

## Pengaruh perceived social support dan self-compassion terhadap distres psikologis pada mahasiswa = The influence of perceived social support and self-compassion on psychological distress among college student

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### Abstrak

Meskipun mahasiswa telah mempersepsikan dukungan sosial yang berasal dari berbagai sumber, distres psikologis pada mahasiswa masih sering terjadi dan memiliki urgensi tinggi untuk diperhatikan dan diatasi. Perceived social support sebagai faktor sosial memengaruhi distres psikologis pada individu melalui persepsi bahwa dirinya dicintai, dipedulikan dan dihargai oleh orang lain sehingga individu merasa lebih percaya diri dalam mengatasi stresor. Self-compassion sebagai proses kognitif yang berperan dalam penilaian positif terhadap stresor melalui pemberian belas kasih dan kepedulian pada diri sendiri. Partisipan dalam penelitian ini berjumlah 416 mahasiswa berstatus aktif dalam rentang usia antara 18 hingga 25 tahun. Variabel distres diukur menggunakan Hopkins Symptom Checklist (HSCL), perceived social support diukur menggunakan Multidimensional Scale of Perceived Social Support (MSPSS) dan self-compassion menggunakan Self-Compassion Scale (SCS). Analisis utama regresi linear berganda untuk mengetahui pengaruh perceived social support dan self-compassion terhadap distres psikologis. Hasil penelitian menemukan bahwa terdapat pengaruh positif yang signifikan dari perceived social support terhadap distres psikologis dan terdapat pengaruh negatif yang signifikan dari self-compassion terhadap distres psikologis .....Although students have received social support from various sources, psychological distress on students is still common and has a high urgency to be noticed and overcome. Social support as a social factor influences psychological distress in individuals through the belief that they are loved, cared for and valued by others so that individuals feel more confident in dealing with stressors. Self-compassion as a cognitive process plays a role in positive appraisal of stressors through giving compassion and self-care. Participants in this study were 416 active status students in the age range between 18 to 25 years. Distress variables are measured using the Hopkins Symptom Checklist (HSCL), social support is measured using the Multidimensional Scale of Perceived Social Support (MSPSS) and self-compassion using the Self-Compassion Scale (SCS). The main analysis of multiple linear regression is to determine the influence of social support and self-compassion on psychological distress. The results found that there was a significant positive effect of social support on psychological distress and there was a significant negative effect of self-compassion on psychological distress.