

HUBUNGAN ANTARA SELF COMPASSION DENGAN RESILIENSI PADA MAHASISWA YANG SEDANG MENGERJAKAN SKRIPSI DI FAKULTAS PSIKOLOGI UNIVERSITAS DIPONEGORO

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Abstrak

Mahasiswa yang sedang menyusun skripsi dihadapkan pada berbagai resiko dan permasalahan yang membuat mahasiswa tertekan sehingga berdampak pada psikologis mahasiswa, oleh karena itu dibutuhkan resiliensi. Resiliensi adalah kemampuan seseorang untuk bertahan, bangkit, dan menyesuaikan dengan kondisi yang sulit. Untuk mampu bertahan mahasiswa harus memiliki pemahaman yang menyeluruh tentang diri dan kondisi yang sedang dihadapi. Self compassion didefinisikan sebagai sikap perhatian dan kebaikan terhadap diri sendiri saat menghadapi berbagai kesulitan dalam hidup. Penelitian ini bertujuan untuk mengetahui hubungan antara *self compassion* dengan resiliensi pada mahasiswa yang sedang mengerjakan skripsi di Fakultas Psikologi Universitas Diponegoro Semarang. Populasi penelitian sebanyak 250 mahasiswa. Pengambilan sampel dalam penelitian ini menggunakan teknik *cluster sampling* dan didapat 88 mahasiswa sebagai subjek penelitian. Metode penggalan data dengan menggunakan dua skala psikologi. Skala Resiliensi dengan 30 aitem valid ($\alpha = 0,909$) dan Skala *Self Compassion* dengan 30 aitem valid ($\alpha = 0,906$). Hasil analisis regresi linier sederhana menunjukkan koefisien korelasi sebesar 0,600 dengan $p = 0,000$ ($p < 0,05$) yang berarti ada hubungan positif antara *Self Compassion* dengan Resiliensi, semakin tinggi *self compassion* maka semakin tinggi resiliensi mahasiswa, demikian pula sebaliknya semakin rendah *self compassion* maka semakin rendah resiliensi. Sumbangan efektif *self compassion* terhadap resiliensi mahasiswa sebesar 35,9% dan sisanya sebesar 64,1% dijelaskan oleh faktor-faktor lain.

Kata Kunci : Resiliensi, *Self compassion* dan Mahasiswa

THE RELATIONSHIP BETWEEN SELF-COMPASSION AND RESILIENCE AMONGST STUDENTS WHO ARE CURRENTLY WORKING ON THEIR THESIS PAPERS AT THE FACULTY OF PSYCHOLOGY AT THE UNIVERSITY OF DIPONOROGO IN SEMARANG

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Abstract

University students currently facing their thesis papers are faced with a variety of risks and problems which causes stresses on students which affects to their physiological wellbeing; such this being the case what is need is resilience. Resilience is the ability of an individual to hold on, rise up and make the needed adjustments to face the difficult situation. To be able to hold on, the student must have a complete understanding about one's self and the conditions they are currently facing. Self-compassion is defined as an attitude of attention and good intentions towards one's self when faced with difficult situations in life. The researcher intends to investigate/understand the relationship between self-compassion and resilience amongst students who are currently working on their thesis papers at the Faculty of Psychology at the University of Diponegoro in Semarang with a population of 250 students. The sample for this study used the cluster sampling technique and arrived at 88 students as subjects. The resilience scale with 30 item validity of ($\alpha = 0,909$) and *Self Compassion* with a 30 item validity of ($\alpha = 0,906$). The simple linier regression analysis result shows a correlation coefficient as large as 0.600 with $p = 0,000$ ($p < 0,05$) which means there is positive relationship between self-compassion and resilience; that being, the higher the self-compassion the higher the resilience of the student. The opposite is also true; the lower the self-compassion the lower the resilience. The effective contribution of self-compassion towards resilience in university students is 35.9% while the remaining 64.1% is explained through other factors.

Key words: Resilience, Self-compassion, University student