

ABSTRAK

Joshua Gilbert Lazuardi (01121170093)

***SELF-COMPASSION* SEBAGAI FAKTOR PROTEKTIF DARI *SUICIDAL IDEATION* PADA *EMERGING ADULTS* DI AREA METROPOLITAN JABODETABEK**

(xiv+ 56 halaman: 3 gambar; 13 tabel; 13 lampiran)

Emerging adults di area Metropolitan Jabodetabek memiliki banyak risiko kesehatan mental yang mengarah kepada munculnya *suicidal ideation*. *Self-compassion* ditemukan dapat memprediksi rendahnya *suicidal ideation*. Penelitian ini bertujuan untuk melihat pengaruh *self-compassion* terhadap *suicidal ideation* pada *emerging adults* di area Metropolitan Jabodetabek. Partisipan dalam penelitian ini berjumlah 203 *emerging adults* berusia 18 sampai dengan 25 tahun. Pengukuran *self-compassion* menggunakan Skala Welas Diri, sementara pengukuran *suicidal ideation* menggunakan Suicidal Ideation Attributes Scales Data yang didapatkan dianalisis menggunakan analisis regresi. Hasil analisis mendapatkan adanya pengaruh yang signifikan dari *self-compassion* terhadap rendahnya *suicidal ideation*. Dengan hasil ini disarankan *emerging adults* di area Metropolitan Jabodetabek dapat mengenal dan membiasakan *self-compassion* untuk menghadapi *suicidal ideation*.

Kata kunci: *self-compassion*, *suicidal ideation*, *emerging adults*, area Metropolitan Jabodetabek

Referensi: 60 (1998-2020)

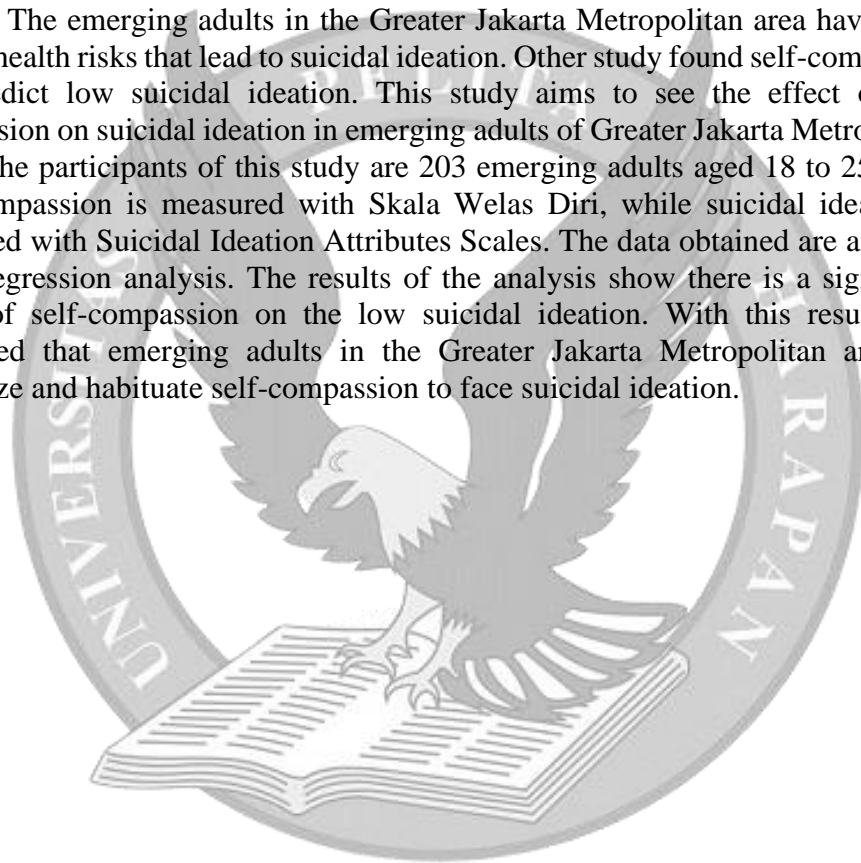
ABSTRAK

Joshua Gilbert Lazuardi (01121170093)

SELF-COMPASSION AS A PROTECTIVE FACTOR FROM SUICIDAL IDEATION FOR EMERGING ADULTS IN THE GREATER JAKARTA METROPOLITAN AREA

(xiv+ 56 halaman: 3 gambar; 13 tabel; 13 lampiran)

The emerging adults in the Greater Jakarta Metropolitan area have many mental health risks that lead to suicidal ideation. Other study found self-compassion can predict low suicidal ideation. This study aims to see the effect of self-compassion on suicidal ideation in emerging adults of Greater Jakarta Metropolitan Area. The participants of this study are 203 emerging adults aged 18 to 25 years. Self-compassion is measured with Skala Welas Diri, while suicidal ideation is measured with Suicidal Ideation Attributes Scales. The data obtained are analysed using regression analysis. The results of the analysis show there is a significant effect of self-compassion on the low suicidal ideation. With this result, it is suggested that emerging adults in the Greater Jakarta Metropolitan area can recognize and habituate self-compassion to face suicidal ideation.



Kata kunci: *self-compassion, suicidal ideation, emerging adults*, area Metropolitan Jabodetabek

Referensi: 60 (1998-2020)