

## Hubungan self-compassion dan college adjustment pada mahasiswa tahun pertama = Correlation between self compassion and college adjustment among first year college student

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### Abstrak

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

Masa transisi dari SMA ke perguruan tinggi dapat menyebabkan tekanan bagi mahasiswa Gall, Evans, Bellerose, 2000. Karena itu, dibutuhkan adanya proses penyesuaian diri yang dinamakan college adjustment. Tekanan tersebut dapat membuat mahasiswa kesulitan beradaptasi dan dapat menimbulkan efek samping seperti stres atau depresi. Masalah pada college adjustment penting karena berkaitan dengan antara lain masalah akademis dan tingkat putus studi Backhaus, 2009. Self-compassion dapat mengurangi dampak negatif dari tekanan tersebut sehingga memudahkan proses penyesuaian diri Terry, Leary, Mehta, 2013. Penelitian ini bertujuan untuk melihat hubungan antara self-compassion dengan college adjustment pada mahasiswa tahun pertama. Pengukuran self-compassion menggunakan adaptasi alat ukur Self-Compassion Scale yang disusun oleh Neff 2003b dan pengukuran college adjustment menggunakan adaptasi alat ukur Student Adaptation to College Questionnaire yang disusun oleh Baker dan Siryk 1984. Partisipan penelitian ini berjumlah 373 mahasiswa tahun pertama Universitas Indonesia. Dengan metode statistik Pearson Product-Moment Correlation, hasil penelitian menunjukkan bahwa tidak ada hubungan signifikan antara self-compassion dan college adjustment pada mahasiswa tahun pertama  $r = .076$ ,  $p = .142$ .

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#### <b>ABSTRACT</b><br>

The transition period from high school to university may generate pressure towards students Gall, Evans, Bellerose, 2000 . Therefore, a form of adaptation is needed, which is called college adjustment. The pressure may cause students to adapt poorly and may cause side effects such as stress and depression. College adjustment problems are important because they relate with academic problems and drop out rate Backhaus, 2009. Self compassion may act as a buffer towards negative effects from that pressure and made the adaptation process easier Terry, Leary, Mehta, 2013. In this study, Self compassion was measured using an adaptation form of Self Compassion Scale by Neff 2003b, and college adjustment was measured using an adaptation form of Student Adaptation to College Questionnaire by Baker and Siryk 1984. The participants of this study were 373 first year college students of University of Indonesia. Using Pearson Product Moment Correlation method, main results of this study showed self compassion was not significantly related with college adjustment  $r .076$ ,  $p .142$  on first year college students.