INTISARI

Latar Belakang: Mahasiswa S1 Keperawatan mengalami berbagai macam hambatan akademik selama menjalani proses pendidikan. *Social support* yang diperoleh dari orang terdekat membantu mahasiswa mereduksi dampak negatif dari stresor yang diterimanya dengan membentuk *self-compassion* dalam diri mahasiswa. *Self-compassion* berperan penting dalam mewujudkan kondisi *well-being* mahasiswa untuk mencapai prestasi akademik yang optimal.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan antara *social support* dengan *self-compassion* pada mahasiswa S1 Keperawatan PSIK FK-KMK UGM.

Metode: Jenis penelitian ini merupakan penelitian kuantitatif dengan desain *cross-sectional*. Populasi yang terlibat dalam penelitian ini adalah mahasiswa S1 Keperawatan PSIK FK-KMK UGM program reguler tahun angkatan 2021 – 2023. Besar sampel dalam penelitian ini adalah 86 mahasiswa. *Proportionate sampling* digunakan untuk membagi sampel secara proporsional per angkatan. *Convenience sampling* digunakan untuk mengambil responden dari populasi sesuai karakteristik sampai memenuhi target kuota yang ditentukan. Tingkat *social support* diukur menggunakan *Multidimensional Scale of Perceived Social Support* sedangkan tingkat *self-compassion* diukur menggunakan *Self-Compassion Scale*. Data dianalisis menggunakan uji *Chi-Square* dengan penggabungan sel untuk mengetahui hubungan antara kedua variabel.

Hasil: Sebanyak 45 responden (52,33%) responden memiliki *social support* tingkat tinggi dan 49 responden (56,98%) responden memiliki *self-compassion* tingkat sedang. Hasil uji *Chi-Square* dengan penggabungan sel menunjukkan p *value*=0,034 dan nilai *odds ratio* 2,965.

Kesimpulan: Terdapat hubungan yang bermakna secara statistik antara *social support* dengan *self-compassion* pada mahasiswa S1 Keperawatan PSIK FK-KMK UGM. Mahasiswa dengan *social support* yang tinggi 2,965 kali cenderung memiliki *self-compassion* yang lebih tinggi.

Kata kunci: Mahasiswa Keperawatan, *Self-Compassion*, *Social Support*

ABSTRACT

Background: Undergraduate nursing students experience various academic challenges during their educational process. Social support helps students reduce the negative impacts of received stressors by fostering self-compassion. Self-compassion plays a crucial role in enhancing the well-being of students to achieve optimal academic performance.

Objective: This study aims to determine the relationship between social support and self-compassion of undergraduate nursing students at PSIK FK-KMK UGM.

Method: This is a quantitative study with cross-sectional design. The population consists of undergraduate nursing students from the regular program at PSIK FK-KMK UGM. The sample size was 86 students. Proportionate sampling is used to divide the sample from the population proportionally per generation. Convenience sampling is used to take respondents from the population according to their characteristics until they meet the specified quota target. Social support was measured using the Multidimensional Scale of Perceived Social Support and self-compassion were measured using the Self-Compassion Scale. Data were analyzed using the Chi-Square test with cell combining to determine the relationship between the two variables.

Results: A total of 45 respondents (52.33%) reported high levels of social support and 49 respondents (56.98%) reported moderate levels of self-compassion. The Chi-Square test with cell combining yielded a p-value of 0.034 and the odds ratio calculation showed 2,965.

Conclusion: There is a statistically significant relationship between social support and self-compassion of undergraduate nursing students at PSIK FK-KMK UGM. Students with high social support are 2.965 times more likely to have higher self-compassion.

Keywords: Nursing Students, Self-Compassion, Social Support