

HUBUNGAN ANTARA *SELF-COMPASSION* DENGAN *PSYCHOLOGICAL WELL-BEING* PADA MAHASISWA YANG SEDANG MENGERJAKAN SKRIPSI

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ABSTRAK

Penelitian ini bertujuan guna mengetahui korelasi antara *self-compassion* dengan *psychological well-being* pada mahasiswa yang tengah mengerjakan skripsi. *Self-compassion* adalah sikap berbelas kasih kepada diri sendiri melalui sikap hangat, lembut, dan pengertian, dan tidak menghakimi dirinya sendiri ketika menghadapi situasi yang sulit. Kesejahteraan psikologis atau *psychological well-being* adalah kondisi psikologis individu yang meliputi adanya penilaian positif terhadap diri sendiri, penerimaan diri dan masa lalunya, mampu mengenali potensi diri dan mampu mengembangkannya. Sampel berjumlah 295 dengan karakteristik partisipan adalah mahasiswa yang sedang mengambil mata kuliah skripsi, tidak bekerja, dan belum menikah yang dipilih dengan teknik *purposive sampling*. Pengumpulan data dalam penelitian ini dilakukan dengan menggunakan dua skala dengan model *Likert* yaitu Skala Welas Diri (23 aitem, $\alpha = 0,871$) dan Skala *Psychological Well-being* (34 aitem, $\alpha = 0,920$). Analisis data menggunakan analisis regresi non-linear menggunakan SPSS. Pada hasil analisis data mengungkapkan adanya hubungan positif yang signifikan antara *self-compassion* dan *psychological well-being* ($r_{xy} = 0.744$, $p < 0,05$). Hasil tersebut mengindikasikan semakin tinggi *self-compassion*, maka diikuti pula dengan tingkat *psychological well-being* yang tinggi pada mahasiswa yang sedang mengerjakan skripsi. Begitu pula sebaliknya, semakin rendah tingkat *self-compassion*, semakin rendah pula tingkat *psychological well-being* pada mahasiswa yang sedang mengerjakan skripsi.

Kata kunci: *self-compassion*, *psychological well-being*, mahasiswa, skripsi

RELATIONSHIP BETWEEN SELF-COMPASSION AND PSYCHOLOGICAL WELL-BEING ON COLLEGE STUDENTS WORKING ON UNDERGRADUATE THESIS

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ABSTRACT

This study aims to determine the correlation between self-compassion and psychological well-being in college students who are working on their undergraduate thesis. Self-compassion is having compassion for oneself through being warm, gentle, and understanding, and not judging when being faced with difficult situation. Psychological well-being is an individual's psychological condition which includes a positive assessment of oneself, self-acceptance, and one's past, being able to recognize one's potential and being able develop it. The samples on this research were 295 with characteristics of participants being a students who were taking undergraduate thesis courses, not working, and not married yet who were selected by purposive sampling technique. Data collection was through two Likert model scales, Self-compassion Scale (23 item, $\alpha = 0.871$) and The Psychological Well-being (34 item, $\alpha = 0.920$). Data analysis using Nonlinear Regression with SPSS. The results of the data analysis revealed a significant positive relationship between self-compassion and psychological well-being ($r_{xy} = 0.744$, $p < 0.05$). These results indicate that the higher the self-compassion, the higher the level of psychological well-being in students who are working on their undergraduate thesis and vice versa, the lower the level of self-compassion, the lower the level of psychological well-being in students who are working on their undergraduate thesis.

Keywords : *self-compassion, psychological well-being, college students, undergraduate thesis*