

## ABSTRAK

Iva Liora Sanjaya (01121180019)

### **PENGARUH *SELF-COMPASSION* TERHADAP RESILIENSI PADA *EMERGING ADULT COVID-19 LONG HAULERS* DI DKI JAKARTA**

(xi +28 halaman; 7 tabel; 10 lampiran)

Setelah sembuh dari covid-19, beberapa *emerging adult* masih merasakan gejala covid-19 berkelanjutan dan menghadapi berbagai kesulitan dalam kesehatan, aktivitas sehari-hari dan pekerjaan. Kondisi ini dapat menyebabkan tekanan dan stres jika tidak diatasi, sehingga dibutuhkan resiliensi atau kemampuan untuk beradaptasi, bangkit, dan berkembang dalam kesulitan. Untuk mengembangkan resiliensi individu, diperlukan *self-compassion*, yaitu sikap mengasihi diri, menerima dan memperhatikan diri. Penelitian ini bertujuan untuk melihat pengaruh *self-compassion* pada resiliensi pada *emerging adult covid-19 long haulers* di DKI Jakarta. Penelitian ini terdiri dari 80 partisipan, yang merupakan penyintas covid-19 di Jakarta, mengalami *long covid*, dan berada dalam rentang usia 18-25 tahun. Ditemukan *self-compassion* berkorelasi positif dengan resiliensi. Hasil penelitian menunjukkan terdapat pengaruh signifikan antara *self-compassion* terhadap resiliensi pada *emerging adult covid-19 long haulers* di DKI Jakarta. Hal ini menunjukkan pentingnya melatih *self-compassion* untuk meningkatkan resiliensi dalam menghadapi *long covid*.

Kata kunci: *Self-Compassion*, Resiliensi, *Emerging Adult*, Covid-19, *Long haulers*, DKI Jakarta

Referensi: 46 (2000-2021)

## **ABSTRACT**

Iva Liora Sanjaya (01121180019)

### ***THE INFLUENCE OF SELF-COMPASSION ON RESILIENCE AMONG EMERGING ADULT COVID-19 LONG HAULERS IN DKI JAKARTA***

*(xi +28 pages; 7 tabels; 10 attachments)*

*After recovering from covid-19, some emerging adults still experiencing persistent symptoms of covid-19 continuously and face various difficulties in health, daily activities, and work. This condition can cause pressure and stress if not taken care of, thereby, resilience or capability to adapt, bounce back, and thrive in adversity is needed. To develop resilience, self-compassion is needed, that is being compassionate toward oneself, accepting, and caring for oneself. This study aims to see the influence of self-compassion on resilience among emerging adult covid-19 long haulers in DKI Jakarta. The study consisted of 80 participants, which are covid survivors in Jakarta, experiencing long covid, and between the age of 18-25. It was found that self-compassion is positively correlated with resilience. The result shows there is a significant influence between self-compassion on resilience in emerging adult covid-19 long haulers in DKI Jakarta. This shows the importance of practicing self-compassion to increase resilience in facing long covid.*

*Key Words: Self-Compassion, Resilience, Emerging adult, Covid-19, Long Haulers, DKI Jakarta*

*References: 46 (2000-2021)*