

## **Peran Self-Compassion terhadap Psychological Well-Being Lansia**

### ***The Role of Self-Compassion towards Psychological Well-Being in The Elderly***

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*Abstract. Psychological well-being is important for the elderly to face changes in physical, psychological and social conditions. Self-compassion in previous studies shows a strong relationship with positive psychological conditions. The present study investigated the role of self-compassion on psychological well-being in the elderly. The hypothesis of this study was that self-compassion has a role in the psychological well-being of the elderly. Subjects in this study were 84 elderly. Data collection used self-compassion scale ( $\alpha = 0,787$ ) and Ryff psychological well-being scale ( $\alpha = 0,805$ ). Data were then analyzed using a simple linear regression test. The analysis showed that self-compassion has a significant role in the psychological well-being of the elderly, with a contribution of 9.7% ( $R^2 = 0,097$ ,  $F(1,82) = 8,78$ ,  $p < 0,05$ ).*

*Keywords : self-compassion, psychological well-being, elderly*

*Abstraksi. Psychological well-being penting dimiliki oleh lansia dalam menghadapi perubahan kondisi fisik, psikologis, dan sosial. Self-compassion dalam penelitian-penelitian sebelumnya menunjukkan hubungan yang kuat dengan kondisi psikologis yang positif. Penelitian ini bertujuan untuk menguji peran self-compassion terhadap psychological well-being pada lansia. Hipotesis penelitian ini adalah self-compassion memiliki peran terhadap psychological well-being lansia. Subjek dalam penelitian ini berjumlah 84 lansia. Pengumpulan data menggunakan skala self-compassion ( $\alpha = 0,787$ ) dan Ryff psychological well-being ( $\alpha = 0,805$ ). Data kemudian dianalisis menggunakan uji regresi linear sederhana. Hasil analisis menunjukkan bahwa self-compassion memiliki peran signifikan terhadap psychological well-being lansia, dengan sumbangan sebesar 9,7% ( $R^2 = 0,097$ ,  $F(1,82) = 8,78$ ,  $p < 0,05$ ).*

*Kata kunci : self-compassion, psychological well-being, lansia*