ABSTRAK

Penelitian ini bertujuan untuk (1) mengetahui hubungan antara resiliensi dengan kesejahteraan subjektif remaja panti asuhan di masa pandemi COVID-19, (2) mengetahui hubungan antara *self-compassion* dengan kesejahteraan subjektif remaja panti asuhan di masa pandemi COVID-19, dan (3) mengetahui hubungan antara resiliensi, *self-compassion* dengan kesejahteraan subjektif remaja panti asuhan di masa pandemi COVID-19. Subjek dalam penelitian ini adalah remaja yang tinggal di panti asuhan. Jumlah subjek dalam penelitian ini ada sebanyak 93 remaja. Pengambilan subjek menggunakan teknik *purposive sampling* dengan data yang dikumpulkan menggunakan skala *Satisfaction with Life Scale* (SWLS), *Scale of Possitive and Negative Experience* (SPANE), *Connor-Davidson Resilience Scale* (CD-RISC 25), dan *Self-Compassion Scale* (SCS). Data dianalisis menggunakan kuantitatif korelasional dengan uji regresi linier berganda dengan menggunakan SPSS *for Windows* versi 26. Berdasarkan hasil analisis, diperoleh nilai koefisien korelasi antara resiliensi dengan kesejahteraan subjektif (rxy) = 0,505 dengan p = 0,000, selanjutnya diperoleh nilai korelasi koefisien antara *self-compassion* dengan kesejahteraan subjektif (rxy) = 0,525 dengan p = 0,000, dan diperoleh nilai F hitung 22,397 dengan p = 0,000, sehingga ketiga hipotesis dalam penelitian ini dapat diterima. Dalam penelitian ini juga menunjukkan koefisien determinasi (R^2) sebesar 0,332, hasil tesebut menunjukkan bahwa resiliensi dan *self-compassion* secara bersama-sama (simultan) memberikan sumbangan efektif sebesar 33,2% terhadap variabel kesejahteraan subjektif dan sisanya sebesar 66,8% dipengaruhi oleh faktor lain yang tidak diteliti dalam penelitian ini.

Kata kunci : kesejahteraan subjektif, resiliensi, *self-compassion*, remaja

ABSTRACT

This study aims to (1) determine the relationship between resilience and the subjective well-being of orphanage adolescents during the COVID-19 pandemic, (2) determine the relationship between self-compassion and the subjective well-being of orphanage adolescents during the COVID-19 pandemic, and (3) determine the relationship between resilience, self-compassion and the subjective well-being of orphanage adolescents during the COVID-19 pandemic. The subjects in this study were adolescents living in orphanages. The number of subjects in this study were 93 adolescents. Subjects were taken using a purposive sampling technique with data collected using the Satisfaction with Life Scale (SWLS), Scale of Positive and Negative Experience (SPANE), Connor-Davidson Resilience Scale (CD-RISC 25), and Self-Compassion Scale (SCS). The data were analyzed using quantitative correlation with multiple linear regression test using SPSS for Windows version 26. Based on the results of the analysis, the correlation coefficient value was obtained between resilience and subjective well-being (rxy) = 0.505 with p = 0.000, then a correlation coefficient value was obtained between self-compassion and subjective well-being (rxy) = 0.525 with p = 0.000, and the calculated F value is 22.397 with p = 0.000, so that the three hypotheses in this study can be accepted. This study also shows the coefficient of determination (R^2) of 0.332, these result indicate that resilience and self-compassion together (simultaneous) make an effective contribution of 33.2% to the subjective well-being variable and the remaining 66.8% is influenced by other factors not examined in this research.
Key words : subjective well-being, resilience, self-compassion, adolescents