

## Hubungan antara self-compassion dengan resiliensi akademik pada siswa kelas 12 SMA di masa pandemi covid-19 = Relationship between self-compassion and academic resilience among twelfth grade senior high school students during covid-19 pandemic

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### Abstrak

Selama pandemi covid-19, siswa kelas 12 SMA merasa lebih stres dan jenuh akibat isolasi yang berkelanjutan. Oleh karena itu, diperlukan resiliensi akademik agar siswa dapat menghadapi permasalahan akademik yang ada. Ditemukan bahwa ternyata self-compassion dapat menumbuhkan resiliensi. Penelitian ini ingin melihat bagaimana hubungan antara self-compassion menggunakan alat ukur Self-Compassion Scale versi Bahasa Indonesia dengan resiliensi akademik menggunakan alat ukur Academic Resilience Scale-30. Partisipan merupakan 277 siswa kelas 12 SMA yang sedang melaksanakan pembelajaran daring. Hasil pengujian korelasi menunjukkan bahwa terdapat hubungan positif yang kuat antara self-compassion dengan resiliensi akademik ( $r_s = 0.52, p < 0.05$ ). Hal ini mengindikasikan bahwa self-compassion dapat membantu siswa untuk lebih resilien dalam menghadapi beban akademik di masa pandemi covid-19. Penelitian selanjutnya dapat mengambil data demografis, seperti apakah ada yang membantu siswa selama belajar dari rumah serta bagaimana tingkat stres siswa agar mendapatkan gambaran yang lebih komprehensif.

.....During the covid-19 pandemic, the 12th grade senior high school students felt more stressed and tired due to continued isolation. Therefore, academic resilience is needed so that students can face existing academic problems. It was found that self-compassion can foster resilience. This study wants to see the relationship between self-compassion using the Indonesian version of the Self-Compassion Scale measuring instrument and Academic Resilience using the Academic Resilience Scale-30 measuring instrument. Participants are 277 12th grade senior high school students who are implementing online learning. Results show that there is positive correlation between self-compassion and academic resilience ( $r_s = 0.52, p < 0.05$ ). This research gives a new finding of how students could be more academically resilient in facing the academic burden during the covid-19 pandemic. Future studies can take demographic data, such as whether anyone helps students while learning from home and how stressed students are to get a more comprehensive picture.