

ABSTRAK

HUBUNGAN ANTARA SELF-COMPASSION DENGAN LONELINESS PADA MAHASISWA BARU BIMBINGAN DAN KONSELING UNIVERSITAS SANATA DHARMA

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Tujuan dari penelitian ini (1) untuk mengetahui hubungan *self-compassion* dengan *loneliness* pada mahasiswa baru Bimbingan dan Konseling Universitas Sanata Dharma. (2) untuk mengetahui seberapa tinggi tingkat *loneliness* pada mahasiswa baru Bimbingan dan Konseling Universitas Sanata Dharma (3) untuk mengetahui seberapa tinggi tingkat *self-compassion* pada mahasiswa baru Bimbingan dan Konseling Universitas Sanata Dharma.

Penelitian ini menggunakan penelitian kuantitatif korelatif, dengan subjek 89 mahasiswa baru Bimbingan dan Konseling di Universitas Sanata Dharma angkatan 2024. Proses pengambilan data dengan melakukan penyebaran kuisioner secara langsung menggunakan *google form* dengan pernyataan yang menggunakan *skala likert*. Pada skala *self-compassion* terdapat 36 item valid dengan indeks reliabilitas *Alpha Cronbach* 0,943. Skala *loneliness* terdapat 46 item valid dengan indeks reliabilitas *Alpha Cronbach* 0,950. Teknik analisis data yang digunakan ialah teknik deskriptif kategorisasi, uji normalitas, uji linearitas, uji hipotesis dan uji korelasi.

Hasil dalam penelitian ini menunjukkan: (1) ditemukan adanya hubungan negatif antara *self compassion* dan *loneliness* (2) tingkat *self compassion* mahasiswa baru Bimbingan dan Konseling Universitas Sanata Dharma 10% Sangat Tinggi, 12% Tinggi, 35% Sedang, 30% Rendah, 4% Sangat Rendah (3) tingkat *loneliness* mahasiswa baru Bimbingan dan Konseling Universitas Sanata Dharma 20% Sangat Tinggi, 45% Tinggi, 24% Sedang, 3% Rendah, 8% Sangat rendah.

Kata Kunci : *Self compassion, loneliness, mahasiswa baru*

ABSTRACT

***THE RELATIONSHIP BETWEEN SELF-COMPASSION AND
LONELINESS IN NEW STUDENTS OF GUIDANCE AND COUNSELING
OF SANATA DHARMA UNIVERSITY***

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The aims of this research are (1) to determine the relationship between self-compassion and loneliness in new Guidance and Counseling students at Sanata Dharma University. (2) to find out how high the level of loneliness is in new Guidance and Counseling students at Sanata Dharma University (3) to find out how high the level of self-compassion is in new Guidance and Counseling students at Sanata Dharma University.

This research used correlative quantitative research, with the subjects being 89 new Guidance and Counseling students at Sanata Dharma University class of 2024. The data collection process was by distributing questionnaires directly using Google Form with statements using the Linkert scale. On the self-compassion scale there are 36 valid items with a Cronbach Alpha reliability index of 0.943. There are 46 valid items on the loneliness scale with a Cronbach Alpha reliability index of 0.950. The data analysis techniques used are descriptive categorization techniques, normality tests, linearity tests, hypothesis tests and correlation tests.

The results of this study show: (1) a negative relationship was found between self-compassion and loneliness (2) the level of self-compassion for new students of Guidance and Counseling at Sanata Dharma University 10% Very High, 12% High, 35% Medium, 30% Low, 4% Very Low (3) level of loneliness of new Guidance and Counseling students at Sanata Dharma University 20% Very High, 45% High, 24% Medium, 3% Low, 8% Very low.

Keywords: Self compassion, loneliness, new students