

ABSTRAK

Doyos, Y. P. 2025. Hubungan *self-compassion* dan *college adjustment* pada mahasiswa baru. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Tujuan dari penelitian ini adalah untuk melihat hubungan antara *self-compassion* dan *college adjustment* pada mahasiswa baru. Hipotesis yang diajukan dalam penelitian ini adalah terdapat hubungan positif antara *self-compassion* dan *college adjustment* pada mahasiswa baru. Terdapat 211 responden yang terlibat dalam penelitian ini. *Self-compassion* akan diukur menggunakan Skala Welas Diri (SWD) yang merupakan versi terjemahan Bahasa Indonesia dari *Self-Compassion Scale*. Sementara itu, *college adjustment* akan diukur menggunakan Skala *College Adjustment* (SCA) yang disusun sendiri oleh peneliti. SWD memiliki reliabilitas *Cronbach's alpha* .872 sedangkan koefisien reliabilitas dari SCA adalah .902. Analisa data dilakukan menggunakan teknik *Pearson Correlation Product Moment*, dengan mengabaikan persebaran data *college adjustment* yang tidak normal menggunakan *robust method*. Hasil analisa menunjukkan bahwa terdapat hubungan positif dan signifikan antara kedua variable, dengan nilai koefisien korelasi (r) sebesar .479 dan taraf signifikansi (p) $<.001$ ($p <.05$). Hal ini menunjukkan bahwa semakin tinggi *self-compassion*, maka semakin tinggi pula kemampuan *college adjustment* yang dimiliki oleh mahasiswa baru.

Kata kunci: *self-compassion*, *college adjustment*, mahasiswa baru.

ABSTRACT

Doyos, Y. P. 2025. The relationship between self-compassion and college adjustment in first-year college student. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study examined the correlation between self-compassion and college adjustment in first-year college students. The proposed hypothesis was that there would be a positive correlation between self-compassion and college adjustment among first year-college student. A total of 211 respondents participated in this study. Two scales were employed: the Skala Welas Diri (SWD), which is the Indonesian translated version of Self-Compassion Scale and the Skala College Adjustment (SCA) drafted by the author. Both scales demonstrated good reliability scores, with reliability coefficients of 0.872 for the SWD and 0.902 for the SCA. The data were analyzed using the Pearson Product-Moment Correlation, after addressing the non-normal distribution of college adjustment with robust method. Result showed a positive and significant relationship between self-compassion and college adjustment, with a correlation coefficient (r) of 0.479 and significance value (p) of $<.001$ ($p <.05$). These findings suggested that self-compassionate first-year college student were more likely to have a positive adjustment during their first-year of college.

Keywords: *self-compassion, college adjustment, first-year college student, freshmen.*