

## Hubungan antara self-compassion dan psychological well-being pada dewasa awal dengan orang tua bercerai = Correlation between self-compassion and psychological well-being in emerging adults with divorced parents

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### Abstrak

Perceraian orang tua memberikan dampak negatif berkepanjangan pada anak hingga ia dewasa. Salah satunya adalah rendahnya psychological well-being (PWB) anak. Self-compassion (SC) dianggap mampu meningkatkan PWB. Penelitian ini bertujuan untuk mencari hubungan antara SC dan PWB pada dewasa awal dengan orang tua bercerai. PWB diukur menggunakan alat ukur Ryff's Scale of Psychological Well-Being, sedangkan SC diukur menggunakan alat ukur Self-Compassion Scale-Short Form. Jumlah partisipan yang diperoleh adalah 210 partisipan. Hasil korelasi menunjukkan terdapat hubungan antara SC dan PWB pada dewasa awal dengan orang tua bercerai, ( $r(N=210)=0.680, p<0.01$ , two tailed). Perbedaan rata-rata skor signifikan ditemukan pada variabel PWB pada jumlah pengeluaran keluarga.

.....Divorce of parents have a prolonged negative impact on the child until they become an adult. One of them is the low psychological well-being (PWB) in emerging adults. Self-compassion (SC) is considered capable of increasing PWB. This study aims to explore the relationship between SC and PWB in emerging adults with divorced parents. PWB is measured using the Ryff's Scale of Psychological Well-Being, while SC is measured using the Self-Compassion Scale-Short Form. Total of participants obtained was 210 participants. Results show that there was a significant relationship between self-compassion and psychological well-being in emerging adults with divorced parents, ( $r(N = 210) = 0.680, p < 0.01$ , two tailed). Significant mean differences in scores were only found in the psychological well-being variable in the demographic data section on family expenditure.