

ABSTRAK

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HUBUNGAN ANTARA *SELF-COMPASSION* DENGAN TINGKAT RESILIENSI AKADEMIK PADA MAHASISWA PRE-KLINIK FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN

(xiv + 76 halaman: 3 bagan; 12 tabel; 3 lampiran)

Latar Belakang: Pendidikan tinggi, terutama di fakultas kedokteran, seringkali dihadapi dengan berbagai tekanan akademik dan non-akademik yang signifikan. Berbagai kendala akademik yang tidak dapat diatasi oleh mahasiswa dapat menimbulkan hambatan yang dapat mengganggu kelancaran perjalanan pendidikan mereka. Untuk mengatasi hal tersebut, diharapkan mahasiswa memiliki kemampuan khusus dalam menghadapi tantangan akademik, yang disebut resiliensi akademik.

Tujuan Penelitian: Mengetahui hubungan antara *self-compassion* dan komponen-komponennya terhadap tingkat resiliensi akademik pada mahasiswa pre-klinik Fakultas Kedokteran Universitas Pelita Harapan.

Metodologi: Penelitian ini dilakukan terhadap 90 mahasiswa/i pre-klinik FK UPH angkatan 2021 dengan menggunakan desain studi cross-sectional. Sampel dipilih menggunakan simple random sampling. Data diperoleh dari pengerjaan kuisioner Skala Welas Diri (SWD) dan *Academic Resilience Scale* (ARS-30) yang telah dimodifikasi menjadi Bahasa Indonesia.

Hasil: Pada penelitian ini didapatkan bahwa *self-compassion* tidak memiliki korelasi yang signifikan terhadap resiliensi akademik, tetapi komponennya yaitu *common humanity* [$p = 0.002$] dan *mindfulness* [$p = 0.041$] memiliki korelasi yang signifikan terhadap resiliensi akademik.

Kesimpulan: Tidak terdapat hubungan yang signifikan antara *self-compassion* dengan resiliensi akademik, tetapi komponen *self-compassion* yaitu *common humanity* dan *mindfulness* memiliki hubungan yang signifikan terhadap resiliensi akademik mahasiswa pre-klinik Fakultas Kedokteran Universitas Pelita Harapan angkatan 2021.

Kata Kunci: Resiliensi. Resiliensi Akademik, *Self-Compassion*

ABSTRACT

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THE RELATIONSHIP BETWEEN SELF-COMPASSION AND ACADEMIC RESILIENCE IN PRE-CLINICAL STUDENTS AT THE FACULTY OF MEDICINE, PELITA HARAPAN UNIVERSITY

(xiv + 76 pages: 3 diagrams; 12 tables; 3 appendices)

Background: Higher education, particularly in medical schools, often involves significant academic and non-academic pressures. Various academic challenges that students fail to overcome can create obstacles that hinder their educational journey. To address this, students are expected to possess specific abilities to face academic challenges, known as academic resilience.

Research Objective: To determine the relationship between self-compassion and its components on the level of academic resilience in pre-clinical students at the Faculty of Medicine, Pelita Harapan University.

Methodology: This study was conducted with 90 pre-clinical students from the 2021 cohort at FK UPH using a cross-sectional study design. Samples were selected using simple random sampling. Data were obtained through the completion of the Self-Compassion Scale (SCS) and the Academic Resilience Scale (ARS-30), which had been modified into Indonesian.

Results: This study found that self-compassion did not have a significant correlation with academic resilience, but its components, common humanity [$p = 0.002$] and mindfulness [$p = 0.041$], showed a significant correlation with academic resilience.

Conclusion: There is no significant relationship between self-compassion and academic resilience; however, the components of self-compassion, namely common humanity and mindfulness, have a significant relationship with the academic resilience of pre-clinical students at the Faculty of Medicine, Pelita Harapan University, class of 2021.

Keywords: Resilience, Academic Resilience, Self-Compassion