

Hubungan Antara Self-Compassion Dan Flourishing Pada Mahasiswa Tahun Pertama Di Jabodetabek = The Relationship Between Self-Compassion And Flourishing In First-Year University Students In Jabodetabek

Bagas Mahardika Mulyadi, author

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Abstrak

Penelitian ini mengkaji hubungan antara self-compassion dan flourishing pada mahasiswa tahun pertama di Jabodetabek dengan 168 partisipan. Hasil menunjukkan hubungan positif signifikan antara self-compassion dan flourishing ($r = .214$, $p < .01$), namun tidak ada perbedaan signifikan dalam self-compassion ($U = 3215.000$, $Z = -0.002$, $p = 0.999$) dan flourishing ($U = 2808.500$, $Z = -1.358$, $p = 0.175$) antara laki-laki dan perempuan. Self-compassion diukur menggunakan Self-Compassion Scale (SCS) yang terdiri dari 26 item dengan skala tipe Likert 5 poin, sementara flourishing diukur menggunakan Flourishing Scale yang dikembangkan oleh Mulyono (2022) yang terdiri dari 14 item. Validitas dan reliabilitas kedua instrumen ini telah diuji dan menunjukkan hasil yang tinggi. Temuan ini menegaskan pentingnya self-compassion dan flourishing dalam kesejahteraan psikologis mahasiswa tanpa perbedaan gender yang signifikan.

.....This study examined the relationship between self-compassion and flourishing in first-year university students in Jabodetabek with 168 participants. Results showed a significant positive relationship between self-compassion and flourishing ($r = .214$, $p < .01$), however there were no significant differences in self-compassion ($U = 3215.000$, $Z = -0.002$, $p = 0.999$) and flourishing ($U = 2808.500$, $Z = -1.358$, $p = 0.175$) between males and females. Self-compassion was measured using the Self-Compassion Scale (SCS) consisting of 26 items with a 5-point Likert-type scale, while flourishing was measured using the Flourishing Scale developed by Mulyono (2022) consisting of 14 items. The validity and reliability of these two instruments have been tested and showed high results. The findings confirm the importance of self-compassion and flourishing in college students' well-being without significant gender differences.