

ABSTRAK

Remaja yang tinggal di panti asuhan seringkali menghadapi tantangan psikologis, seperti kurangnya dukungan keluarga, perasaan ditolak secara sosial, dan ketidakpastian masa depan. Kondisi tersebut berpotensi menurunkan *subjective well being* mereka. *Self compassion*, sebagai kemampuan individu untuk bersikap welas asih terhadap diri sendiri, diyakini dapat berperan penting dalam meningkatkan *subjective well being*. Penelitian ini bertujuan untuk mengetahui hubungan antara *self compassion* dengan *subjective well being* pada remaja di panti asuhan, dengan hipotesis adanya hubungan positif antara *self compassion* dengan *subjective well being* pada remaja di panti asuhan, artinya semakin tinggi *self compassion* maka *subjective well being* juga semakin tinggi. Penelitian ini melibatkan 124 remaja berusia 13–18 tahun dari lima panti asuhan di Daerah Istimewa Yogyakarta. Desain penelitian bersifat kuantitatif korelasional dengan pengumpulan data melalui tiga skala psikologis: *Satisfaction With Life Scale* (SWLS), *Positive and Negative Affect Schedule* (PANAS), dan *Self-Compassion Scale*. Data dianalisis menggunakan uji korelasi *Spearman* pada SPSS versi 26. Hasil penelitian menunjukkan korelasi positif signifikan antara *self compassion* dan *subjective well being* ($r = 0,409$; $p < 0,01$). Temuan ini mengindikasikan bahwa semakin tinggi tingkat *self compassion*, maka semakin tinggi pula tingkat *subjective well being* remaja panti, sehingga dapat memberikan implikasi praktis dalam pengembangan intervensi psikologis di lingkungan panti asuhan.

Kata kunci: *self compassion, subjective well being, remaja panti asuhan*

ABSTRACT

Adolescents living in orphanages often face psychological challenges such as lack of family support, feelings of social rejection, and uncertainty about the future. These conditions may lower their subjective well-being. Self compassion, defined as the ability to be kind and understanding toward oneself in times of suffering or failure, is believed to play an important role in enhancing subjective well being. This study aims to examine the relationship between self-compassion and subjective well being among adolescents in orphanages, with the hypothesis that there is a positive relationship between the two variables meaning that higher self compassion is associated with higher subjective well being. The study involved 124 adolescents aged 13–18 years from five orphanages in the Special Region of Yogyakarta. A quantitative correlational design was used, with data collected through three psychological scales: the Satisfaction With Life Scale (SWLS), the Positive and Negative Affect Schedule (PANAS), and the Self Compassion Scale. Data were analyzed using Spearman's correlation test via SPSS version 26. The results revealed a significant positive correlation between self compassion and subjective well being ($r = 0.409$; $p < 0.01$). These findings indicate that higher levels of self-compassion are associated with greater subjective well-being among adolescents in orphanages, providing practical implications for the development of psychological interventions in institutional care settings.

Keywords: self compassion, subjective well being, adolescents in orphanages