

**THE RELATIONSHIP BETWEEN SELF-COMPASSION AND DEPRESSION
TENDENCIES AMONG FINAL-YEAR MEDICAL STUDENTS**

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ABSTRACT

Final-year medical students are known to face a high risk of depressive tendencies due to academic pressure and thesis completion. Self-compassion, a kind and accepting attitude toward oneself during hardship, is presumed to be associated with this condition. This study examined the relationship between self-compassion and depressive tendencies among 93 final-year medical students at Diponegoro University selected through convenience sampling. Data were collected using the Indonesian Beck Depression Inventory-II (IDN-BDI-II) and the Welas Diri Scale (SWD), then analyzed using Pearson Product Moment correlation. Results showed that most respondents fell into the moderate self-compassion category (66.7%), while depressive tendencies were dominated by the severe category (44.1%). Hypothesis testing yielded $r = -0.673$ with $p = 0.000$ ($p < 0.01$), indicating the hypothesis was accepted. These findings confirm a significant and strong negative relationship between self-compassion and depressive tendencies, whereby higher self-compassion is associated with lower depressive tendencies.

Keywords: *self-compassion, depressive tendencies, final-year medical student.*