

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-compassion* dan *psychological distress* pada mahasiswa yang sedang mengerjakan skripsi. Penelitian ini menggunakan pendekatan kuantitatif. Hipotesis dalam penelitian ini adalah terdapat hubungan negatif antara *self-compassion* dengan *psychological distress* pada mahasiswa yang sedang mengerjakan skripsi. Metode pengumpulan data dilakukan melalui skala yang mengukur *self-compassion* dan *psychological distress*. Subjek penelitian adalah 109 mahasiswa yang sedang mengerjakan skripsi melalui teknik *simple random sampling*. Data dianalisis menggunakan teknik korelasi Pearson Product Moment. Hasil penelitian menunjukkan adanya hubungan negatif yang signifikan antara harga diri dan ide bunuh diri pada mahasiswa di Yogyakarta dengan nilai koefisien korelasi $r = -0,195$ dan signifikansi $p = 0,042$ ($p < 0,05$). Artinya, semakin tinggi *self-compassion*, maka semakin rendah *psychological distress* mahasiswa yang sedang mengerjakan skripsi. Sebaliknya, semakin rendah *self-compassion* maka semakin tinggi *psychological distress* pada mahasiswa yang sedang mengerjakan skripsi. Nilai koefisien determinasi (R^2) sebesar 0,038 yang berarti bahwa *self-compassion* memberikan sumbangan sebesar 3,8% terhadap *psychological distress* pada mahasiswa yang sedang mengerjakan skripsi. Hasil ini menunjukkan bahwa *self-compassion* merupakan faktor yang berhubungan dengan *psychological distress* pada mahasiswa yang sedang mengerjakan skripsi.

Kata kunci: *self-compassion*, *psychological distress*, mahasiswa, skripsi.

ABSTRACT

This study aims to determine the relationship between self-compassion and psychological distress in students working on their theses. This study uses a quantitative approach. The hypothesis in this study is that there is a negative relationship between self-compassion and psychological distress in students working on their theses. The data collection method was carried out using a scale that measures self-compassion and psychological distress. The subjects of the study were 109 students working on their theses through a simple random sampling technique. Data were analyzed using the Pearson Product Moment correlation technique. The results showed a significant negative relationship between self-esteem and suicidal ideation in students in Yogyakarta with a correlation coefficient value of $r = -0.195$ and a significance of $p = 0.042$ ($p < 0.05$). This means that the higher the self-compassion, the lower the psychological distress of students working on their theses. Conversely, the lower the self-compassion, the higher the psychological distress in students working on their theses. The coefficient of determination (R squared) value is 0.038, which means that self-compassion contributes 3.8% to psychological distress in students working on their theses. These results indicate that self-compassion is a factor related to psychological distress in students working on their theses.

Keywords: *self-compassion, psychological distress, students, thesis*