

ABSTACT

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THE EFFECT OF SELF-COMPASSION ON LONENESS IN UNMARRIED YOUNG ADULT WOMEN DURING THE COVID-19 PANDEMIC.

(xi + 37 pages: 2 pictures: 10 tables: 4 appendices)

Abstract --- According to the World Health Organization (WHO) during the COVID-19 pandemic, it was found that the most vulnerable to feel loneliness were young adult women. Loneliness is an emotional reaction to a relationship that is owned or an unpleasant feeling when a person has a gap between the expected social relationship and reality, in terms of quality or quantity. There are factors that affect loneliness, where there are internal factors such as personality, low self-esteem, shyness, lack of social interaction and external factors such as moving house, death, separation, and diagnosis of a disease. No study was found that addresses loneliness during the COVID-19 pandemic in unmarried young adult women in Indonesia. This study aims to examine the effect of self-compassion on the loneliness of unmarried young adult women during the COVID-19 pandemic. This research uses a non-experimental quantitative questionnaire method using The Self-Compassion Scale and UCLA Loneliness Scale Version 3 (UCLA-LS3). The results of this study indicate that self-compassion negatively affects the loneliness of unmarried young adult women during the COVID-19 pandemic. In conclusion, the higher the self-compassion score, the lower one's sense of loneliness.

Keywords: Self-compassion; Loneliness; Single Woman.

Reference: 35 (1980-2021)

ABSTRAK

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PENGARUH WELAS DIRI TERHADAP KESEPIAN PADA PEREMPUAN DEWASA MUDA YANG BELUM MENIKAH DI MASA PANDEMI COVID-19.

(xi + 37 halaman: 2 gambar; 10 tabel; 4 lampiran)

Abstrak --- Menurut Organisasi Kesehatan Dunia (WHO) selama pandemi COVID-19, ditemukan bahwa yang paling rentan terhadap kesepian adalah perempuan dewasa muda. Kesepian adalah reaksi emosional terhadap hubungan yang dimiliki atau perasaan yang tidak menyenangkan ketika seseorang ada kesenjangan antara hubungan sosial yang diharapkan dan realita, secara kualitas atau kuantitas. Terdapat faktor yang mempengaruhi kesepian, dimana terdapat faktor internal seperti kepribadian, harga diri yang rendah, rasa malu, kurangnya interaksi sosial dan faktor eksternal seperti pindah rumah, ada kematian, perpisahan, dan diagnosa suatu penyakit. Penelitian yang mengangkat kesepian dimasa pandemi COVID-19 pada perempuan dewasa muda yang belum menikah di Indonesia belum ditemukan. Penelitian ini bertujuan untuk menguji pengaruh welas diri terhadap kesepian wanita dewasa muda yang belum menikah selama pandemi COVID-19. Metode penelitian ini adalah angket kuantitatif non-eksperimental dengan menggunakan *The Self-Compassion Scale* dan *UCLA Loneliness Scale Version 3 (UCLA-LS3)*. Hasil penelitian ini menunjukkan bahwa welas diri berpengaruh secara negatif terhadap kesepian perempuan dewasa muda yang belum menikah selama masa pandemi COVID-19. Kesimpulannya, semakin tinggi skor welas diri, semakin rendah rasa kesepian seseorang.

Kata Kunci: Welas Diri, Kesepian; Perempuan dewasa muda yang belum menikah.

Referensi: 35 (1980-2021)