

Hubungan Self-Compassion dan Perilaku Mempromosikan Kesehatan pada Mahasiswa = Relationship between Self-Compassion and Health-Promoting Behaviors among Undergraduate Students

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Abstrak

Penelitian ini bertujuan untuk mengukur hubungan antara tingkat 'self-compassion dengan intensitas perilaku mempromosikan kesehatan pada mahasiswa Universitas Indonesia. Desain penelitian kuantitatif dengan metode korelasional dipilih untuk mengetahui hubungan antara dua variabel. Pengukuran tingkat 'self-compassion menggunakan Skala Welas Diri dan intensitas perilaku mempromosikan kesehatan menggunakan 'Health Promoting Lifestyle Profile II, dilakukan pada 187 mahasiswa (Laki-laki: 'N = 39, 20,9%; Perempuan: 'N = 148, 79,1%). Hasil penelitian menunjukkan bahwa 'self-compassion memiliki hubungan positif yang signifikan dengan perilaku mempromosikan kesehatan [$r(187) = 0,593$, $p < 0,01$]. Kemampuan mahasiswa menunjukkan kasih sayang pada dirinya beriringan dengan peningkatan intensitas perilaku sehat dalam kehidupannya sehari-hari. Temuan ini semakin diperkuat dengan ditemukannya perbedaan rata-rata intensitas perilaku mempromosikan kesehatan yang signifikan di antara tiga tingkatan 'self-compassion, yaitu tinggi, sedang, dan rendah [$F_2(184) = 45,403$; $p = 0,000$]. Di mana, mahasiswa dengan tingkat 'self-compassion tinggi menunjukkan intensitas perilaku mempromosikan kesehatan yang lebih tinggi, diikuti secara berurutan oleh mahasiswa dengan tingkat 'self-compassion sedang dan rendah.

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This research measured the relationship between self-compassion and health promoting behaviors among undergraduate students at Universitas Indonesia. Quantitative research design and correlational methods were used to answer the research question. The level of self-compassion measured by Skala Welas Diri and the intensity of health-promoting behaviors measured by Health Promoting Lifestyle Profile II. 187 participants participated in this research (Male: N = 39, 20,9%; Female: N = 148, 79,1%), shows that there is a significant positive relationship between self-compassion and health-promoting behaviors among undergraduate students [$r(187) = 0,593$, $p < 0,01$].

Student's ability to be kind to themselves is followed by an increase in the intensity of displaying healthy behavior in their daily lives. This finding is strengthened by ANOVA test results that compute the mean difference of HPLP-II score between the level of self-compassion (high, moderate, and low). The result shows that there is a significant mean difference between the level of self-compassion [$F_2(184) = 45,403$; $p = 0,000$]. Students with a high level of self-compassion show a higher intensity of health-promoting behavior, followed sequentially by students with moderate and low levels of self-compassion.