	0.082	1.819	0.069	-0.012	0.310
Comman Humanity	→ Accomplishment	-0.097	0.082	-1.181	0.237	-0.258	0.064
Mindfulness	→ Accomplishment	0.247	0.097	2.543	0.011	0.057	0.437
Problem FC	→ Accomplishment	0.457	0.125	3.739	< .001	0.222	0.711
Emotion FC	→ Accomplishment	0.220	0.139	1.586	0.113	-0.052	0.491
Problem FC	→ Self-Kindness	0.170	0.135	1.264	0.206	-0.094	0.434
Emotion FC	→ Self-Kindness	0.632	0.136	4.651	< .001	0.365	0.898
Problem FC	→ Comman Humanity	0.054	0.139	0.389	0.698	0.500	0.327
Emotion FC	→ Comman Humanity	0.775	0.141	5.513	< .001	0.514	1.051
Problem FC	→ Mindfulness	0.058	0.124	0.468	0.640	-0.185	0.301
Emotion FC	→ Mindfulness	0.778	0.125	6.224	< .001	0.533	1.023

Based on the results of the path analysis between constructs in table 3, it is known that: a) The positive direction of strategy coping indicators toward flourishing indicators. Adaptive strategy coping directly encourages individuals toward a flourishing condition by developing competence and a sense of self-control (through problem-focused coping), enhancing emotional and relational well-being (through emotion-focused coping), fostering personal meaning from difficulties, and strengthening resilience, which is essential for maintaining long-term flourishing; b) The positive direction of strategy coping indicators toward self-compassion indicators. Adaptive strategy coping contributes directly to the development of self-compassion, by helping individuals adopt a gentler and non-judgmental attitude toward themselves, fostering awareness that everyone can experience difficulties (common humanity), and teaching individuals to face emotions in a balanced and conscious manner (mindfulness); c) The positive direction of self-compassion indicators, namely self-kindness and mindfulness, toward flourishing indicators. Self-kindness and mindfulness as self-compassion indicators make a significant contribution to supporting flourishing, because they strengthen emotional, cognitive, and social aspects of well-being. They help individuals manage stress, face failure, and continue to grow positively, forming the foundation for building healthy relationships and a meaningful life; d) The opposite (negative) direction of the common humanity indicator toward flourishing indicators. Unlike self-kindness and mindfulness, common humanity has a negative impact on flourishing indicators, because it may hinder social connection and healthy relationships, reduce self-acceptance, disrupt positive emotions, and limit personal growth and achievement.

Discussion

The results of the Strategy Coping score assessment show: (a) Problem-Focused Coping is in the moderate category, indicating that respondents possess adaptive abilities in dealing with problems, although their effectiveness remains limited. (b) Emotion-Focused Coping is also in the moderate category, indicating that respondents have sufficient emotional skills to reduce psychological pressure, but do not consistently use them as their primary strategy. (c) Dysfunctional Coping is in the low category, indicating that respondents tend to use adaptive strategy coping (problem-focused or emotion-focused) rather than dysfunctional coping. (d) The average score of emotion-focused coping is higher than problem-focused coping, meaning that respondents tend to use emotional regulation strategies rather than direct problem-solving strategies. (e) The dominance of emotion-focused coping scores is primarily contributed by the religion indicator, reflecting an individual's orientation toward God. This religious approach provides inner peace, a sense of surrender, and positive meaning toward difficult experiences, thereby helping individuals adjust to pressure without needing to directly change the stressful situation.

The results of the Flourishing indicator scores show: (a) Positive Emotion is in the Normal Functioning category: respondents are able to experience positive emotions in daily life, but the intensity remains moderate, neither excessive nor very high. (b) Engagement is in the Normal Functioning category: respondents are able to focus and be involved in activities considered meaningful, but this involvement is not consistent across all situations. (c) Relationship is in the Normal Functioning category: respondents are able to establish communication and healthy social relationships, but these relationships are not yet fully intense or deep; relationships tend to be stable, but may not always provide strong emotional support in all situations. (d) Meaning is in the Normal Functioning category: respondents already have direction, goals, and reasons in life, but these are not yet fully stable or consistent in all situations. (e) Accomplishment is in the Normal Functioning category: respondents are able to achieve most of their life goals, although they may not consistently reach higher targets.

