

Hubungan self-compassion dan distres psikologis pada mahasiswa baru Universitas Indonesia = The correlation between self-compassion and psychological distress in first-year undergraduate student University of Indonesia

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Abstrak

Mahasiswa baru Universitas Indonesia seringkali dihadapkan dengan berbagai tuntutan dan perubahan di lingkungan barunya sehingga berpotensi menimbulkan distres psikologis. Self-compassion merupakan sumber kekuatan yang dapat digunakan untuk mengatasi berbagai permasalahan yang dihadapi oleh mahasiswa baru.

Penelitian ini bertujuan untuk mengetahui hubungan antara self-compassion dan distres psikologis pada mahasiswa baru program sarjana Universitas Indonesia dan penelitian ini merupakan bagian dari payung penelitian distres psikologis, dengan desain penelitian korelasional. Partisipan penelitian terdiri dari 393 mahasiswa baru Universitas Indonesia berusia 18-24 tahun. Variabel distres psikologis diukur dengan menggunakan Self Report Questionnaire 20 (SRQ-20), sedangkan variabel self-compassion diukur dengan menggunakan Self-Compassion Scale Short Form (SCS-SF).

Hasil pengujian statistik menunjukkan bahwa terdapat hubungan negatif yang signifikan antara self-compassion dan distres psikologis pada mahasiswa baru program sarjana Universitas Indonesia $r(393) = -.391, p < 0,01, \text{one-tailed}$. Hal ini menunjukkan ketika self-compassion tinggi, maka tingkat distres psikologis yang dialami individu rendah. Hasil dari penelitian ini diharapkan mampu meningkatkan kesadaran individu untuk menggunakan pendekatan self-compassion ketika dirinya memiliki kecenderungan untuk mengalami distres psikologis.

First-year student of University of Indonesia faced with various demands and transformation in their new environment, so that they can potentially raises psychological distress. Self-compassion is a source of strength that can be used to overcome various problems faced by first-year student.

This research aims to determine the relationship between self-compassion and psychological distress in first-year undergraduate student of University of Indonesia and part of psychological distress research with correlational study design. The research participants consisted of 393 first-year undergraduate student of University of Indonesia aged 18-24 years. Psychological distress variables are measured using Self Report Questionnaire 20 (SRQ-20), while the self-compassion variable is measured using the Self-Compassion Scale Short Form (SCS-SF).

The results of statistical tests show that there is a significant negative relationship between self-compassion and psychological distress among first-year student of University of Indonesia $r(393) = -.391, p < 0.01, \text{one-tailed}$, means that as self-compassion level increased, psychological distress may decreased. The results of this study are expected to increase individual awareness to use the self-compassion approach when they tend to experience psychological distress.