

ABSTRAK

Tasa Luthfianka Dwi Putri. (2018). Pengaruh *Self-Compassion* terhadap *Subjective Well-Being* Remaja (Studi Korelasional terhadap Peserta Didik SMA PGII 1 Bandung Tahun Ajaran 2018/2019). Departemen Psikologi Pendidikan dan Bimbingan, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia.

Masa remaja merupakan masa yang rentan akan perubahan dan tantangan. Tantangan yang terjadi pada masa remaja sering disertai dengan tingginya tingkat kesadaran diri dan evaluasi diri yang negatif. Apabila kesulitan terus berlangsung maka akan berpengaruh pada kesejahteraan subjektif remaja. Memiliki sikap belas kasih terhadap diri dapat mereduksi emosi negatif yang dirasakan. Sikap belas kasih disebut juga dengan *self-compassion*. Tujuan penelitian ini untuk mengetahui pengaruh *self-compassion* terhadap *subjective well-being* remaja di SMA PGII 1 Bandung. Penelitian ini menggunakan pendekatan kuantitatif korelasional. Sampel dalam penelitian ini berjumlah 621 orang yang pilih menggunakan teknik *simple random sampling*. Data penelitian diambil dengan menggunakan instrumen skala *self-compassion* yang terdiri dari 32 item, *positive negative affect schedule expanded form* (Panas-X) yang terdiri dari 60 pernyataan dan skala kepuasan hidup yang terdiri dari 5 pernyataan. Hasil penelitian menunjukkan tingkat *self-compassion* dan *subjective well-being* remaja di SMA PGII 1 Bandung berada pada kategori *sedang*. Terdapat hubungan yang signifikan antara *self-compassion* dan *subjective well-being*. Setiap peningkatan kesejahteraan subjektif peserta didik mendapat pengaruh 34,8% dari *self-compassion*.

Kata Kunci : remaja, *self-compassion*, *subjective well-being*

ABSTRACT

Tasa Luthfianka Dwi Putri. (2018). The Influence of Self-Compassion on the Subjective Well-Being of Adolescents (Correlational Study of High School Students in PGII 1 Bandung in Academic Year 2018/2019. Department of Psychology of Education and Guidance, Faculty of Education Science, Indonesia University of Education.

Adolescence is a period of vulnerability and change. The challenges that occur in adolescence are often accompanied by high levels of negative self-awareness and negative self-evaluation. If difficulties continue, it will affect the subjective well-being of adolescents. Having an attitude of compassion for oneself can reduce the negative emotions that are felt. The attitude of compassion is also called self-compassion. The purpose of this study was to determine the effect of self-compassion on subjective well-being of adolescents at PGII 1 Bandung High School. This study uses a correlational quantitative approach. The sample in this study with the total of 621 people were selected using simple random sampling technique. The research data was taken using a Self-Compassion Scale instrument consisting of 32 items, Positive Negative Affect Expanded Form Schedule (Panas-X) which consisted of 60 statements and Life Satisfaction Scale consisting of 5 statements. The results of the study show the level of self-compassion and subjective well-being of adolescents in SMA PGII 1 Bandung in the moderate category. There is a significant relationship between self-compassion and subjective well-being. Every increase in students' subjective well-being has an influence of 34.8% of self-compassion.

Keywords: adolescents, self-compassion, subjective well-being