

## Hubungan antara self-compassion dengan Hope pada guru sekolah inklusi = Relationship between self-compassion and hope among inclusive school teachers

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### Abstrak

Guru di sekolah inklusif menghadapi berbagai tantangan. Tantangan tersebut antara lain adaptasi kurikulum, pembelajaran siswa berkebutuhan khusus dan siswa reguler di kelas yang sama, perilaku siswa berkebutuhan khusus yang kurang tepat, dan persepsi rendahnya kompetensi guru menangani siswa berkebutuhan khusus. Oleh karena itu, diperlukan harapan agar guru dapat berperan penting dalam pendidikan inklusif meski menghadapi berbagai kendala. Penelitian ini bertujuan untuk menguji hubungan antara welas asih dan harapan pada guru sekolah inklusif. Partisipan penelitian adalah 162 guru sekolah dasar inklusif. Adult Hope Scale (AHS) dan Self-Compassion Scale (SCS) digunakan sebagai alat ukur dalam penelitian ini. Hasil penelitian ini menemukan bahwa ada hubungan positif yang signifikan antara cinta diri dengan harapan. Hubungan ini dapat terjadi karena dukungan batiniah, rasa percaya diri, sikap diri yang positif, dan meningkatnya persepsi kompetensi yang ditimbulkan oleh rasa welas asih memudahkan individu untuk memiliki harapan yang lebih baik.

..... Teachers in inclusive schools face various challenges. The challenges include curriculum adaptation, learning of students with special needs and regular students in the same class, behavior of students with special needs that are not suitable, and perceptions of the teacher's low competence to deal with students with special needs. Therefore, hope is needed by teachers to play an important role in inclusive education, despite their facing various obstacles. This research aimed to identify a relationship between self-compassion and hope among inclusive school teachers. Research participants were 162 elementary inclusive schools. Adult Hope Scale (AHS) and the Self-Compassion Scale (SCS) were used as an instrument in this research. The research showed that there was a significant positive relationship between self-compassion and hope. This relationship can occur because of inner support, self-confidence, positive self-attitude, and increased perceptions of competency generated by self-compassion someone has a better hope.