

## Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-compassion* dan resiliensi akademik pada mahasiswa. Penelitian ini menggunakan pendekatan kuantitatif dengan teknik analisis korelasi Spearman's rho. Subjek dalam penelitian berjumlah 166 mahasiswa yang dipilih melalui teknik purposive sampling. Pengumpulan data dilakukan menggunakan skala resiliensi akademik dan skala *self-compassion*. Hasil analisis deskriptif menunjukkan bahwa mayoritas subjek memiliki resiliensi akademik rendah (91%) dan *self-compassion* kategori sedang (66%). Uji normalitas menunjukkan bahwa data *self-compassion* berdistribusi normal, sedangkan data resiliensi akademik tidak berdistribusi normal. Namun, karena jumlah subjek  $\geq 30$ , kedua data tetap dapat dianalisis lebih lanjut. Hasil uji linearitas menunjukkan adanya hubungan linear antara kedua variabel. Hasil uji hipotesis menunjukkan bahwa terdapat hubungan positif yang signifikan antara resiliensi akademik dan *self-compassion* ( $r = 0,553$ ,  $p < 0,05$ ).

Kata Kunci: *Resiliensi akademik, Self-compassion, Mahasiswa*

### ***Abstract***

*This study aims to examine the relationship between self-compassion and academic resilience among university students. This research employed a quantitative approach using Spearman's rho correlation technique. The study involved 166 students selected through purposive sampling. Data were collected using the academic resilience scale and the self-compassion scale. Descriptive analysis showed that the majority of participants had low academic resilience (91%) and moderate self-compassion (66%). The normality test indicated that the self-compassion data were normally distributed, while the academic resilience data were not. However, since the number of participants was  $\geq 30$ , both data sets were deemed suitable for further analysis. The linearity test revealed a linear relationship between the two variables. The hypothesis testing showed a significant positive relationship between academic resilience and self-compassion ( $r = 0.553$ ,  $p < 0.05$ ).*

*Keyword: Academic resilience, Self-compassion, Student university*