

# Hubungan antara Self-Compassion dan College Adjustment pada Mahasiswa Tahun Pertama selama Pembelajaran Jarak Jauh Pandemi Covid-19 = Relationship Between Self-Compassion and College Adjustment Among First-year College Student During Distance Learning

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## Abstrak

Ketika memasuki perguruan tinggi, mahasiswa tahun pertama dihadapkan dengan berbagai tuntutan baru. Penyesuaian ke perguruan tinggi (college adjustment) dibutuhkan di awal masa perkuliahan karena dapat menentukan keberhasilan di perguruan tinggi. Pandemi Covid-19 menghambat college adjustment karena diberlakukannya pembelajaran jarak jauh. Sementara, penelitian sebelumnya menyatakan secara konseptual self-compassion dapat membantu college adjustment. Penelitian ini menganalisis hubungan antara self-compassion dan college adjustment pada mahasiswa tahun pertama dalam pembelajaran jarak jauh selama pandemi Covid-19. Mahasiswa Universitas Indonesia angkatan 2020 (N = 381) disurvei menggunakan Self-Compassion Scale dan Student Adaptation to College Questionnaire. Uji korelasi Pearson menyatakan bahwa self-compassion dan college adjustment berhubungan positif signifikan ( $r(380) = 0,55, p < 0,001$ ). Hubungan paling kuat ditemukan antara isolation dan personal-emotional adjustment ( $r(380) = -0,49, p < 0,001$ ). Temuan ini mengindikasikan bahwa self-compassion cenderung membantu penyesuaian perguruan tinggi dalam konteks pembelajaran jarak jauh.

.....When entering college, first-year students faced new challenges. College adjustment is necessary in early period of college because it can predict college success. Covid-19 pandemic hinders college adjustment due to distance learning. Meanwhile, a previous study conceptually mentioned that self-compassion supported college adjustment. This study examined the correlation between self-compassion and college adjustment among first-year college students in distance learning during Covid-19 pandemic. Students of Universitas Indonesia batch 2020 (N = 381) were surveyed using Self-Compassion Scale and Student Adaptation to College Questionnaire. Pearson's correlation test showed a positive significant correlation between self-compassion and college adjustment ( $r(380) = 0,55, p < 0,001$ ). The strongest correlation was found between isolation and personal-emotional adjustment ( $r(380) = -0,49, p < 0,001$ ). These findings indicated that self-compassion tends to help a better college adjustment in distance learning context.