

## ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-compassion* dengan *subjective well-being* pada mahasiswa tingkat akhir. Hipotesis yang diajukan pada penelitian ini adalah ada hubungan positif antara *self-compassion* dengan *subjective well-being* pada mahasiswa tingkat akhir. Subjek penelitian ini adalah mahasiswa tingkat akhir yang sedang mengerjakan tugas akhir (skripsi) dengan keseluruhan subjek 116. Penelitian ini menggunakan teknik *purposive sampling* untuk mendapatkan subjek penelitian. Pengumpulan data dilakukan dengan menggunakan *self-compassion scale*, *satisfaction with life scale (SWLS)*, dan *scale of positive and negative experience (SPANE)*. Metode analisis data yang digunakan adalah korelasi *product moment*. Berdasarkan hasil analisis data pada variabel *self-compassion* dengan *subjective well-being* diperoleh koefisien korelasi ( $r_{xy}$ ) = 0.614 dengan  $p < 0.050$  hasil penelitian ini menunjukkan bahwa terdapat hubungan positif antara *self-compassion* dengan *subjective well-being* sehingga hipotesis diterima.

**Kata Kunci :** mahasiswa tingkat akhir, *self-compassion*, *subjective well-being*

## **ABSTRACT**

*This study aims to determine the relationship between self-compassion and subjective well-being in final year students. The hypothesis proposed in this study is that there is a positive relationship between self-compassion and subjective well-being in final year students. The subjects of this study were final year students who were working on their final project (thesis) with 116 total subjects. This study used a purposive sampling technique to obtain research subject. Data was collected using the self-compassion scale, satisfaction with life scale (SWLS), and scale of positive and negative experience (SPANE). The data analysis method used is product moment correlation. Based on the results of data analysis on the self-compassion variable with subjective well-being, the correlation coefficient ( $r_{xy}$ ) = 0.614 with  $p < 0.050$  the results of this study indicate that there is a positive relationship between self-compassion and subjective well-being so hypothesis is accepted.*

**Keywords :** *final year students, self-compassion, subjective well-being.*