

Assessing Perceived Parental Acceptance and Self-Compassion as Predictors of Academic Resilience

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Abstract. In the presence of high to severe levels of stress, academic resilience may protect Indonesian undergraduate students from negative outcomes and increase the likelihood of positive academic and psychological outcomes. To investigate factors that facilitate the academic resilience of Indonesian undergraduate students, this study assessed self-compassion and perceived parental acceptance as potential predictors. Responses to adapted and refined Academic Resilience Scale-30, Self-Compassion Scale, and Child Parental Acceptance-Rejection Questionnaire Mother were collected from 18- to 24-years-old students enrolled in undergraduate degree programs in Indonesia via an online self-report questionnaire. Data analysis used weighted least squares multiple linear regression. Self-compassion and perceived parental acceptance significantly predict academic resilience, with higher levels of both predictors significantly predicting higher levels of academic resilience. Hence, to expand the academic resilience of Indonesian undergraduate students, interventionists may consider elevating self-compassion by means of guided journaling and increasing perceived parental acceptance through primary care-based interventions.

Keywords: self-compassion, perceived parental acceptance, academic resilience, academic stress, undergraduate students

Abstrak. Dalam kondisi stres yang tinggi hingga berat, ketahanan akademik dapat melindungi mahasiswa sarjana di Indonesia dari dampak-dampak negatif serta meningkatkan kemungkinan hasil akademik dan psikologis yang positif. Untuk menemukan faktor-faktor yang dapat memfasilitasi ketahanan akademik mahasiswa sarjana Indonesia, studi ini meneliti welas diri dan persepsi penerimaan orang tua sebagai calon prediktor. Tanggapan terhadap Academic Resilience Scale-30, Self-Compassion Scale, dan Child Parental Acceptance-Rejection Questionnaire Mother yang telah diadaptasi dan disempurnakan dikumpulkan dari mahasiswa/i program sarjana di Indonesia yang berusia 18-24 tahun melalui sebuah kuesioner daring. Data diolah dengan metode analisis regresi berganda. Welas diri dan persepsi penerimaan orang tua, masing-masing, memprediksi ketahanan akademik secara signifikan dan positif. Maka, untuk meningkatkan ketahanan akademik mahasiswa sarjana Indonesia, intervensionis

dapat meningkatkan welas asih diri melalui jurnal terpandu dan meningkatkan persepsi penerimaan orang tua melalui intervensi yang terintegrasi dengan layanan kesehatan primer.

Keywords: *welas asih diri, persepsi penerimaan orang tua, resiliensi akademik, stres akademik, mahasiswa sarjana*