

# Peran Self-Compassion terhadap Psychological Wellbeing Mahasiswa Rantau = The Role of Self-Compassion on Psychological Wellbeing among Sojourner Students in Indonesia

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## Abstrak

Tantangan yang kerap dihadapi oleh mahasiswa rantau ketika memilih untuk melanjutkan pendidikan tinggi adalah banyaknya tuntutan, tekanan, dan kesulitan beradaptasi. Mereka harus meninggalkan kampung halaman untuk mengejar kualitas pendidikan yang lebih baik di perguruan tinggi. Hal itulah yang membuat mahasiswa rantau tidak lepas dari berbagai hal yang menimbulkan perasaan stres, rendah diri, memperburuk isolasi sosial sehingga bisa berdampak pada psychological wellbeing mereka. Beberapa penelitian terdahulu telah menemukan bahwa psychological Wellbeing dipengaruhi oleh berbagai faktor, salah satunya adalah self-compassion. Oleh karena itu, tujuan penelitian ini adalah untuk melihat peran self-compassion terhadap psychological wellbeing pada mahasiswa rantau. Penelitian ini adalah penelitian kuantitatif dengan teknik analisis statistik regresi linear sederhana. Alat ukur yang digunakan adalah self-compassion scale dan alat ukur Ryff's scale of psychological wellbeing. Partisipan penelitian ini melibatkan 234 mahasiswa rantau (Perempuan = 67.5%; mean usia = 20.63). Hasil penelitian menunjukkan bahwa self-compassion memiliki peran yang signifikan dan positif terhadap psychological wellbeing mahasiswa rantau sebesar 43.6% ( $R^2=0.436; F(1,232) = 179.492 p < 0.001$ ). Hasil penelitian diharapkan dapat memberikan informasi mengenai pentingnya self-compassion terhadap kondisi psychological wellbeing mahasiswa rantau.

.....The challenges often faced by students who move away from home to pursue higher education include numerous demands, pressures, and difficulties in adapting. They must leave their hometowns to seek better educational opportunities at universities. This situation causes these students to experience various issues that lead to stress, low self-esteem, and increased social isolation, which can impact their psychological wellbeing. Previous studies have found that psychological wellbeing is influenced by various factors, one of which is self-compassion. Therefore, the aim of this study is to examine the role of self-compassion in the psychological wellbeing of students who have moved away from home. This research is a quantitative study using simple linear regression analysis techniques. The measurement tools used are the Self-Compassion Scale and Ryff's Scale of Psychological Wellbeing. The participants of this study involved 234 students who have moved away from home (Female = 67.5%; mean age = 20.63). The results of the study indicate that self-compassion has a significant and positive role in the psychological wellbeing of these students, accounting for 43.6% ( $R^2=0.436; F(1,232) = 179.492, p < 0.001$ ). The findings are expected to provide information on the importance of self-compassion for the psychological wellbeing of students who have moved away from home.