

## ABSTRAK

### HUBUNGAN ANTARA *SELF COMPASSION* DENGAN *PSYCHOLOGICAL WELL BEING* PADA MAHASISWA PROFESI NERS FAKULTAS KEPERAWATAN UNIVERSITAS ANDALAS

Penelitian ini bertujuan untuk mengetahui hubungan antara *self compassion* dengan *psychological well being* pada mahasiswa profesi ners fakultas keperawatan Universitas Andalas. Variabel bebas dalam penelitian ini adalah *self compassion* dan variabel terikatnya adalah *psychological well being*. Alat ukur yang digunakan dalam penelitian ini adalah skala *self compassion* dan skala *psychological well being*. Menggunakan metode yang dikembangkan oleh Isaac dan Michael adalah cara untuk menentukan jumlah sampel yang memenuhi syarat berikut: diketahui jumlah populasi 145; pada taraf kesalahan (*significance level*) 1%, 5%, 10%; dan cara ini khusus digunakan untuk sampel yang berdistribusi normal (Sugiono, 2017). Oleh karena itu, mahasiswa profesi ners fakultas keperawatan Universitas Andalas yang digunakan sebagai sampel penelitian adalah 97 orang dengan taraf signifikan 10% di Universitas Andalas. Uji validitas dan reabilitas dalam penelitian ini menggunakan teknik cronbach alpha. Hasil koefisien validitas pada skala *psychological well being* dengan nilai *corrected item-total correlation* berkisar antara 0,405 sampai dengan 0,537 sedangkan koefisien reabilitasnya sebesar 0,906. Hasil koefisien validitas pada skala *self compassion* dengan nilai *corrected item-total correlation* berkisar antara 0,348 sampai dengan 0,565 sedangkan koefisien reabilitasnya sebesar 0,898. Berdasarkan analisis data, nilai korelasi 0,393 dengan tingkat signifikansi 0,000 diperoleh, yang berarti hipotesis diterima. Ini menunjukkan bahwa ada hubungan yang signifikan dengan taraf rendah antara *self compassion* dengan *psychological well being* pada mahasiswa profesi ners fakultas keperawatan Universitas Andalas. Kontribusi efektif dari variabel *self compassion* pada variabel *psychological well being* adalah sebesar 15 %.

**Kata kunci :** *self compassion, psychological well being, mahasiswa, profesi, keperawatan*

## **ABSTRACT**

### ***THE RELATIONSHIP BETWEEN SELF COMPASSION AND PSYCHOLOGICAL WELL BEING IN NERS PROFESSIONAL STUDENTS IN THE FACULTY OF NURSING, ANDALAS UNIVERSITY***

*This study aims to determine the relationship between self-compassion and psychological well-being in nursing professional students at the Faculty of Nursing, Andalas University. The independent variable in this study is self-compassion and the dependent variable is psychological well-being. The measurement tools used in this study were the self-compassion scale and the psychological well-being scale. Using the method developed by Isaac and Michael is a way to determine the number of samples that meet the following conditions: known population size is 145; at the level of error (significance level) 1%, 5%, 10%; and this method is specifically used for normally distributed samples (Sugiono, 2017). Therefore, the professional nursing students at Andalas University who were used as the research sample were 97 people with a significant level of 10% at Andalas University. Test the validity and reliability in this study using the cronbach alpha technique. The results of the validity coefficient on the psychological well being scale with the corrected item-total correlation ranged from 0.405 to 0.537 while the reliability coefficient was 0.906. The validity coefficient results on the self-compassion scale with the corrected item-total correlation ranged from 0.348 to 0.565 while the reliability coefficient is 0.898. Based on data analysis, a correlation value of 0.393 with a significance level of 0.000 is obtained, which means the hypothesis is accepted. This shows that there is a significant relationship with a low level between self-compassion and psychological well being in nursing professional students at Andalas University's faculty of nursing. The effective contribution of the self-compassion variable to the psychological well being variable is 15%.*

**Key Word : self compassion, psychological well being, student, profession, nursing**