

ABSTRAK

Angela, G. (2025). Dampak penerimaan diri terhadap tingkat stres *highly sensitive person* (HSP). *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui dampak penerimaan diri terhadap tingkat stres pada *highly sensitive person* (HSP). Hipotesis penelitian ini adalah terdapat hubungan negatif antara penerimaan diri dan tingkat stres pada individu HSP. Partisipan dalam penelitian ini adalah 201 individu yang termasuk HSP setelah diseleksi dengan *Highly Sensitive Person Scale*. Penelitian ini merupakan penelitian kuantitatif korelasional dan menggunakan teknik *convenience sampling* untuk pengambilan data. Alat ukur yang digunakan adalah *Highly Sensitive Person Scale*, *Self-acceptance Scale*, dan *Perceived Stress Scale* yang diadaptasi ke bahasa Indonesia. Setelah melalui tahap uji coba, nilai *alpha cronbach* dari skala HSP adalah 0,796; skala SAS memiliki nilai *alpha cronbach* sebesar 0,910; serta skala PSS dengan nilai *alpha cronbach* sebesar 0,749. Data pada penelitian ini dianalisis dengan uji korelasi parametrik *Pearson Product Moment (1-tailed)*. Hasil uji korelasi menunjukkan skor koefisien korelasi sebesar -0,585 dengan nilai signifikansi sebesar 0,000. Maka dapat disimpulkan bahwa terdapat hubungan negatif yang signifikan antara penerimaan diri dan tingkat stres pada individu HSP.

Kata kunci: penerimaan diri, stres, *highly sensitive person*

ABSTRACT

Angela, G. 2025. The Impact of Self-Acceptance on Stress Levels in Highly Sensitive Persons (HSP). Thesis. Yogyakarta : Psychology, Psychology Faculty, Sanata Dharma University.

This research aims to determine the impact of self-acceptance on the stress levels of highly sensitive persons (HSP). The research hypothesis is there is a negative relationship between self-acceptance and stress levels in HSP individuals. Participants in this study were 201 individuals identified as HSPs after being screened with the Highly Sensitive Person Scale. This research employs a quantitative correlational design and utilizes a convenience sampling technique for data collection. The measuring instruments used were the Highly Sensitive Person Scale, the Self-acceptance Scale, and the Perceived Stress Scale, all adapted into Bahasa Indonesia. Following a pilot testing phase, the Cronbach's alpha value for the HSP scale was 0.796; the SAS scale had a Cronbach's alpha of 0.910; and the PSS scale had a Cronbach's alpha of 0.749. The data in this study were analyzed using the Pearson Product Moment parametric correlation test (1-tailed). The correlation test results showed a correlation coefficient score of -0.585 with a significance value of 0.000. Therefore, it can be concluded that there is a significant negative relationship between self-acceptance and stress levels in HSP individuals.

Key words: self-acceptance. stress, highly sensitive person

