

ABSTRAK

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PENGARUH *SELF-COMPASSION* TERHADAP *COLLEGE ADJUSTMENT* PADA MAHASISWA TINGKAT AKADEMIK PERTAMA PERGURUAN TINGGI DI JAKARTA

(xiv + 85 halaman; 17 tabel; 8 lampiran)

Mahasiswa tingkat akademik pertama yang sedang proses *adjustment* mengalami berbagai tekanan, hambatan maupun tuntutan. Mahasiswa tingkat akademik pertama menghadapi tuntutan akademik dan hubungan interpersonal di lingkungan universitas dan sekitarnya sehingga jika mahasiswa tingkat akademik pertama tidak dapat beradaptasi dengan benar dapat menjadi tekanan bagi mahasiswa. *Self-compassion* membantu mahasiswa untuk lebih efektif mengatasi stresor perguruan tinggi dan faktor pelindung yang berharga selama transisi keperguruan tinggi. *Self-compassion* merupakan penerimaan diri dan kasih terhadap diri sendiri yang memiliki tiga komponen utama yang terbagi menjadi enam dimensi yaitu *self-kindness*, *self-judgment*, *common humanity*, *isolation*, *mindfulness* dan *over-identification*. Penelitian ini dilakukan bertujuan untuk pengaruh *self-compassion* terhadap *college adjustment* pada mahasiswa tingkat akademik pertama perguruan tinggi di Jakarta. Penelitian mempunyai jumlah 160 partisipan yaitu mahasiswa tingkat akademik pertama berusia diantara 18 hingga 25 tahun di perguruan tinggi daerah Jakarta. Instrumen penelitian yang digunakan untuk mengukur *self-compassion* yaitu Skala Welas Diri (SWD) dan *college adjustment* menggunakan *Student Adaptation to College Questionnaire (SACQ)*. Penelitian ini mendapatkan hasil terdapat pengaruh secara signifikan *self-compassion* terhadap *college adjustment* pada mahasiswa tingkat akademik pertama perguruan tinggi di Jakarta ($r=.650$, $r^2= .422$; $p<.05$). Implikasi dari penelitian ini adalah bahwa *self-compassion* berpengaruh terhadap *college adjustment* pada mahasiswa tingkat akademik pertama perguruan tinggi di Jakarta.

Kata kunci: *Self-Compassion*, *College Adjustment*, Mahasiswa tingkat akademik pertama

Referensi: 89 (1986-2020)

ABSTRACT

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THE INFLUENCE OF SELF-COMPASSION TOWARD COLLEGE ADJUSTMENT AMONG FIRST YEAR STUDENTS UNIVERSITY AT JAKARTA

(xiv + 85 pages; 17 tabels; 8 attachments)

First year students who are in the adjustment process experience various pressures, obstacles and demands. First year students face academic demands and interpersonal relationships in the university environment and its surroundings so that if first year students cannot adapt properly it can be stressful for students. Self-compassion is self-acceptance and self-love which has three main components which are divided into six dimensions, namely self-kindness, self-judgment, common humanity, isolation, mindfulness and over-identification. This study was conducted aimed at the effect of self-compassion on college adjustments on first-year college students in Jakarta. The study had a total of 160 participants, namely first-year students aged between 18 and 25 years at higher education institutions in Jakarta. The research instrument used to measure self-compassion was the Self-Compassion Scale (SWD) and college adjustment using the Student Adaptation to College Questionnaire (SACQ). This study found that there was a significant effect of self-compassion on college adjustments in first-year college students in Jakarta ($r = .650$, $r^2 = .422$; $p < .05$). The implication of this study is self-compassion effect on college adjustment in first-year college students in Jakarta.

Keywords: Self-Compassion, College Adjustment, First Year Students
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