

ABSTRAK

TINGKAT *SELF COMPASSION* PADA MAHASISWA FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN UNIVERSITAS SANATA DHARMA YANG MENGALAMI *TOXIC RELATIONSHIP* BERPACARAN

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Penelitian ini bertujuan untuk: (1) Mengetahui tingkat *self compassion* pada mahasiswa Fakultas Keguruan dan Ilmu Pendidikan Universitas Sanata Dharma yang mengalami *toxic relationship* dalam berpacaran. (2) Mengetahui pada item skala *self compassion* apa yang masih kurang optimal yang nantinya akan dijadikan sebagai usulan program bimbingan.

Jenis penelitian ini ialah deskriptif kuantitatif. Subjek pada penelitian yang dilakukan adalah mahasiswa Fakultas Keguruan dan Ilmu Pendidikan Universitas Sanata Dharma yang mengalami *toxic relationship* berpacaran. Pengumpulan data menggunakan skala *self compassion* dengan item valid 36 item dengan indeks reliabilitas *Cronbach Alpha* sebesar 0,910. Skala yang disusun berdasarkan 3 aspek yaitu *self kindness* (kebaikan diri), *common humanity* (kemanusiaan bersama), dan *mindfulness* (kesadaran penuh). Teknik analisis data yang digunakan pada penelitian ini adalah statistik deskriptif, dengan menggunakan aplikasi SPSS versi 22.

Mayoritas hasil *self compassion* pada mahasiswa FKIP Universitas Sanata Dharma yang mengalami *toxic relationship* berpacaran ialah dominan sedang. Hasil penelitian yang dilakukan menunjukkan bahwa dari 31 mahasiswa, sebanyak 6,5% mahasiswa yang mengalami *toxic relationship* memiliki tingkat *self compassion* yang sangat tinggi, 16,1% mahasiswa yang mengalami *toxic relationship* berpacaran memiliki tingkat *self compassion* yang tinggi, 38,7% mahasiswa yang mengalami *toxic relationship* berpacaran memiliki tingkat *self compassion* sedang, 35,5% mahasiswa yang mengalami *toxic relationship* berpacara memiliki tingkat *self compassion* rendah, dan 3,2% mahasiswa yang mengalami *toxic relationship* berpacaran memiliki tingkat *self compassion* sangat rendah. Terdapat 16 item pengukuran *self compassion* yang teridentifikasi capaian skornya rendah dan 3 item pengukuran *self compassion* yang teridentifikasi capaian skornya sangat rendah yang diajukan sebagai topik bimbingan.

Kata kunci: *Self compassion*, *Toxic Relationship*, Mahasiswa

ABSTRACT

***LEVEL OF SELF COMPASSION IN STUDENTS OF THE FACULTY OF
TEACHER AND EDUCATION SANATA DHARMA UNIVERSITY WHO
EXPERIENCED TOXIC RELATIONSHIP DATING***

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This research aims to: (1) Find out the level of self-compassion in students at the Faculty of Teacher Training and Education, Sanata Dharma University who experience toxic relationships in dating. (2) Find out which Self Compassion Scale items are still less than optimal which will later be used as a proposal for a guidance program.

This type of research is quantitative descriptive. The subjects in the research conducted were students at the Faculty of Teacher Training and Education, Sanata Dharma University who experienced toxic dating relationships. Data collection used a self-compassion scale with 36 valid items with a Cronbach Alpha reliability index of 0.910. The scale is structured based on 3 aspects, namely self-kindness (self-kindness), common humanity (common humanity), and attention (full awareness). The data analysis technique used in this research is descriptive statistics, using the SPSS version 22 application.

Most of the self-compassion results for FKIP students at Sanata Dharma University who experienced toxic dating relationships were moderately dominant. The results of the research conducted showed that out of 31 students, as many as 6.5% of students who experienced toxic relationships had very high levels of self-compassion, 16.1% of students who experienced toxic dating relationships had high levels of self-compassion, 38.7% of students who experienced toxic dating relationships had a moderate level of self-compassion, 35.5% of students who experienced toxic dating relationships had low levels of self-compassion, and 3.2% of students who experienced toxic dating relationships had very low levels of self-compassion. There are 16 self-compassion measurement items that were identified as having low scores and 3 self-compassion measurement items that were identified as having very low scores which were used as guidance topics.

Keywords: *Self Compassion, Toxic Relationship, Student*