

## ABSTRAK

Sakunthala, Regina Caeli Citra. 2023. Hubungan antara *Self-Compassion* dengan Resiliensi Akademik pada Mahasiswa Tahun Pertama. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-compassion* dengan resiliensi akademik mahasiswa tahun pertama. Hipotesis yang diajukan adalah terdapat hubungan positif antara *self-compassion* dengan resiliensi akademik pada mahasiswa tahun pertama. Partisipan dalam penelitian ini berjumlah 415 mahasiswa tahun pertama di seluruh perguruan tinggi Indonesia. Penelitian ini merupakan penelitian kuantitatif dengan teknik pengambilan sampel *convenience sampling*. Instrumen yang digunakan dalam penelitian ini terdiri atas dua skala, yaitu modifikasi dari *Self-compassion Scale* (SCS) dan *Academic Resilience Scale* (ARS-30). Hasil uji coba skala menunjukkan reliabilitas pada skala SCS sebesar .908 dan pada skala ARS-30 .929. Teknik analisis data yang digunakan dalam penelitian ini adalah teknik korelasi non parametrik *Spearman's Rho* karena data tidak berdistribusi normal. Hasil uji analisis menunjukkan bahwa terdapat hubungan positif yang signifikan antara *self-compassion* dengan resiliensi akademik pada mahasiswa tahun pertama ( $r = .650$ ,  $p = .00$ ). Berdasarkan hasil tersebut, dapat disimpulkan bahwa semakin tinggi tingkat *self-compassion* mahasiswa tahun pertama, maka resiliensi akademik yang dimiliki juga akan semakin tinggi.

**Kata kunci:** *self-compassion*, *Self-compassion Scale* (SCS), resiliensi akademik, *Academic Resilience Scale* (ARS-30), mahasiswa tahun pertama

## ABSTRACT

*Sakunthala, Regina Caeli Citra. 2023. The Correlation between Self-Compassion and Academic Resilience in First Year College Students. Thesis. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.*

*This research aimed to determine the correlation between self-compassion and academic resilience in first year college students. The research hypothesis proposed that there was a positive correlation between self-compassion and academic resilience in first year college students. Participants in this research were 415 first year students in all universities across Indonesia. This research was quantitative research with convenience sampling method. The instrument used in this research consists of two scales, which were modification of Self-compassion Scale (SCS) and modification of Academic Resilience Scale (ARS-30). The results of the scale's try-out showed that the reliability coefficient on the SCS scale was .908 and on the ARS-30 scale was .929. The data analysis technique used in this research was a non-parametric correlation technique Spearman's Rho because the data were not normally distributed. The analysis test results showed that there was a significant positive correlation between self-compassion with academic resilience in first year college students ( $r = .650$ ,  $p = .00$ ). Based on the result, it can be concluded that the higher the self-compassion shown by first year college students, the higher their academic resilience.*

**Keywords:** *self-compassion, Self-compassion Scale (SCS), academic resilience, Academic Resilience Scale (ARS-30), first year college student*

