

# Peran Moderasi Rentang Waktu Sejak Perceraian Orang Tua dalam Hubungan antara Self-Compassion dan Kecemasan = The Moderating Role of Time Span since Parental Divorce on The Relationship Between Self-Compassion and Anxiety

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## Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara self-compassion dan kecemasan pada dewasa muda yang mengalami perceraian kedua orang tua. Total partisipan berjumlah 66 orang dan merupakan dewasa muda pada rentang usia 18-25 tahun. Self-compassion diukur menggunakan Self-Compassion Scale-Short Form (SCS-SF), sedangkan diukur menggunakan State-Trait anxiety Inventory Skala Trait (STAI-T). Hasil penelitian menunjukkan bahwa terdapat hubungan negatif yang signifikan antara self-compassion dengan kecemasan pada dewasa muda yang mengalami perceraian kedua orang tua. Kemudian ditemukan juga kecemasan yang lebih tinggi pada partisipan yang telah menempuh pendidikan S1 atau Diploma dibandingkan dengan partisipan yang baru menempuh pendidikan SMA sederajat.

.....This study aims to find out the relationship between self-compassion and editors on young adults who experience divorce from both parents. The total number of participants was 66 people and young adults aged 18-25 years. Compassion is measured using the Self-Compassion Scale-Short Form (SCS-SF), while anxiety is measured using the State-Trait anxiety Inventory Trait Scale (STAI-T). The results showed that there was a significant negative relationship between self-compassion and anxiety in young adults who experienced divorce from both parents.. Then it was also found that anxiety was higher in participants who had taken an undergraduate or diploma education compared to participants who had just taken high school education and equivalent.