Based on the Self-Compassion scores: (a) Self-kindness is in the moderate category: respondents are able to be kind and not overly harsh toward themselves when facing mistakes or failures. (b) Common Humanity is in the moderate category: respondents realize that they are not

alone in facing problems, but in certain situations still feel isolated or different from others. (c) Mindfulness is in the high category: respondents possess good full awareness (present moment awareness) of their thoughts, emotions, and ongoing experiences, without judgment. The results of the path analysis indicate that Strategy Coping has a significant effect on Flourishing with a contribution of 50.9% ($p < 0.001$). This finding confirms that the more adaptive the strategy coping used by individuals, the higher the level of flourishing achieved. In other words, individuals' ability to manage stress—through both problem-focused coping and emotion-focused coping—contributes substantially to enhancing meaningful life experiences, positive relationships, and personal achievements.

The results show that religion is in the high category. This indicates that respondents tend to rely on religiosity values and self-acceptance abilities as primary strategies in dealing with stress. High scores on the religion aspect indicate that respondents find inner peace, life meaning, and psychological strength through spiritual activities such as prayer, worship, and surrender to God. This strategy functions as an internal support source that fosters optimism and emotional resilience. Religion plays an important role in strengthening emotion-focused coping, which in turn supports the achievement of psychological well-being (flourishing). Thus, it can be concluded that respondents more often find psychological strength through spiritual approaches and emotion-focused coping rather than direct problem-solving strategies.

This study is in line with research conducted by Siti Urbayatun et al. (2019) on disaster survivors of earthquakes and floods, which found that other stressor factors experienced by individuals influence their personal growth. In addition to survivors' prior personality traits, coping strategies, social support from family and friends, and strong religiosity among survivors serve as coping forms that contribute to enhancing personal growth. In this study, religiosity also strongly influences the level of flourishing among individuals with functional dyspepsia. Religious factors have a substantial impact on the mental health of Indonesian society, especially when facing illness or severe medical conditions. This is closely related to Indonesia's deeply rooted and diverse religious culture.

The path analysis results indicate that Strategy Coping has a significant effect on Self-Compassion with a contribution of 57.2% ($p < 0.001$). This finding indicates that the more adaptive the strategy coping used by individuals, the higher their level of self-compassion. In other words, individuals who can actively face problems, seek support, plan effectively, and regulate emotions in a healthy manner are more capable of developing compassion toward themselves. Mindfulness, which is in the high category, indicates that individuals possess good full awareness (present moment awareness) in observing current life experiences clearly, without judgment, and with acceptance. High levels of mindfulness indicate that individuals are able to observe thoughts, emotions, and bodily sensations calmly, making them less easily carried away by stress or negative reactivity. For individuals with functional dyspepsia, high mindfulness serves as an important psychological resource because it helps them manage both physical and psychological symptoms more adaptively. Through mindfulness, sufferers can accept discomfort without adding suffering through rejection or excessive worry. This supports healthier emotional regulation, increases resilience, and strengthens psychological well-being (flourishing).

This study aligns with research conducted by (Olasehinde (2025), which shows that self-compassion is an effective and adaptive strategy coping that fosters emotional resilience and enhances the ability to face life challenges. By emphasizing self-kindness, mindfulness, and a sense of shared humanity, self-compassion reduces maladaptive coping behaviors such as self-criticism and rumination, resulting in better emotional responses and well-being.

Although self-compassion shows a contribution of 18.2% to flourishing, the value of $p = 0.006 > 0.001$ indicates that the effect is not statistically significant. This means that individuals' ability to be compassionate toward themselves, accept suffering as part of human life, and

maintain mindful awareness without judgment is not strong enough to significantly increase psychological well-being (flourishing) among individuals with functional dyspepsia.

This finding is not in line with the research conducted by (Kotera et al. 2021), which found a positive relationship between self-compassion and flourishing, showing that students with high levels of self-compassion possess strong motivation and persistence in actively participating in daily and academic activities. This study also contradicts the findings of (Zulfa and Prastuti 2020), whose hypothesis testing showed a significant positive correlation between self-compassion and flourishing among students at Universitas Negeri Malang.

Among teachers with functional dyspepsia, the common humanity aspect may show an inverse relationship with flourishing due to a shift in meaning from an active concept to passive acceptance. Awareness that suffering is a universal experience is often perceived as justification for lowering self-demands, leading individuals to feel that it is reasonable not to function optimally. Chronic and recurrent illness conditions further reinforce the use of passive coping strategies, such as withdrawal and resignation, which ultimately reduce engagement in meaningful activities. In collectivist cultures such as Indonesia, common humanity is often interpreted as excessive acceptance and patience, which can weaken motivation to pursue meaning, relationships, and achievement. As a result, rather than enhancing empathy and motivation, common humanity may suppress the dimensions of positive emotion, relationship, meaning, and accomplishment within flourishing. However, the high level of mindfulness acts as a protective factor that enables teachers to persist, as reflective awareness of professional roles and responsibilities, and viewing teaching as an act of devotion and service, encourages strong self-regulation despite illness.

