

Hubungan Antara Self-compassion dan Resiliensi Akademik dengan Perceived Social Support sebagai Moderator pada Mahasiswa Sarjana Program Indonesian International Student Mobility Awards (IISMA) = The Relationship between Self-compassion and Academic Resilience with Perceived Social Support as the Moderator in Undergraduate Student of Indonesian International Student Mobility Awards (IISMA) Program

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Abstrak

Para awardee program IISMA yang diharuskan untuk menjalani perkuliahan selama satu semester di host university sangat mungkin mengalami berbagai tantangan akademik yang berpotensi memunculkan kegagalan sehingga dibutuhkan kemampuan resiliensi akademik yang baik agar awardees dapat bangkit dan menunjukkan performa yang maksimal. Penelitian ini bertujuan untuk melihat hubungan antara self-compassion dan resiliensi akademik dengan perceived social support sebagai moderator. Pengambilan data dilakukan dengan menyebarkan kuesioner daring yang berisi tiga alat ukur (ARS-Indonesia, Self-compassion Scale (SCS), dan The Multidimensional Scale of Perceived Social Support (MSPSS)) kepada awardees program IISMA batch 1 dan 2. Hasil analisis data pada 157 partisipan menunjukkan bahwa terdapat korelasi positif yang signifikan antara self-compassion dan resiliensi akademik ($r = .646$ ($p < .001$)) serta antara perceived social support dan resiliensi akademik ($r = .311$ ($p < .001$)). Akan tetapi, perceived social support tidak dapat memoderatori hubungan antara self-compassion dan resiliensi akademik $F(3,153) = 37.4749$ $p > .05$. Penelitian ini diharapkan dapat menjadi acuan dalam mengevaluasi program IISMA khususnya dari segi psikologis para awardee saat berada di host country.

.....IISMA awardees who are required to attend lectures for one semester at the host university may encounter a variety of academic difficulties that could lead to failure. Therefore, awardees need strong academic resilience skills to overcome these difficulties in order to perform well. The aim of this study is to look at the relationship between self-compassion and academic resilience with perceived social support as the moderator. The study was conducted online by giving out questionnaires that include three measurement tools (ARS-Indonesia, Self-compassion Scale (SCS), The Multidimensional Scale of Perceived Social Support (MSPSS)) to IISMA alumni from batch 1 and 2. The result from data analysis on 157 participants showed a positive significant correlation between self-compassion and academic resilience ($r = .646$ ($p < .001$)) as well as between perceived social support and academic resilience ($r = .311$ ($p < .001$)). However, perceived social support cannot moderate the relationship between self-compassion and academic resilience $F(3,153) = 37.4749$ $p > .05$. This study is expected to be useful as a reference in evaluating the IISMA program, specifically in terms of the psychological factors of the awardees during the study program in the host country.