

## Hubungan antara Self-Compassion dan Kecemasan Sosial pada Mahasiswa Tahun Pertama yang Merantau di Jakarta = The Relationship between Self-Compassion and Social Anxiety on First-Year College Students who Migrate in Jakarta

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### Abstrak

Setiap tahunnya, banyak mahasiswa baru di Indonesia dari berbagai daerah yang merantau ke kota Jakarta untuk menempuh pendidikan tinggi. Adaptasi sosial yang harus dilakukan mahasiswa tahun pertama yang merantau agar dapat sukses menjalani perkuliahan dapat menjadi tekanan tersendiri jika tidak ditangani dengan baik karena berisiko mengakibatkan kecemasan sosial yang memiliki dampak negatif, tidak hanya terhadap performa akademis tetapi juga terhadap well-being secara umum. Penelitian sebelumnya menyatakan bahwa self-compassion merupakan kekuatan psikologis yang mampu membantu mencegah dan menangani kecemasan sosial pada individu, namun penelitian yang membahas hubungan langsung antar keduanya masih sangat minim. Penelitian kuantitatif dilakukan untuk melihat hubungan antar keduanya. Analisis korelasi pearson menunjukkan bahwa self-compassion berkorelasi negatif signifikan dengan kecemasan sosial ( $r=-0,541$ ,  $p<0,01$ , two-tailed), dengan effect size yang large. Komponen-komponen self-compassion, yaitu self-kindness vs. self-judgment ( $r = -0,443$ ,  $p<0,01$ , two-tailed), common humanity vs. isolation ( $r=-0,446$ ,  $p<0,01$ , two-tailed), dan mindfulness vs. over-identification ( $r =-0,416$ ,  $p<0,01$ , two-tailed), juga ditemukan berkorelasi negatif signifikan dengan kecemasan sosial dengan effect size yang medium

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Every year, many college freshmen in Indonesia from various regions migrate to Jakarta to pursue higher education. The social adaptation that must be done by college freshmen who migrate to be successful in college can be a distress if not handled properly because it risks causing social anxiety which has negative impacts, not only on academic performance but also on their well-being in general. Previous research states that self-compassion is a psychological strength that can help prevent and deal with social anxiety in individuals, but researches that address the direct relationship between the two is still very minimal. Quantitative research was conducted to see the relationship between the two. Pearson correlation analysis shows that self-compassion has a significant negative correlation with social anxiety ( $r=-0,541$ ,  $p<0,01$ , two-tailed), with a large effect size. Components of self-compassion, which are self-kindness vs. self-judgment ( $r = -0,443$ ,  $p<0,01$ , two-tailed), common humanity vs. isolation ( $r=-0,446$ ,  $p<0,01$ , two-tailed), and mindfulness vs. over-identification ( $r =-0,416$ ,  $p<0,01$ , two-tailed), was found negatively correlated significantly with social anxiety with medium effect size.