

## **HUBUNGAN ANTARA *SELF-COMPASSION* DAN *SUBJECTIVE WELL-BEING* PADA MAHASISWA FAKULTAS PSIKOLOGI UNIVERSITAS GADJAH MADA**

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### **ABSTRAK**

Manusia selalu dihadapkan pada bermacam-macam permasalahan selama hidupnya, baik permasalahan ringan maupun permasalahan berat. Permasalahan-permasalahan tersebut tentunya dapat mempengaruhi tingkat *subjective well-being* mereka dan berdampak pada hal-hal lainnya dalam kehidupan sehari-hari. Sebagai contoh, pada mahasiswa, tingkat *subjective well-being* dapat berdampak ke performansi akademis, hubungan sosial, dan kemampuan mereka dalam menghadapi berbagai permasalahan. Tingkat *subjective well-being* yang tinggi tentunya akan berdampak positif terhadap kehidupan manusia. Beberapa cara pun dilakukan manusia untuk meningkatkan *subjective well-being* mereka. *Self-compassion* disebut-sebut sebagai salah satu cara untuk meningkatkan *subjective well-being* pada manusia. Penelitian ini bertujuan untuk menguji apakah terdapat hubungan antara *subjective well-being* dan *self-compassion*. Metode yang digunakan dalam penelitian ini adalah kuantitatif survei dengan alat pengumpulan data berupa skala. Subjek pada penelitian ini merupakan mahasiswa fakultas psikologi Universitas Gadjah Mada angkatan 2016 sampai dengan angkatan 2018 ( $n=65$ ). Instrumen penelitian yang digunakan sebagai alat ukur dalam penelitian ini adalah skala kesejahteraan subjektif mahasiswa dan skala *self-compassion*. Hasil penelitian ini menunjukkan adanya hubungan positif antara *subjective well-being* dan *self-compassion* dengan nilai korelasi antar variabel sebesar 0,759.

**Kata kunci:** mahasiswa , *self-compassion* , *subjective well-being*

***RELATIONSHIP BETWEEN SELF-COMPASSION AND SUBJECTIVE  
WELL-BEING ON FACULTY OF PSYCHOLOGY STUDENTS IN  
UNIVERSITAS GADJAH MADA***

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***ABSTRACT***

*Humans are always faced with various problems during their lives, both minor and severe problems. These problems can certainly affect the level of their subjective well-being and have an impact on other things in their everyday life. For example, on college students, the level of subjective well-being can have an impact on academic performance, social relations, and their ability to deal with various problems. A high level of subjective well-being will certainly have a positive impact on human life. Some ways are done by humans to improve their subjective well-being. Self-compassion is said to be one way to increase subjective well-being in humans. This study aims to examine whether there is a relationship between subjective well-being and self-compassion. The method used in this research is quantitative survey with scale as the tools for collecting data. The subjects in this study were students of the faculty of psychology in Universitas Gadjah Mada from second year to fourth year students ( $n = 65$ ). The research instrument used as a measurement tool in this study is “skala kesejahteraan subjektif mahasiswa” and “skala self-compassion”. The results of this study indicate a positive relationship between subjective well-being and self-compassion with a correlation score between variables of 0.759.*

***Keyword:*** college students, self-compassion, subjective well-being