

## ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial dengan *self-compassion* pada mahasiswa yang mengikuti kegiatan perkuliahan di saat kondisi covid-19. Hipotesis yang diajukan dalam penelitian ini adalah terdapat hubungan positif antara dukungan sosial dengan *self-compassion*. Karakteristik subjek penelitian yaitu mahasiswa berjenis kelamin laki-laki dan perempuan, mengambil lebih dari 5 matakuliah, dan tercatat aktif dalam status perkuliahan. Data yang dikumpulkan menggunakan Skala Dukungan Sosial dan Skala *Self-Compassion*. Berdasarkan hasil analisis, diperoleh  $R_{xy}$  sebesar 0.664 ( $p \leq 0.000$ ), sehingga hipotesis dapat diterima. Penelitian ini memberikan hasil koefisien determinasi ( $R^2$ ) sebesar 0.440. Hal tersebut menunjukkan bahwa variabel dukungan sosial memberikan sumbangan sebesar 44% terhadap variabel *self-compassion* dan sisanya 66% dipengaruhi oleh faktor lainnya yang tidak diteliti dalam penelitian ini.

**Kata kunci:** *self-compassion*, dukungan sosial, mahasiswa.

## **ABSTRACT**

*This study aims to determine the relationship between social support and self-compassion in students who take part in lecture activities during the Covid-19 condition. The hypothesis proposed in this study is that there is a positive relationship between social support and self-compassion. The characteristics of the research subjects are male and female students, taking more than 5 courses, and listed as active in lecture status. Data were collected using the Social Support Scale and the Self-Compassion Scale. Based on the results of the analysis, I obtained a correlation value of 0.664 ( $p = 0.000$ ), so the hypothesis can be accepted. This study also gives the coefficient of determination ( $R^2$ ) of 0.440. This shows that the social support variable contributes 44% to the self-compassion variable and the remaining 66% is influenced by other factors not examined in this study.*

**Keywords:** *self-compassion, social support, students.*