

## ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self compassion* dengan resiliensi pada penyintas COVID-19 di Yogyakarta. Hipotesis yang diajukan dalam penelitian ini adalah terdapat hubungan positif antara *self compassion* dengan resiliensi. Karakteristik subjek penelitian yaitu penyintas COVID-19 yang sudah sembuh berjenis kelamin laki-laki dan perempuan. Jumlah subjek dalam penelitian ini sebanyak 62 subjek. Data yang dikumpulkan menggunakan Skala *Self-compassion* dan Skala Resiliensi. Berdasarkan hasil analisis, diperoleh nilai korelasi sebesar 0,718 ( $p = 0.000$ ). Hasil tersebut menunjukkan bahwa terdapat positif antara *self compassion* dengan resiliensi. Diterimanya hipotesis dalam penelitian ini memberikan koefisien determinasi ( $R^2$ ) sebesar 0,516. Hal tersebut menunjukkan bahwa variabel self-compassion memberikan sumbangan sebesar 51,6% terhadap variabel resiliensi dan sisanya 48,4% dipengaruhi oleh faktor lainnya yang tidak diteliti dalam penelitian ini.

**Kata kunci :** *self compassion*, resiliensi, penyintas COVID-19

## **ABSTRACT**

*This study aims to determine the relationship between self-compassion and resilience in COVID-19 survivor in Yogyakarta. The hypothesis proposed in this study is that there is a positive relationship between self-compassion and resilience. The characteristics of the research subjects are male and female COVID-19 survivor. The number of subjects in this study were 62 subjects. Data were collected using the Self-compassion Scale and Resilience Scale. Based on the results of the analysis, obtained a correlation value of 0.718 ( $p = 0.000$ ). These results indicate that there is a positive relationship between self-compassion and resilience. The acceptance of the hypothesis in this study provides a coefficient of determination ( $R^2$ ) of 0.516. This shows that the self-compassion variable contributes 51.6% to the resilience variable and the remaining 48.4% is influenced by other factors not examined in this study.*

**Keywords:** self-compassion, resilience, COVID-19 survivor