

**STANDARISASI AWAL *SELF-COMPASSION SCALE FOR YOUTH*
PADA REMAJA DI PROVINSI JAWA BARAT**



TESIS

Diajukan untuk memenuhi sebagian syarat memperoleh gelar
Magister Pendidikan (M.Pd) Bidang Bimbingan dan Konseling

Oleh:

RESTU AFDAL RAMADHAN

NIM. 2308667

**PROGRAM STUDI BIMBINGAN DAN KONSELING
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA
2025**

**STANDARISASI AWAL *SELF-COMPASSION SCALE FOR YOUTH*
PADA REMAJA DI PROVINSI JAWA BARAT**

Oleh
Restu Afdal Ramadhan
S.Pd Universitas Sultan Ageng Tirtayasa, 2021

Sebuah Tesis yang Diajukan untuk Memenuhi Salah Satu Syarat Memperoleh
Gelar Magister Pendidikan (M.Pd) pada Fakultas Ilmu Pendidikan

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LEMBAR PENGESAHAN TESIS

RESTU AFDAL RAMADHAN

**STANDARISASI AWAL *SELF-COMPASSION SCALE FOR YOUTH*
PADA REMAJA DI PROVINSI JAWA BARAT**

Disetujui dan disahkan oleh

Pembimbing I



Dr. Yusi Riksa Yustiana, M.Pd.

NIP 196611151991022001

Pembimbing II



Dr. Eka Sakti Yudha, M.Pd.

NIP 198308292010121004

Mengetahui,

Ketua Program Studi Bimbingan dan Konseling



Dr. Ipah Saripah, M.Pd.

NIP 197710142001122001

LEMBAR PERNYATAAN PLAGIARISME

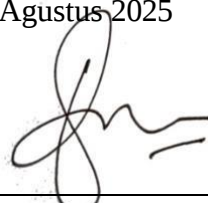
Saya yang bertanda tangan di bawah ini:

Nama : Restu Afdal Ramadhan
NIM : 2308667
Program Studi : S2 Bimbingan dan Konseling
Judul Karya : Standarisasi Awal *Self-Compassion Scale for Youth* Pada Remaja di Provinsi Jawa Barat

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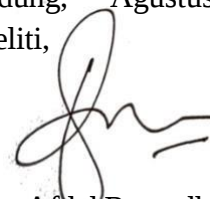
KATA PENGANTAR

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Tujuan dari penulisan tesis adalah melakukan kajian ilmiah mengenai standarisasi awal instrumen *Self-Compassion Scale for Youth* (SCSY) pada remaja di Provinsi Jawa Barat dengan subjek siswa SMP dan SMA Negeri. Instrumen SCSY dipilih karena penelitian terkait pengukuran *self-compassion* pada remaja masih sangat terbatas, baik dalam konteks di Indonesia maupun di Jawa Barat. *Self-compassion* adalah bersikap baik ketika mengalami kegagalan dengan tidak mengkritisi diri secara berlebihan. Tujuan penelitian SCSY pada remaja di provinsi Jawa Barat diharapkan tersedianya instrumen yang valid dan reliabel untuk mengidentifikasi tingkat *self-compassion* pada remaja, sehingga dapat dimanfaatkan oleh para peneliti maupun praktisi bimbingan dan konseling.

Hasil penelitian diharapkan dapat menjadi referensi dalam pengembangan *self-compassion* pada layanan bimbingan dan konseling di sekolah, sehingga dapat meningkatkan kemampuan remaja dalam menerima dan memperlakukan diri secara positif. Penelitian diharapkan dapat berkontribusi bagi pengembangan ilmu pengetahuan bidang bimbingan dan konseling. Peneliti mengharapkan saran, kritik dan arahan dari dosen pembimbing dan penguji untuk menyempurnakan penulisan tesis yang dilakukan. Akhir kata, peneliti mengucapkan terima kasih dan semoga Allah SWT melimpahkan kebaikan dan keberkahan kepada semua pihak yang telah terlibat dalam penyusunan tesis ini.

Bandung, Agustus 2025
Peneliti,



Restu Afdal Ramadhan
NIM. 2308667

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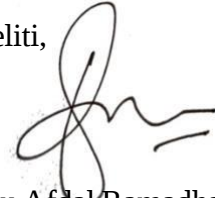
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Bandung, Agustus 2025

Peneliti,



Restu Afdal Ramadhan

NIM. 2308667

ABSTRAK

Restu Afdal Ramadhan (2025). Standarisasi Awal *Self-Compassion Scale for Youth* Pada Remaja di Provinsi Jawa Barat. Pembimbing I Dr. Yusi Riksa Yustiana, M.Pd dan Pembimbing II Dr. Eka Sakti Yudha, M.Pd. Program Studi Bimbingan dan Konseling. Fakultas Ilmu Pendidikan. Universitas Pendidikan Indonesia.

