

ABSTRAK

Mahasiswa merupakan individu yang berada pada fase *emerging adulthood*, yaitu fase peralihan individu dari remaja menuju dewasa yang ditandai dengan melakukan eksplorasi seperti, karir, pendidikan, dan hubungan romantis. Namun, individu juga dihadapkan dengan tantangan seperti ketidakstabilan dan ketidakberhasilan dalam hubungan romantis. Konflik dan hambatan yang dialami dapat berdampak terhadap penurunan *psychological well being*. Penelitian ini bertujuan untuk mengetahui hubungan antara *self compassion* dengan *psychological well being* pada mahasiswa pasca putus cinta. Hipotesis dalam penelitian ini adalah terdapat hubungan positif antara *self compassion* dengan *psychological well being* pada mahasiswa pasca putus cinta. Subjek dari penelitian ini adalah mahasiswa pasca putus cinta dalam rentang ≥ 6 bulan yang berusia 18-25 tahun berjumlah 445 orang. Data dikumpulkan dengan skala *psychological well being* dan skala *self compassion* yang telah teruji daya beda dan reliabilitasnya. Teknik analisis data yang digunakan adalah korelasi *product moment*. Hasil penelitian menunjukkan bahwa terdapat hubungan positif antara *self compassion* dengan *psychological well being* pada mahasiswa pasca putus cinta, dengan koefisien korelasi = 0,718 dengan nilai $p = < 0,001$. Hubungan positif pada antara *self compassion* dengan *psychological well being*, menggambarkan bahwa semakin tinggi *self compassion*, maka semakin tinggi *psychological well being* pada mahasiswa pasca putus cinta. Sebaliknya, semakin rendah *self compassion*, maka semakin rendah *psychological well being* pada mahasiswa pasca putus cinta. Besarnya koefisien determinasi (R^2) atau sumbangan efektif yang diberikan *self compassion* untuk *psychological well being* sebesar 0,515 atau 51,5% dan sisanya 48,5% dipengaruhi oleh faktor lainnya.

Kata Kunci: mahasiswa, *self compassion*, *psychological well being*

ABSTRACT

University students are individuals in the phase of emerging adulthood, a transitional phase from adolescence to adulthood characterised by exploration in areas such as careers, education and romantic relationships. However, individuals also face challenges such as instability and failure in romantic relationships. The conflicts and obstacles they experience can lead to a decline in psychological well-being. This study aims to investigate the relationship between self-compassion and psychological well-being among students who have recently experienced a break-up. The hypothesis of this study is that there is a positive relationship between self-compassion and psychological well-being among students who have recently experienced a break-up. The subjects of this study were 445 students aged 18–25 years who had been through a break-up for ≥ 6 months. Data were collected using a psychological well-being scale and a self-compassion scale, both of which had been tested for validity and reliability. The data analysis technique used was the product-moment correlation. The positive relationship between self-compassion and psychological well-being indicates that the higher the level of self-compassion, the higher the psychological well-being among students who have recently experienced a break-up. Conversely, the lower the level of self-compassion, the lower the psychological well-being among students following a break-up. The coefficient of determination (R^2) or the effective contribution of self-compassion to psychological well-being is 0.515 or 51.5%, with the remaining 48.5% influenced by other factors.

Keywords: *university students, self-compassion, psychological well-being*