

ABSTRAK

Kintanayu, A. J. 2026. Hubungan antara *self-compassion* dan kompetensi interpersonal pada dewasa awal. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-compassion* dan kompetensi interpersonal pada dewasa awal. Hipotesis yang diajukan adalah terdapat hubungan positif antara *self-compassion* dan kompetensi interpersonal pada dewasa awal. Partisipan penelitian ini merupakan 285 individu dewasa awal dengan rentang usia antara 18-40 tahun. Penelitian ini menggunakan pendekatan kuantitatif dengan desain penelitian korelasional berupa survei. Instrumen yang digunakan dalam penelitian ini terdiri dari dua skala, yaitu *Self-compassion Scale (SCS)* versi bahasa Indonesia dan *Interpersonal Competence Questionnaire (ICQ)*. Hasil uji coba skala menunjukkan koefisien reliabilitas pada skala *self-compassion* sebesar 0,847 dan pada skala kompetensi interpersonal sebesar 0,840. Data penelitian ini dianalisis dengan menggunakan teknik korelasi non parametrik *Spearman's Rho* karena data bersifat tidak normal namun linear. Hasil uji analisis menunjukkan bahwa terdapat hubungan positif yang signifikan antara *self-compassion* dan kompetensi interpersonal pada dewasa awal ($r=0,291$; $p=0,00$; $p<0,05$). Berdasarkan hasil tersebut, dapat disimpulkan bahwa semakin tinggi tingkat *self-compassion* pada dewasa awal, maka kompetensi interpersonal yang dimiliki juga akan semakin tinggi.

Kata kunci: *self-compassion*, kompetensi interpersonal, dewasa awal

ABSTRACT

Kintanayu, A. J. 2026. The correlation between self-compassion and interpersonal competence in early adulthood. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This research aims to determine the correlation between self-compassion and interpersonal competence among early adulthood. The research hypothesis proposed that there is a positive correlation between self-compassion and interpersonal competence in early adulthood. The participants of this research were 285 early adult individuals within the age range of 18-40 years. This research study utilized quantitative approach with a correlational research design in the form of a survey. The instruments used in this research comprised two scales, the Indonesian version of the Self-Compassion Scale (SCS) and the Interpersonal Competence Questionnaire (ICQ). The scale reliability tests showed a reliability coefficient of 0,847 for the self-compassion scale and 0,840 for the interpersonal competence scale. The data analysis technique used in this research was a non-parametric correlation technique Spearman's Rho due to the non-normal but linear distribution of data. The analysis results indicate that there is a significant positive relationship between self-compassion and interpersonal competence in early adulthood ($r=0,291$; $p=0,00$; $p<0,05$). Based on these findings, it can be concluded that the higher the level of self-compassion in early adulthood, the higher their interpersonal competence.

Keywords: *self-compassion, interpersonal competence, early adulthood*