

## ABSTRAK

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### **HUBUNGAN ANTARA *SELF-COMPASSION* DAN *GRIT* PADA MAHASISWA AKTIVIS DI UNIVERSITAS PELITA HARAPAN**

(xvii + 109 halaman: 1 gambar; 16 tabel; 11 lampiran)

Keterlibatan di organisasi kampus membuat mahasiswa aktivis mengalami konflik peran yang apabila tidak diatasi dengan baik akan memunculkan dampak-dampak negatif. Meskipun demikian, situasi konflik peran beserta dampak negatifnya akan terus dialami mahasiswa aktivis tiap hari selama keterlibatannya di organisasi. Diperlukan *self-compassion* sebagai sikap berwelas diri ketika mahasiswa aktivis mengalami kesulitan dan kegagalan selama konflik peran, serta *grit* supaya mahasiswa aktivis bertekun menghadapi kendala-kendala konflik peran dan tetap konsisten pada minatnya untuk terlibat dalam organisasi. Penelitian sebelumnya menyatakan bahwa *self-compassion* dan *grit* berguna dalam situasi kegagalan atau kesulitan. Namun, belum ditemukan penelitian yang meneliti hubungan antara dua variabel ini pada mahasiswa aktivis. Dengan demikian, penelitian ini merupakan penelitian kuantitatif yang menguji hubungan antara *self-compassion* dan *grit* pada 125 mahasiswa aktivis yang menjabat sebagai pengurus organisasi periode 2020/2021 di Universitas Pelita Harapan. Alat ukur yang digunakan adalah Skala Welas Diri untuk mengukur *self-compassion* dan *Grit Scale* untuk mengukur *grit*. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara *self-compassion* dan *grit* ( $r = .315, p = .000$ ) pada mahasiswa aktivis. Penemuan tambahan yang berkaitan dengan kedua variabel ini juga dibahas dalam penelitian ini.

Kata kunci: *grit*, *self-compassion*, mahasiswa aktivis  
Referensi: 108 (2003-2020)

## ABSTRACT

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### ***THE RELATIONSHIP BETWEEN SELF-COMPASSION AND GRIT IN STUDENT ACTIVISTS AT UNIVERSITAS PELITA HARAPAN***

*(xvii + 109 pages: 1 diagram; 16 tables; 11 attachments)*

*Involvement in campus organizations causes student activists to experience role conflicts which, if not handled properly, will produce negative impact. Nevertheless, the role conflict situation and its negative impact will continue to be experienced by student activists every day during their involvement in the organization. Self-compassion is needed as giving kindness to oneself when student activists experience difficulties and failures during role conflicts, as well as grit so that student activists persevere to face the constraints of role conflict and remain consistent in their interest to be involved in organization. Previous research has suggested that self-compassion and grit are useful in situations of failures or difficulties. However, there has not been any research examining the relationship between these two variables in student activists. Thus, this quantitative study examines the relationship between self-compassion and grit in 125 student activists who serve as organization committee period 2020-2021 at Universitas Pelita Harapan. Self-Compassion Scale is used for measuring self-compassion and the Grit Scale for measuring grit. The results showed that there was a significant relationship between self-compassion and grit ( $r = .315$ ,  $p = .000$ ) among student activists. Additional findings regarding these two variables are also discussed in this study.*

*Keywords: grit, self-compassion, student activists*

*References: 108 (2003-2020)*