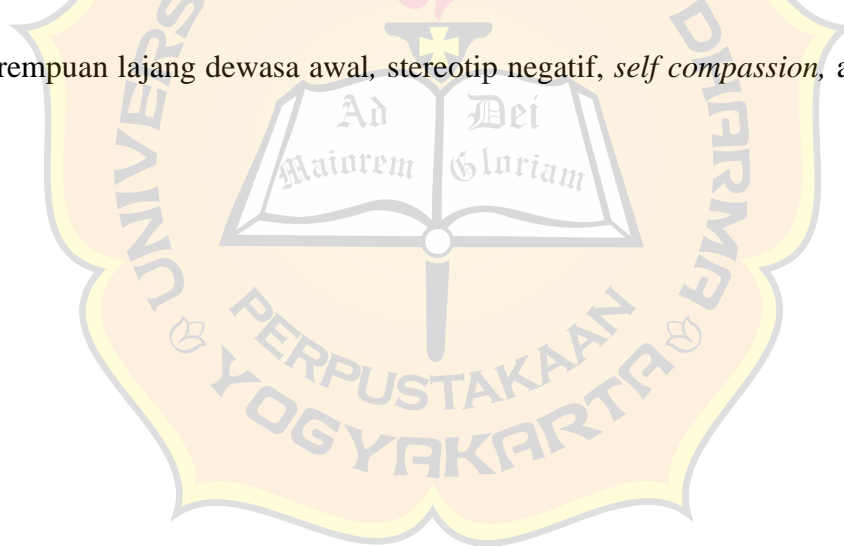


ABSTRAK

Alverina, Catharina Dian. 2023. Hubungan Self Compassion dengan Afek pada Perempuan Lajang Dewasa Awal. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Perempuan lajang merupakan kelompok yang rentan mendapat stereotip negatif atas status lajangnya dan dapat membuat mereka merasakan afek negatif. *Self compassion* merupakan sikap welas asih pada diri sendiri saat menghadapi peristiwa tidak menyenangkan. Penelitian ini bertujuan untuk mengetahui hubungan antara *self compassion* dan afek pada perempuan dewasa awal menggunakan desain penelitian korelasional. Hipotesis penelitian ini adalah terdapat hubungan positif antara *self compassion* dan afek positif serta terdapat hubungan negatif antara *self compassion* dan afek negatif. Subjek pada penelitian ini adalah perempuan lajang berusia 25-40 tahun. Pengumpulan data dilakukan menggunakan skala yang diadaptasi dari *Positive and Negative Affect Schedule (PANAS)* dan *Self Compassion Scale (SCS)*. Hasil penelitian menunjukkan bahwa terdapat hubungan positif antara *self compassion* dan afek positif ($r = 0.464$, $p = 0.00$, $p < 0.05$) serta terdapat hubungan negatif antara *self compassion* dan afek negatif ($r = -0.489$, $p = 0.00$, $p < 0.05$). Hal ini menunjukkan bahwa semakin tinggi *self compassion* maka akan semakin tinggi afek positif dan semakin rendah afek negatif yang dirasakan perempuan lajang dewasa awal.

Kata kunci: perempuan lajang dewasa awal, stereotip negatif, *self compassion*, afek positif, afek negatif.



ABSTRACT

Alverina, Catharina Dian. 2023. The Relationship between Self Compassion and Affect in Early Adult Single Women. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma Univesity.

Single women are a group that is prone to negative stereotypes about their single status and can make them feel negative affect. Compassion is an attitude of self-compassion when facing unpleasant events. This study aims to determine the relationship between self-compassion and affect in early adult women using a correlational research design. The hypothesis of this study is that there is a positive relationship between self-compassion and positive affect and there is a negative relationship between self-compassion and negative affect. Subjects in this study were single women aged 25-40 years. Data collection was carried out using a scale adapted from the Positive and Negative Affect Schedule (PANAS) and the Self Compassion Scale (SCS). The results showed that there was a positive relationship between self-compassion and positive affect ($r = 0.464$, $p = 0.00$, $p < 0.05$) and there was a negative relationship between self-compassion and negative affect ($r = -0.489$, $p = 0.00$, $p < 0.05$). This shows that the higher the self-compassion, the higher the positive affect and the lower the negative affect felt by single women in early adulthood.

Keywords: early adult single women, negative stereotypes, compassion, positive affect, negative affect.

