

**HUBUNGAN *SELF-COMPASSION* DAN *PSYCHOLOGICAL WELL-BEING* PADA
MAHASISWA YANG SEDANG MENYUSUN SKRIPSI**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-compassion* dan *psychological well-being* pada mahasiswa yang sedang menyusun skripsi. Hipotesis yang diajukan dalam penelitian ini yaitu adanya hubungan positif antara *self-compassion* dan *psychological well-being* pada mahasiswa yang sedang mengerjakan skripsi. Subjek dalam penelitian ini sebanyak 212 mahasiswa angkatan 2015-2018 yang sedang mengambil mata kuliah skripsi. Penelitian ini merupakan penelitian kuantitatif dengan teknik pengambilan sampel random sampling dan menggunakan metode dua skala Likert, yaitu skala *self-compassion* dan *psychological well-being*. Hasil uji coba skala menunjukkan koefisien reliabilitas pada skala *self-compassion* sebesar 0,912 dan pada skala *psychological well-being* sebesar 0,947. Analisis data penelitian dilakukan dengan teknik korelasi *Spearman's Rho one-tailed* karena data tidak terdistribusi secara normal. Berdasarkan uji korelasi yang telah dilakukan, dihasilkan koefisien korelasi sebesar 0,684 dan nilai signifikansi ($p = 0,000$ ($p < 0,01$)). Hasil tersebut menunjukkan bahwa terdapat hubungan positif dan signifikan antara *self-compassion* dan *psychological well-being* pada mahasiswa yang sedang menyusun skripsi.

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

THE RELATIONSHIP BETWEEN SELF-COMPASSION AND PSYCHOLOGICAL WELL-BEING IN STUDENTS WORKING ON THEIR THESIS

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ABSTRACT

This study aimed to investigate the relationship between self-compassion and psychological well-being in students working on their thesis. The hypothesis proposed in this study was that there is a positive relationship between self-compassion and psychological well-being in students working on their thesis. The subjects in this study were 212 students from the 2015-2018 class who were taking thesis courses. This study was a quantitative research using a random sampling technique and employing two Likert scales, namely the self-compassion scale and psychological well-being scale. The results of the scale pilot test showed a reliability coefficient of 0.912 for the self-compassion scale and 0.947 for the psychological well-being scale. Data analysis was conducted using the Spearman's Rho one-tailed correlation technique because the data was not normally distributed. Based on the correlation test conducted, a correlation coefficient of 0.684 and a significance value ($p = 0.000$ ($p < 0.01$)) were obtained. The results indicate that there is a positive and significant relationship between self-compassion and psychological well-being in students working on their thesis.

Keywords: self-compassion, psychological well-being, students working on their thesis.