

ABSTRAK

Valentino. 2026. Hubungan Self-compassion dengan Life Satisfaction pada Individu Emerging Adult. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Masa *emerging adulthood* merupakan fase perkembangan yang ditandai dengan berbagai tuntutan, perubahan, dan ketidakpastian yang berpotensi memengaruhi *life satisfaction* individu. Salah satu faktor psikologis yang diduga berkaitan dengan *life satisfaction* adalah *self-compassion*, yaitu kemampuan individu untuk memperlakukan dirinya dengan kebaikan, memahami penderitaan tanpa menghakimi diri sendiri, serta menyadari bahwa pengalaman sulit merupakan bagian dari pengalaman manusia secara umum. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-compassion* dan *life satisfaction* pada individu *emerging adult*. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Sampel penelitian berjumlah 155 individu *emerging adult* berusia 18–25 tahun yang diperoleh menggunakan teknik *nonprobability sampling* dengan jenis *convenience sampling*. Data dikumpulkan menggunakan Skala Welas Diri (SWD) hasil adaptasi *Self-Compassion Scale* dan *Satisfaction with Life Scale* (SWLS) dalam bahasa Indonesia. Analisis data dilakukan menggunakan uji korelasi *Spearman's Rho* karena data tidak terdistribusi normal berdasarkan uji *Shapiro-Wilk*. Hasil penelitian menunjukkan adanya hubungan positif yang signifikan antara *self-compassion* dan *life satisfaction* ($p = .153$; $p = .029$). Temuan ini menunjukkan bahwa semakin tinggi *self-compassion* yang dimiliki individu, maka semakin tinggi pula *life satisfaction* yang dimilikinya. Namun demikian, kekuatan hubungan yang ditemukan tergolong lemah. Hasil kategorisasi menunjukkan bahwa mayoritas responden memiliki tingkat *self-compassion* (86,5%) dan *life satisfaction* (48,4%) pada kategori sedang. Penelitian ini mengindikasikan bahwa *self-compassion* merupakan salah satu atribut psikologis yang berkaitan dengan *life satisfaction* pada *emerging adult*, meskipun kepuasan hidup juga kemungkinan dipengaruhi oleh berbagai faktor lain di luar *self-compassion*.

Kata kunci: *self-compassion*, *life satisfaction*, *emerging adult*, kepuasan hidup, psikologi positif

ABSTRACT

Valentino. 2026. *The Relationship Between Self-Compassion and Life Satisfaction Among Emerging Adults*. Undergraduate Thesis. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

Emerging adulthood is a developmental period characterized by various demands, transitions, and uncertainties that may influence individuals' life satisfaction. One psychological factor presumed to be associated with life satisfaction is self-compassion, defined as the ability to treat oneself with kindness, respond to personal suffering without excessive self-judgment, and recognize that difficult experiences are part of the shared human experience. This study aimed to examine the relationship between self-compassion and life satisfaction among emerging adults. A quantitative correlational design was employed. The participants consisted of 155 emerging adults aged 18–25 years recruited through a nonprobability sampling method using a convenience sampling technique. Data were collected using the Indonesian version of the Self-Compassion Scale and the Satisfaction with Life Scale (SWLS). Data were analyzed using Spearman's Rho correlation because the data were not normally distributed based on the Shapiro–Wilk test. The results revealed a significant positive relationship between self-compassion and life satisfaction ($\rho = .153$; $p = .029$). These findings indicate that higher levels of self-compassion are associated with higher levels of life satisfaction. However, the strength of the relationship was weak. Descriptive results showed that most participants had moderate levels of self-compassion (86.5%) and life satisfaction (48.4%). The findings suggest that self-compassion is one of the psychological attributes related to life satisfaction among emerging adults, although life satisfaction is likely influenced by various other factors beyond self-compassion.

Keywords: self-compassion, life satisfaction, emerging adulthood, positive psychology