

ABSTRAK

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HUBUNGAN *ATTACHMENT* DENGAN *SELF-COMPASSION* PADA MAHASISWA UNIVERSITAS X.

(xiv + 72 halaman: 11 tabel; 7 lampiran)

Universitas X memiliki tantangan akademik dan sosial yang unik dan berbeda dibanding Universitas pada umumnya. Hal ini membuat mahasiswa Universitas X harus dapat beradaptasi dengan tantangan tersebut ditambah tantangan akibat tahapan perkembangannya pada masa *emerging adult*. Mahasiswa membutuhkan *self-compassion* untuk dapat menghadapi tantangan yang ada. Penelitian sebelumnya menunjukkan bahwa *self-compassion* juga berkaitan dengan *attachment*. *Attachment* sendiri menjadi isu yang penting dalam tahapan perkembangan mahasiswa, khususnya pada mahasiswa Universitas X di mana *attachment* yang *secure* juga dapat membantu mereka menghadapi tantangan sosial yang ada. Penelitian ini menggunakan metode kuantitatif untuk meneliti hubungan antara *self-compassion* dan *attachment* pada mahasiswa Universitas X. Hasil penelitian menunjukkan bahwa ada korelasi yang signifikan antara *self-compassion* dengan dimensi *attachment* yaitu *attachment-related anxiety* dan *attachment-related avoidance*.

Kata kunci: *self-compassion*, *attachment*, *attachment-related avoidance*, *attachment-related anxiety*, mahasiswa
Referensi: 55 (1979-2020)

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THE CORRELATION WITHIN ATTACHMENT AND SELF-COMPASSION OF X UNIVERSITY STUDENTS.

(xii + 72 halaman: 11 tabel; 7 lampiran)

X University has unique and different academic - social challenges compared to universities in general. This makes X University students have to be able to adapt to these challenges plus the challenges due to their developmental stages during the emerging adult era. Students need self-compassion to be able to face existing challenges. Previous research has shown that self-compassion is also related to attachments. The attachment itself is an important issue in the stages of student development, especially for X University students where a secure attachment can also help them face existing social challenges. This study used a quantitative method to examine the relationship between self-compassion and attachment on X University students. The result shows that there is a significant correlation between self-compassion and the attachment dimension, namely attachment-related anxiety and attachment-related avoidance.

Keywords: self-compassion, attachment, attachment- related avoidance, attachment- related anxiety, college student
Reference: 55 (1979-2020)