

ABSTRAK

Mahasiswa seringkali mengalami perasaan seperti kecemasan selama proses penyusunan skripsi. Salah satu tekanan yang sangat mendasar yaitu bahwa skripsi yang sedang dikerjakan tersebut nantinya akan diuji dihadapan dosen penguji. Metode penelitian ini adalah metode kuantitatif dengan subjek penelitian Berusia 18 - 25 tahun, Mahasiswa/i aktif tingkat akhir S1 Universitas Mercu Buana Yogyakarta, Mahasiswa yang sedang menyusun Tugas Akhir (Skripsi). Berdasarkan hasil penelitian dan pembahasan dapat ditarik kesimpulan bahwa terdapat hubungan yang positif dan signifikan antara *self compassion* terhadap kecemasan mahasiswa yang sedang Menyusun skripsi. Dari hasil analisis product moment diperoleh korelasi (r_{xy}) = 0,348 dan $p=0,000$ yang berarti ada hubungan antara *self compassion* dengan kecemasan. Artinya Semakin tinggi *Self compassion* subjek, maka semakin rendah kecemasan yang dimiliki subjek. Sebaliknya, semakin rendah *Self compassion* subjek, semakin tinggi kecemasan Mahasiswa yang sedang menyusun skripsi.

Kata Kunci : Kecemasan, Mahasiswa, Self Compassion

ABSTRACT

Students often experience feelings such as anxiety during the process of writing their thesis. One very basic pressure is that the thesis that is being worked on will later be tested in front of the examiner. This research method is a quantitative method with research subjects aged 18-25 years, active students at the end of the bachelor's degree at Mercu Buana University, Yogyakarta, students who are preparing their final assignment (thesis). Based on the results of the research and discussion, it can be concluded that there is a positive and significant relationship between self-compassion and the anxiety of students who are writing their thesis. From the results of the product moment analysis, a correlation (r_{xy}) = 0.348 and $p = 0.000$ was obtained, which means that there is a relationship between self-compassion and anxiety. This means that the higher the subject's self-compassion, the lower the subject's anxiety. Conversely, the lower the self-compassion of the subject, the higher the anxiety of students who are writing their thesis.

Keywords: Anxiety, Student, Self compassion