

ABSTRAK

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PENGARUH *SELF-COMPASSION* TERHADAP STRATEGI KOPING PADA SISWA SMA DI TANGERANG

(xiii + 41 halaman: 2 gambar; 12 tabel; 15 lampiran)

Abstrak – Kehidupan siswa SMA penuh dengan berbagai peran dan tugas dari sekolah, keluarga, pertemanan, dan kegiatan lainnya. Hal ini seringkali menyebabkan remaja merasa tertekan. Remaja yang sedang mengalami stres dapat mengalami kesulitan untuk mengatasi stres, dimana mereka melakukan strategi koping yang maladaptif yang dapat memperburuk kesehatan mental siswa SMA dan tidak berhasil untuk mengatasi stres. Remaja perlu memiliki sumber daya untuk membantunya memiliki strategi koping yang adaptif. *Self-compassion* dapat menjadi salah satu sumber daya bagi siswa SMA di kala stres, untuk mendukung diri dan mendorong strategi koping yang adaptif. Penelitian ini akan melihat pengaruh *self-compassion* terhadap strategi koping adaptif dan pengaruh *self-compassion* terhadap strategi koping maladaptif pada siswa SMA di Tangerang. Penelitian dilakukan dengan membagikan kuesioner berisi Skala Welas Diri dan *Brief COPE* versi Bahasa Indonesia kepada tiga SMA di Tangerang. Subyek penelitian berjumlah 242 siswa, terdiri dari 134 laki-laki dan 108 perempuan. Hasil penelitian ini adalah, *self-compassion* berpengaruh terhadap strategi koping adaptif ($r^2 = 0,14$), dan *self-compassion* berpengaruh secara negatif terhadap strategi koping maladaptif ($r^2 = 0,231$). *Self-compassion* ditemukan berhubungan positif dengan strategi koping adaptif ($r = 0,217-0,474$) dan berhubungan negatif dengan strategi koping maladaptif ($r = -0,130(-0,558)$), namun tidak menunjukkan hubungan dengan planning, humor, self-distraction, dan substance use. Selain itu, terdapat perbedaan *self-compassion* antara laki-laki dan perempuan, dengan *self-compassion* pada laki-laki lebih tinggi ($t(240) = 4,288, p = 0,000$).

Kata kunci: *self-compassion*, strategi koping, remaja, kesehatan mental
Referensi: 53 (1976-2022)

ABSTRACT

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THE ROLE OF SELF-COMPASSION ON COPING STRATEGIES IN HIGHSCHOOL STUDENTS IN TANGERANG

(xiii + 41 pages: 2 images; 12 table; 15 attachment)

Abstract – High school students' lives are filled with various roles and tasks related to school, family, friendships, and other activities. This often leads to feelings of pressure and stress among adolescents. When adolescents experience stress, they may find it challenging to cope effectively, leading them to use maladaptive coping strategies that can worsen their mental health and fail to cope with stress effectively. Adolescents need resources to help them develop adaptive coping strategies. Self-compassion can be one of these resources, due to its properties to support themselves during stressful times and encouraging the use of adaptive coping strategies. This study aims to examine the influence of self-compassion on both adaptive and maladaptive coping strategies among high school students in Tangerang. The research involved distributing questionnaires containing the Self-Compassion Scale and Brief COPE in the Indonesian language to three high schools in Tangerang. The study included 242 participants, consisting of 134 males and 108 females. The results of this research indicate that self-compassion has a positive influence on adaptive coping strategies ($r^2 = 0,14$) and a negative influence on maladaptive coping strategies ($r^2 = 0,231$). Self-compassion was found to be positively correlated with adaptive coping strategies ($r = 0,217-0,474$) and negatively correlated with maladaptive coping strategies ($r = -0,130-(-0,558)$). However, no significant relationship was found between self-compassion and planning, humor, self-distraction, and substance use. Additionally, there were differences in self-compassion between males and females, with males showing higher levels of self-compassion ($t(240) = 4,288, p = 0,000$).

Keywords: self-compassion, coping strategies, adolescence, mental health

References: 53 (1976-2022)