

ABSTRAK

Armanita, Z. P. 2025. Hubungan antara Dukungan Sosial dengan *Self-compassion* pada Ibu Bekerja. *Skripsi*. Yogyakarta: Psikologi. Fakultas Psikologi. Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial dengan *self-compassion* pada ibu bekerja. Partisipan dalam penelitian diambil menggunakan metode sampling *convenience sampling*. Total partisipan sebanyak 187 orang merupakan pekerja dan tinggal bersama suami serta anak. Penelitian ini dilakukan menggunakan metode pendekatan kuantitatif korelasional. Alat pengumpulan data yang digunakan adalah *Self-compassion Scale* (SCS) versi bahasa Indonesia yaitu Skala Welas Diri (SWD) yang diterjemahkan oleh Sugianto dkk., (2020) dengan koefisien reliabilitas $\alpha = 0,905$ dan skala Dukungan Sosial yang dikembangkan sendiri oleh peneliti dengan koefisien reliabilitas berstrata $\alpha_s = 0,958$. Hasil penelitian menunjukkan bahwa data tidak terdistribusi secara normal tetapi memiliki hubungan yang linear. Akan tetapi, distribusi data dianggap normal dalam penelitian ini menggunakan asumsi teorema limit tengah sehingga dapat dilakukan uji statistik parametrik berupa korelasi. Melalui hasil analisis data didapatkan koefisien korelasi sebesar $r = 0,493$ dan signifikansi $p < 0,05$. Korelasi dalam penelitian ini tergolong dalam kategori sedang. Berdasarkan hasil penelitian, hipotesis penelitian diterima. Hasil penelitian menunjukkan bahwa adanya hubungan positif dan signifikan antara dukungan sosial dengan *self-compassion* pada ibu bekerja sehingga semakin tinggi tingkat dukungan sosial keluarga, maka *self-compassion* yang dimiliki ibu bekerja akan semakin tinggi pula. Jenis dukungan sosial yang memiliki pengaruh paling besar terhadap *self-compassion* adalah dukungan instrumental.

Kata kunci: Dukungan Sosial, *Self-compassion*, Ibu Bekerja

ABSTRACT

Armanita, Z. P. 2025. The Relationship between Social Support and Self-compassion in Working Mothers. Thesis. Yogyakarta: Psychology. Psychology Faculty. Sanata Dharma University.

This study aims to examine the relationship between social support and self-compassion in working mothers. Participants in this study were selected using a convenience sampling method. A total of 187 participants were working women who lived with their husbands and children. The study employed a quantitative correlational approach. The data collection instruments used were the Indonesian version of the Self-Compassion Scale (SCS), namely the Skala Welas Diri (SWD), translated by Sugianto et al. (2020), with a reliability coefficient of $\alpha = 0.905$, and a Social Support Scale developed by the researcher, with a stratified reliability coefficient of $\alpha_s = 0.958$. The results showed that the data were not normally distributed but had a linear relationship. However, the data distribution was considered normal in this study based on the assumption of the central limit theorem, allowing for the use of parametric statistical tests in the form of correlation analysis. The analysis yielded a correlation coefficient of $r = 0.493$ with a significance level of $p < 0.05$. The correlation found in this study falls within the moderate category. Based on the results, the research hypothesis was accepted. The findings indicate a positive and significant relationship between social support and self-compassion in working mothers, meaning that the higher the level of family social support, the higher the self-compassion of working mothers. The type of social support that had the greatest influence on self-compassion was instrumental support.

Kata kunci: Social Support, Self-compassion, Working Mothers