

INTISARI

Latar Belakang: Mahasiswa keperawatan menghadapi beban dan kesulitan akademik dalam menjalankan proses pembelajaran di Program Studi Ilmu Keperawatan. Resiliensi akademik berperan membantu mahasiswa dalam menghadapi kesulitan akademik. Faktor protektif yang memiliki pengaruh terhadap resiliensi akademik adalah *self-compassion*.

Tujuan Penelitian: Mengetahui hubungan *self-compassion* dengan resiliensi akademik pada mahasiswa PSIK FK-KMK UGM.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan rancangan *cross-sectional*. Sampel penelitian sejumlah 108 mahasiswa melalui teknik *purposive sampling* dari populasi mahasiswa angkatan 2020-2023 Program Studi Ilmu Keperawatan FK-KMK UGM. Penelitian ini menggunakan kuesioner *Self-compassion Scale* dan Skala Resiliensi Akademik. Data dianalisis menggunakan *Kolmogorov-Smirnov* untuk mengetahui normalitas data dan uji parametrik *Pearson* untuk mengetahui hubungan antar variabel.

Hasil: Rata-rata skor *self-compassion* adalah sebesar $87,94 \pm SD 13,127$ dari skor instrumen minimal 26 dan maksimal 130. Selanjutnya, rata-rata skor resiliensi akademik sebesar $114,33 \pm SD 12,252$ dari skor instrumen minimal 24 dan maksimal 144. Interpretasi hasil menunjukkan semakin tinggi skor maka semakin baik tingkat *self-compassion* dan resiliensi akademik. Hasil analisis korelasi menunjukkan hubungan positif yang signifikan antara *self-compassion* dan resiliensi akademik dengan nilai signifikansi 0,001 dan koefisien korelasi *Pearson* sebesar 0,607.

Kesimpulan: *Self-compassion* dan resiliensi pada mahasiswa cenderung baik, serta saling berhubungan secara positif.

Kata kunci: mahasiswa, keperawatan, *self-compassion*, resiliensi akademik

ABSTRACT

Background: Nursing students have academic challenges and difficulties during learning process. Academic resilience has a role on helping students to manage academic difficulties. Factor that has affected academic resilience is self-compassion.

Objective: To determine the relationship between self-compassion and academic resilience on nursing students in FK-KMK UGM.

Method: This study was a quantitative research study with cross-sectional design. The research samples were 108 respondents obtained through purposive sampling from the population of 2020-2023 nursing students in School of Nursing, UGM. Data were collected using Self-compassion Scale and Academic Resilience Scale. Data were analyzed using Kolmogorov-Smirnov test to determine normality data distribution and parametric test Pearson to determine the relationship between variables.

Result: The average score of self-compassion is $87,94 \pm SD 13,127$ from a minimum instrument score 26 until maximum score 130. The average score of academic resilience is $114,33 \pm SD 12,252$ from a minimum instrument score 24 until maximum score 144. There is a significant positive relationship between self-compassion and academic resilience with significant value 0,001 and Pearson correlation coefficient 0,607.

Conclusion: Self-compassion and academic resilience among nursing students are generally well-behaved and have positively relationship.

Keywords: student, nursing, self-compassion, academic resilience