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Peran *Self-Compassion* terhadap Resiliensi Mahasiswa Perantau di Universitas Gadjah Mada

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Abstrak. Mahasiswa memilih merantau untuk mendapatkan pendidikan yang lebih baik dan pengalaman di daerah baru. Namun, mereka dihadapkan dengan tantangan akademik dan non-akademik. Resiliensi menjadi aspek yang dapat membantu mahasiswa rantau menghadapi tantangan tersebut. Penelitian ini bertujuan untuk mengetahui peran *self-compassion* terhadap resiliensi mahasiswa rantau di Universitas Gadjah Mada. Penelitian dilakukan dengan metode kuantitatif melalui pengisian skala 10-item Connor-Davidson Resilience Scale (CD-RISC 10) dan Skala Welas Diri secara online. Hasil analisis pada 135 partisipan menunjukkan *self-compassion* berperan positif dan signifikan terhadap resiliensi ($p < 0{,}001$), dengan sumbangan sebesar 43,3% ($R^2 = 0{,}433$). Analisis tambahan terhadap ketiga komponennya menunjukkan *mindfulness* ($\beta = 0{,}500$; $p < 0{,}001$) dan *common humanity* ($\beta = 0{,}211$; $p = 0{,}039$) berkontribusi signifikan, sedangkan *self-kindness* tidak ($\beta = 0{,}014$; $p = 0{,}896$). Uji beda berdasarkan jenis kelamin tidak menemukan perbedaan signifikan pada resiliensi ($p = 0{,}123$) maupun *self-compassion* ($p = 0{,}079$). Temuan ini mengimplikasikan bahwa upaya penguatan resiliensi mahasiswa rantau perlu mempertimbangkan *self-compassion* sebagai sumber daya internal, dengan penekanan pada komponen *mindfulness* dan *common humanity*.

Kata kunci: *mahasiswa perantau, resiliensi, self-compassion*

Abstract. College students choose to move away from their hometown to obtain a better education and to gain new experiences in an unfamiliar region. However, they are faced with both academic and non-academic challenges. Resilience is an aspect that can help migrant students deal with these challenges. This study aimed to examine the role of self-compassion in the resilience of migrant students at Universitas Gadjah Mada. A quantitative method was employed, with data collected online using the 10-item Connor-Davidson Resilience Scale (CD-RISC 10) and the Skala Welas Diri. Analysis of data from 135 participants showed that self-compassion played a positive and significant role in resilience ($p < .001$), accounting for 43.3% of its variance ($R^2 = .433$). A supplementary analysis of its three components showed that mindfulness ($\beta = .500$, $p < .001$) and common humanity ($\beta = .211$, $p = .039$) contributed significantly, whereas self-kindness did not ($\beta = .014$, $p = .896$). No significant gender differences were found in either resilience ($p = .123$) or self-compassion ($p = .079$). These findings imply that efforts to strengthen the resilience of migrant students should consider self-compassion as an internal resource, with emphasis on the mindfulness and common humanity components.

Keyword: *migrant student, resilience, self-compassion*