

**PENGARUH PENERIMAAN ORANG TUA TERHADAP
KESEJAHTERAAN SUBJEKTIF DIMODERASI *SELF-COMPASSION*
PADA *EMERGING ADULTS* DI DKI JAKARTA**

SKRIPSI

Disusun untuk memperoleh gelar Sarjana Psikologi di Program Studi Psikologi
Fakultas Ilmu Pendidikan Universitas Pendidikan Indonesia



Disusun oleh:
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**PROGRAM STUDI PSIKOLOGI
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA
BANDUNG
2023**

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar sarjana psikologi di Program Studi Psikologi Fakultas Ilmu Pendidikan

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LEMBAR PERNYATAAN

Dengan ini saya menyatakan bahwa skripsi yang berjudul “**PENGARUH PENERIMAAN ORANG TUA TERHADAP KESEJAHTERAAN SUBJEKTIF DIMODERASI *SELF-COMPASSION* PADA *EMERGING ADULTS* DI DKI JAKARTA**” sepenuhnya adalah karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika keilmuan yang berlaku. Atas pernyataan, saya siap menanggung risiko atau sanksi apabila ditemukan adanya pelanggaran terhadap etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya.

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KATA PENGANTAR

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Pengajuan skripsi ini ditujukan untuk memenuhi syarat kelulusan dan mendapatkan gelar Sarjana Psikologi di Program Studi Psikologi Fakultas Ilmu Pendidikan Universitas Pendidikan Indonesia. Skripsi ini terdiri atas lima bab, yakni Bab 1 Pendahuluan, Bab 2 Kajian Pustaka, Bab 3 Metode Penelitian, Bab 4 Hasil dan Pembahasan dan Bab 5 Simpulan dan Rekomendasi.

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Fadhilah Febrianti Widyasari

ABSTRAK

Fadhilah Febrianti Widyasari (1909138). *Pengaruh Penerimaan Orang Tua terhadap Kesejahteraan Subjektif Dimoderasi Self-Compassion pada Emerging Adults di DKI Jakarta.* Skripsi. Program Studi Psikologi. Fakultas Ilmu Pendidikan. Universitas Pendidikan Indonesia. (2023).

Penelitian ini bertujuan untuk mengetahui pengaruh penerimaan orang tua terhadap kesejahteraan subjektif yang dimoderasi *self-compassion* pada *emerging adults* di DKI Jakarta. Subjek penelitian ini adalah 360 *emerging adults* di Provinsi DKI Jakarta. Penelitian ini merupakan penelitian kuantitatif dengan teknik sampel *incidental sampling*. Teknik analisis data yang digunakan adalah regresi linear sederhana dan *moderated regression analysis (MRA)*. Hasil analisis regresi linear menunjukkan terdapat pengaruh signifikan penerimaan ayah terhadap kesejahteraan subjektif, kemudian terdapat pengaruh signifikan penerimaan ibu terhadap kesejahteraan subjektif, dan terdapat pengaruh signifikan *self-compassion* terhadap kesejahteraan subjektif. Ketika *self-compassion* diuji sebagai variabel moderasi, hasil *moderated regression analysis (MRA)* menunjukkan hasil yang tidak signifikan. Hal ini menunjukkan *self-compassion* tidak memoderasi pengaruh penerimaan orang tua terhadap kesejahteraan subjektif *emerging adults* di DKI Jakarta.

Kata Kunci: penerimaan orang tua, kesejahteraan subjektif, *self-compassion*, *emerging adults*, DKI Jakarta.

ABSTRACT

Fadhilah Febrianti Widyasari (1909138). *The Effect of Parental Acceptance on Subjective Well-Being Moderated by Self-Compassion of Emerging Adults in DKI Jakarta.* Thesis. Psychology Study Program. Faculty of Science Education. Indonesia University of Education. (2023).

This research aims to determine the effect of parental acceptance on subjective well-being which is moderated by self-compassion in emerging adults in DKI Jakarta. The subjects of this research were 360 emerging adults in DKI Jakarta Province. This research is a quantitative research with an incidental sampling technique. The data analysis techniques used are simple linear regression and moderated regression analysis (MRA). The results of linear regression analysis show that there is a significant influence of father's acceptance on subjective well-being, then there is a significant influence of mother's acceptance on subjective well-being, and there is a significant influence of self-compassion on subjective well-being. When self-compassion was tested as a moderating variable, the results of moderated regression analysis showed a non-significant result. This shows that self-compassion does not moderate the influence of parental acceptance on the subjective well-being of emerging adults in DKI Jakarta.

Key Words: parental acceptance, subjective well-being, self-compassion, emerging adults, DKI Jakarta.

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