

# Efek Moderasi dari Self-Compassion Pada Hubungan antara Perceived Stress dan Perilaku Sehat pada Mahasiswa Universitas Indonesia = Moderating Effect of Self-Compassion in The Relationship between Perceived Stress and Health Behavior among the Students of Universitas Indonesia

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## Abstrak

Penerapan perilaku sehat seperti konsumsi makanan sehat, olahraga, penting untuk dikembangkan sejak usia remaja, salah satunya pada Mahasiswa Universitas Indonesia untuk meminimalisir konsekuensi negatif jangka panjang yang akan terjadi di masa yang akan datang. Terdapat hal yang mempengaruhi penerapan perilaku sehat. Penelitian ini bertujuan untuk mengetahui efek moderasi dari self-compassion terhadap hubungan antara perceived stress dan perilaku sehat. Penelitian ini melibatkan 352 partisipan dengan usia berkisar 18-22 tahun. Pengukuran perilaku sehat dilakukan melalui alat ukur perilaku sehat yang dikembangkan oleh tim payung penelitian perilaku sehat Fakultas Psikologi Universitas Indonesia tahun 2016 berdasarkan indikator dari Sarafino dan Smith (2011). Pengukuran perceived stress dilakukan melalui adaptasi alat ukur perceived stress scale (PSS) oleh Cohen et al., (1983). Pengukuran self-compassion dilakukan melalui adaptasi self-compassion scale oleh Neff (2003). Data dianalisis menggunakan Moderated Regression Analysis (MRA) dan Pearson Correlation. Hasil penelitian menunjukkan bahwa perceived stress berpengaruh signifikan dengan perilaku sehat. Hasil juga menunjukkan bahwa terdapat efek moderasi yang signifikan dari self-compassion terhadap hubungan antara perceived stress dan perilaku sehat.

.....Healthy behaviors such as consumption of healthy food and exercise are important to be developed by people in their young age, ones of which are students at Universitas Indonesia, in order to minimize the long-term negative consequences that may occur in the future. There are things that affect the implementation of healthy behavior. This study aims to determine the moderating effect of self-compassion on the relationship between perceived stress and healthy behavior. This study involved 352 participants with ages ranging from 18-22 years. The measurement of healthy behavior was carried out through a healthy behavior measurement tool developed by the umbrella team for healthy behavior research at the Faculty of Psychology, University of Indonesia in 2016 based on indicators from Sarafino and Smith (2011). Perceived stress measurement was conducted using the adaptation of the perceived stress scale (PSS) measurement tool by Cohen et al., (1983). Measurement of self-compassion was carried out through an adaptation of the self-compassion scale by Neff (2003). Data were analyzed using Moderated Regression Analysis (MRA) and Pearson Correlation. The results showed that perceived stress had a significant effect on healthy behavior. The results also showed that there is a significant moderating effect of self-compassion on the relationship between perceived stress and healthy behavior.