

**HUBUNGAN ANTARA *SELF-COMPASSION* DENGAN RESILIENSI
PADA MAHASISWA ORGANISATORIS FAKULTAS PSIKOLOGI
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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-compassion* dengan resiliensi pada mahasiswa organisatoris Fakultas Psikologi Universitas Diponegoro. Populasi dalam penelitian ini adalah 100 mahasiswa organisatoris angkatan tahun ketiga Fakultas Psikologi Universitas Diponegoro dan jumlah subjek penelitian sebanyak 74 mahasiswa. Penentuan sampel penelitian menggunakan teknik *purposive sampling*. Metode pengambilan data menggunakan dua alat ukur yakni Skala *Self-Compassion* (32 aitem, $\alpha = 0,950$) dan Skala Resiliensi (50 aitem, $\alpha = 0,958$). Hasil analisis regresi sederhana menunjukkan nilai $r_{xy} = 0,806$ dengan $p = 0,000$ ($p < 0,05$). Hasil ini menunjukkan bahwa hipotesis penelitian ini diterima, yakni terdapat hubungan yang positif dan signifikan antara *self-compassion* dan resiliensi mahasiswa. *Self-compassion* memberikan sumbangan efektif sebesar 65% terhadap resiliensi mahasiswa.

Kata kunci : *Self-compassion*, resiliensi, mahasiswa organisatoris

RELATIONSHIP BETWEEN SELF-COMPASSION AND RESILIENCE IN ORGANIZATIONAL STUDENTS AT THE FACULTY OF PSYCHOLOGY, DIPONEGORO UNIVERSITY

ABSTRACT

This study aims to determine the relationship between self-compassion and resilience in organizational students at the Faculty of Psychology, Diponegoro University. The population in this study were 100 third-year organizational students of the Faculty of Psychology, Diponegoro University and the number of research subjects was 74 students. Determination of the research sample using a purposive sampling technique. The data collection uses two measurements: Self-Compassion Scale (32 items, $\alpha = 0.950$) and Resilience Scale (50 items, $\alpha = 0.958$). The results of simple regression analysis showed the value of $r_{xy} = 0.806$ with $p = 0.000$ ($p < 0.05$). These results indicate that the research hypothesis is accepted, that there is a positive and significant relationship between self-compassion and student resilience. Self-compassion provides an effective contribution of 65% to student resilience.

Keywords : *Self-compassion*, resilience, organizational students