The path analysis results show that self-compassion as a mediating variable between strategy coping and flourishing contributes 10.4% with a p-value of $0.008 > 0.001$. This finding indicates that self-compassion does not have a significant mediating role in the relationship between the use of strategy coping and the level of flourishing. In other words, although self-compassion can function as a psychological factor that helps individuals cope with stress, its role in bridging the relationship between strategy coping and flourishing is not statistically strong. This means that when individuals use certain strategy coping methods to manage stress or psychological pressure, it does not necessarily increase flourishing through the mechanism of self-compassion. Other factors may play a more prominent role in strengthening the relationship between strategy coping and psychological well-being, such as social support, optimism, or emotional regulation. Therefore, interventions aimed at enhancing flourishing should not only focus on increasing self-compassion, but also consider other aspects that may strengthen the effectiveness of individuals' strategy coping.

In this study, respondents were found to predominantly use emotion-focused coping in dealing with their problems. In addition, the mindfulness aspect of self-compassion was also in the high category, indicating individuals' ability to remain present, aware, and accepting of emotional experiences in a more adaptive manner. This study aligns with research conducted by (Sianipar and) (Pratama 2024), which found a significant relationship between self-compassion and emotion-focused coping among students working on their thesis at Campus X in Padang. Among individuals with functional dyspepsia, emotion-focused coping strategies are more commonly used because individuals attempt to reduce emotional pressure arising from disease symptoms. By managing emotions such as anxiety, stress, or discomfort, sufferers can achieve a more balanced psychological state. This then contributes to the emergence of flourishing, a positive condition in which individuals are still able to find meaning in life, maintain social relationships, and experience well-being despite physical limitations due to illness. This study is in line with research by (Emiyani et al. (2024), which found that one strategy that can improve student well-being is emotion-focused coping. This strategy is considered effective in enhancing well-being, as higher use of emotion-focused coping in managing stress leads to more positive well-being among students.

This study found that self-compassion does not serve as a mediating variable in the relationship between strategy coping and flourishing among individuals with functional dyspepsia. This means that adaptive strategy coping has a direct impact on increasing flourishing, but not through the role of self-compassion. This finding is not in line with the study by (Njotowibowo and Engry (2023), which showed a significant effect of self-compassion on flourishing among healthcare workers in Indonesia.

CONCLUSION

The path analysis results indicate that Strategy Coping has a significant effect on Flourishing among individuals with functional dyspepsia, with a contribution of 50.9% and a significance value of $p < 0.001$. This finding confirms that individuals' ability to manage stress through appropriate strategy coping plays a crucial role in enhancing their psychological well-being. The more adaptive the strategy coping used, the higher the level of flourishing experienced by sufferers. The path analysis results also show that Strategy Coping has a significant effect on Self-Compassion among individuals with functional dyspepsia, with a contribution of 57.2% and a significance value of $p < 0.001$. This finding indicates that the use of appropriate and adaptive strategy coping is closely associated with an increased ability to be compassionate toward oneself. In other words, the better individuals manage stress and pressure through healthy coping strategies, the greater their ability to understand, accept, and care for themselves in dealing with their condition. The path analysis results further show that self-compassion does not have a significant effect on flourishing among individuals with functional dyspepsia, with a contribution of 18.2% and a significance value of $p = 0.006 > 0.001$. This indicates that although there is a positive relationship between self-compassion and flourishing, the effect is not statistically strong enough to be considered significant. In other words, individuals' ability to be compassionate toward themselves cannot directly explain improvements in psychological well-being (flourishing) among individuals with functional dyspepsia.

The path analysis results also indicate that self-compassion does not function as a significant mediating variable in the relationship between strategy coping and flourishing among individuals with functional dyspepsia, with a contribution of 10.4% and a significance value of $p = 0.008 > 0.001$. This indicates that self-compassion is not able to significantly mediate the effect of strategy coping on flourishing. Thus, although self-compassion helps individuals accept and understand themselves when facing stress, its role in strengthening the relationship between strategy coping and psychological well-being is not statistically supported.

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