Self-compassion adalah bersikap baik pada diri sendiri ketika mengalami kegagalan yang menjadi sikap penting remaja dalam perkembangan psikologis dan kesejahteraan mental remaja. Penelitian bertujuan untuk menghasilkan adaptasi, validasi, dan standarisasi awal *Self-Compassion Scale for Youth* (SCSY-Y) pada remaja di provinsi Jawa Barat. Metode penelitian menggunakan desain *cross-sectional survey design* dengan total 1.285 subjek SMP dan SMA Negeri di Provinsi Jawa Barat. Proses adaptasi menggunakan pedoman ITC. Analisis data menggunakan *Rasch* Model dan ESEM. Hasil analisis *Rasch* menunjukkan bahwa 17 item dan konstruk enam aspek SCSY memiliki model fit dan valid dalam mengukur tingkat *self-compassion* remaja, 1068 *person fit* dan 217 *person misfit* dengan reliabilitas *Cronbach alpha* 0,81. Hasil analisis ESEM menunjukkan enam faktor SCSY merupakan model yang paling cocok dan fit dan aspek SCSY saling melahirkan dan mempengaruhi satu sama lain sebagai satu sistem serta seluruh 17 item SCSY kategori fit dan valid mampu mengukur item dan mewakili aspeknya sendiri dengan reliabilitas *Cronbach alpha* 0,80 dan setiap aspek > 0,70. Disimpulkan *Self-Compassion Scale for Youth* (SCSY) memiliki properti psikometrik yang baik dan dapat digunakan sebagai alat ukur yang valid dan reliabel untuk mengukur tingkat *self-compassion* pada remaja. Instrumen SCSY direkomendasikan digunakan dalam layanan bimbingan dan konseling di sekolah, khususnya dalam upaya untuk meningkatkan *self-compassion* pada remaja.

Kata Kunci: *Self-compassion*, Remaja, Validitas, *Rasch*, ESEM

ABSTRACT

Restu Afdal Ramadhan (2025). Initial Standardization of the Self-Compassion Scale for Youth Among Adolescents in West Java Province. Supervisor I Dr. Yusi Riksa Yustiana, M.Pd and Supervisor II Dr. Eka Sakti Yudha, M.Pd. Study Program in Guidance and Counseling. Faculty of Education. Universitas Pendidikan Indonesia.

Self-compassion is being kind to oneself when experiencing failure, which is an important attitude for adolescents in their psychological development and mental well-being. The study aims to produce an adaptation, validation, and initial standardization of the Self-Compassion Scale for Youth (SCS-Y) in adolescents in West Java province. The research method employed a cross-sectional survey design with a total of 1,285 subjects from public junior high schools and senior high schools in West Java Province. The adaptation process followed ITC guidelines. Data analysis utilized the Rasch Model and ESEM. The Rasch analysis results indicated that the 17 items and six-aspect constructs of the SCSY demonstrated model fit and validity in measuring adolescents' self-compassion levels, with 1,068 person fits and 217 person misfits, and a Cronbach's alpha reliability of 0.81. The ESEM analysis results showed that the six factors of the SCSY were the most suitable and fit model, and the aspects of the SCSY interacted and influenced each other as a system. All 17 items of the SCSY were categorized as fit and valid, capable of measuring the items and representing their respective aspects with a Cronbach's alpha reliability of 0.80 and each aspect > 0.70. It is concluded that the Self-Compassion Scale for Youth (SCSY) has good psychometric properties and can be used as a valid and reliable measurement tool to assess self-compassion levels in adolescents. The SCSY instrument is recommended for use in school counseling services, particularly in efforts to enhance self-compassion in adolescents.

Keywords: *Self-compassion, Adolescent, Validation, Rasch, ESEM*

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RIWAYAT HIDUP



Restu Afdal Ramadhan, lahir di Sukabumi, 06 Januari 1999. Putra tunggal dari pasangan orang tua Ade Suryanto dan I'ah Nurhasanah. Peneliti memulai pendidikannya di SDN Pogor, Cianjur kemudian pindah dan lulus di SDN Ciaripin, Sukabumi tahun 2011. Peneliti melanjutkan pendidikan menengah pertama di SMP PGRI 1 Ciambar dan lulus tahun 2014. Peneliti melanjutkan pendidikan menengah atas di SMAN 1 Cicurug, Sukabumi dan lulus tahun 2017. Pada tahun yang sama peneliti melanjutkan studi ke jenjang Strata 1 (S1) Jurusan Bimbingan dan Konseling, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Sultan Ageng Tirtayasa, Kota Serang-Banten dan lulus pada tahun 2021. Pada tahun 2021 peneliti mulai aktif bekerja sebagai guru bimbingan dan konseling di SMAN 1 Nagrak, Sukabumi. Peneliti melanjutkan studi Strata 2 (S2) Program Studi Bimbingan dan Konseling, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia, Bandung-Jawa Barat dan lulus tahun 2025. Saat ini peneliti aktif bekerja sebagai guru bimbingan dan konseling di SMA Negeri 1 Nagrak, Sukabumi dan aktif di organisasi profesi MGBK SMA Kabupaten Sukabumi serta Forum PKBM Wilayah 3 Kabupaten Sukabumi.

Alamat korespondensi apabila ingin menghubungi peneliti yakni melalui alamat email restuafdalr@gmail.com atau restuafdalr18@upi.edu