

## Abstrak

*Subjective Well-being* (SWB) menjadi isu penting bagi dewasa awal, terutama di Indonesia yang sedang menghadapi bonus demografi. Pada fase ini, individu bersaing mempertahankan kualitas hidupnya di tengah dinamika keluarga, termasuk pengalaman *Parental Differential Treatment* (PDT), yaitu perlakuan berbeda dari orang tua terhadap anak-anaknya. Penelitian ini bertujuan menguji *self-compassion* sebagai moderator dalam hubungan negatif PDT dan SWB pada dewasa awal. Sebanyak 541 partisipan (laki-laki = 112 (20,7%); perempuan 429 (79,3%)) berusia 20–40 tahun yang berpengalaman tinggal bersama orang tua dan memiliki setidaknya satu saudara kandung, dipilih melalui metode *purposive sampling*. Instrumen yang digunakan dalam penelitian ini ialah PANAS, SWLS, PDTS, dan SCS. Hasil menunjukkan bahwa PDT berpengaruh negatif secara signifikan terhadap kesejahteraan subjektif (SWB) dewasa awal ( $\beta = -0,145$ ;  $p < 0,05$ ), dan *self-compassion* terbukti mampu memoderasi hubungan tersebut ( $\beta = -0,091$ ;  $p < 0,05$ ). Pada tingkat *self-compassion* yang semakin tinggi, pengaruh negatif PDT tidak lagi signifikan, serta ditemukan adanya peningkatan kesejahteraan subjektif dewasa awal. Temuan ini menegaskan bahwa *self-compassion* dapat melemahkan dampak negatif PDT terhadap SWB pada dewasa awal. Temuan penelitian ini mengimplikasikan pentingnya pengembangan *self-compassion* sebagai strategi protektif dalam meningkatkan kesejahteraan subjektif dewasa awal yang mengalami PDT.

**Kata kunci:** *subjective well-being, parental differential treatment, self-compassion, dewasa awal*

## Abstract

Subjective Well-being (SWB) is a crucial issue for young adult, especially in Indonesia, which is currently experiencing a demographic bonus. Individual strive to maintain their quality of life amid family dynamics, including experiences of Parental Differential Treatment (PDT), which refers to unequal treatment form parents toward their children. This study aims to examine self-compassion as moderator in the negative relationship between PDT and SWB in young adulthood. A total of 541 participants (male = 112 (20,7%); female = 429 (79,3%)), aged 20–40 years old, who had experience living witg their parent and had at least one sibling, were collected through purposive sampling. The instruments used in this study included the PANAS, SWLS, PDTS, and SCS. The results showed that PDT had a significant negative effect on SWB in young adult ( $\beta = -0,145$ ;  $p < 0,05$ ), and self-compassion significantly moderated this relationship ( $\beta = -0,091$ ;  $p < 0,05$ ). At higher levels of self-compassion, the negative impact of PDT on SWB became non-significant, and increase in subjective well-being was observed. The findings indicate that self-compassion serves as protective factor that can buffer the negative effects of PDT on SWB in young adults. And then, the findings of this research imply the importance of developing self-compassion as a protective strategy to enhance subjective well-being in young adult who experience differential parental treatment (PDT).

**Keywords:** *subjective well-being, parental differential treatment, self-compassion, young adult*