

## Hubungan antara self-compassion dengan psychological well-being pada pemusik orkestra = The relationship between self compassion and psychological well being of orchestra musicians

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### Abstrak

#### <b>ABSTRAK</b><br>

Pemusik orkestra memiliki tuntutan dan tantangan yang tinggi untuk selalu menampilkan permainan musik yang sempurna. Hal ini membuat mereka memaksa diri dalam berlatih dan memiliki toleransi yang rendah terhadap kekurangan dan kesalahan diri. Hal ini membuat pemusik orkestra memerlukan self-compassion agar tidak melakukan hal yang destruktif terhadap diri mereka. Penelitian ini bertujuan untuk melihat hubungan antara self-compassion dan psychological well-being pada pemusik orkestra. Penelitian ini menggunakan metode korelasi. Pengukuran self-compassion menggunakan alat ukur Self-Compassion Scale (Neff, 2003) dan alat ukur Ryff's Scale of Psychological Well-Being (Ryff, 1989). Partisipan penelitian adalah sebanyak 104 pemusik orkestra. Hasil penelitian menunjukkan bahwa hipotesis null penelitian ditolak ( $r_s=0.465$  dan  $p=0.000$ ), yang berarti terdapat hubungan positif yang signifikan antara self-compassion dan psychological well-being pada pemusik orkestra. Hasil penelitian ini diharapkan dapat bermanfaat untuk merancang intervensi pelatihan self-compassion bagi pemusik orkestra agar dapat meningkatkan psychological well-being.

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Orchestra musicians have a lot of demands and high challenges to always perform in a perfect way. These things make them hard on themselves when practicing and make them have a low tolerance on their inadequacies and failure. They need to be self-compassionate to themselves so that they will not do a destructive action to themselves. This study aims to look at the relationship between self-compassion and psychological well-being of orchestra musicians. This study uses correlation method. Self-compassion was measured using Self-Compassion Scale (Neff, 2003). Psychological well-being was measured using Ryff's Scale of Psychological Well-Being (Ryff, 1989). The respondents of the study are 104 orchestra musicians. There is significant evidence to reject the null hypothesis ( $r_s=0.465$  dan  $p=0.000$ ), which can conclude that there is a positive and significant relationship between self-compassion and psychological well-being of orchestra musicians. These results are hoped to be useful in planning interventions self-compassion training, so that they can promote their psychological well-being.