

## ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-compassion* dengan alienasi pada siswa SMA yang mengalami *broken home* di Yogyakarta. Hipotesis yang diajukan dalam penelitian ini yaitu terdapat hubungan negatif yang antara *self-compassion* dengan alienasi. Subjek penelitian adalah siswa SMA berjenis kelamin laki-laki dan perempuan yang mengalami *broken home* dengan rentang usia 14-19 tahun. Pengambilan data menggunakan Skala *Alienasi* dan *Skala Self-compassion*. Keseluruhan data dianalisis menggunakan teknik korelasi product moment. Berdasarkan hasil analisis diperoleh koefisien korelasi ( $r_{xy}$ ) sebesar -0.736 ( $p \leq 0.010$ ), sehingga hipotesis dalam penelitian ini dapat diterima. Sumbangan efektif yang diberikan *self-compassion* terhadap rendahnya alienasi sebesar 54.2% dan sisanya 45.8% berhubungan dengan variabel lainnya yang tidak diteliti dalam penelitian ini seperti religiusitas, konsep diri, usia, dan tingkat pendidikan.

**Kata kunci:** *self-compassion*, alienasi, siswa, *broken home*

## **ABSTRAK**

*This study aims to determine the relationship between self-compassion and alienation in high school students who experience a broken home in Yogyakarta. The hypothesis proposed in this study is that there is a negative relationship between self-compassion and alienation. The research subjects were male and female high school students who experienced a broken home with an age range of 14-19 years. Data were collected using the Alienation Scale and the Self-Compassion Scale. All data were analyzed using the product moment correlation technique. Based on the results of the analysis obtained a correlation coefficient ( $r_{xy}$ ) of -0.736 ( $p$  0.010), so the hypothesis in this study can be accepted. The effective contribution given by self-compassion to alienation is 54.2% and the remaining 45.8% is related to other variables not examined in this study such as religiosity, self-concept, age, and education level.*

**Keywords:** *self-compassion, alienation, students, broken home*