

Peran Self-compassion terhadap Agresivitas pada Mahasiswa di Indonesia = The Role of Self-Compassion on Aggressivity in Indonesian College Students

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Abstrak

Melihat lingkungan perkuliahan yang dipenuhi dengan berbagai tuntutan dan situasi yang dapat menekan mahasiswa, dimana berdampak pada kondisi mahasiswa yang menjadi depresi, tertekan, dan frustrasi. Kondisi ini cenderung membuat mahasiswa menjadi reaktif dan mendorong mahasiswa menunjukkan agresivitas. Self-compassion yang dianggap sebagai salah satu faktor protektif terhadap agresivitas, berperan penting dalam mereduksi dan mencegah agresivitas pada mahasiswa. Dalam penelitian ini, peneliti menggunakan desain penelitian regresi, dimana peneliti menyebarkan kuesioner self-compassion (Skala Welas Diri) dan agresivitas (Bush-Perry Aggression Questionnaire) pada partisipan untuk melihat peran self-compassion terhadap agresivitas. Sebanyak total 130 mahasiswa sarjana dari berbagai universitas di Indonesia dengan rentang usia 18-25 tahun berpartisipasi dalam penelitian ini. Berdasarkan hasil analisis regresi linear sederhana, diketahui bahwa self-compassion berperan secara signifikan terhadap agresivitas pada mahasiswa di Indonesia ($R^2 = 0,271$, $p < 0,001$). Hasil yang didapatkan menunjukkan bahwa self-compassion dapat memprediksi agresivitas secara signifikan sebesar 27,1%.

.....Seeing that the college environment is filled with various demands and situations that can put pressure on college students, which has an impact on college students' conditions become depressed, stressed, and frustrated. This condition tends to make college students reactive and encourages students to show aggressivity. Self-compassion, considered a protective factor against aggressivity, plays an important role in reducing and preventing aggressivity in students. In this research, the researcher used regression design on research, where the researcher distributed self-compassion (Skala Welas Diri) and aggressivity (Bush-Perry Aggression Questionnaire) to participants to see the role of self-compassion on aggressivity. 130 undergraduate and diploma students from various universities in Indonesia with an age range of 18-25 years participated in this research. Based on the results of simple linear regression analysis, it is known that self-compassion plays a significant role in aggressivity among college students in Indonesia ($R^2 = 0.271$, $p < 0.001$). The results obtained show that self-compassion can significantly predict aggressivity by 27.1%.