

ABSTRAK

HUBUNGAN ANTARA *SELF-COMPASSION* DENGAN *SUBJECTIVE WELL-BEING* PADA MAHASISWA PERANTAU DI UNIVERSITAS PGRI SUMATERA BARAT

Penelitian ini bertujuan untuk mengetahui terdapat hubungan antara *Self-Compassion* dengan *Subjective Well-Being* pada mahasiswa perantau di Universitas PGRI Sumatera Barat. Variabel bebas adalah *Self-Compassion* dan variabel terikat adalah *Subjective Well-Being*. Alat ukur yang digunakan dalam penelitian ini menggunakan sampel *Purposive Sampling*. Sampel dalam penelitian ini berjumlah 187 mahasiswa perantau. Uji validitas dan reliabilitas dalam penelitian ini menggunakan teknik *Alpha Cronbach*. Hasil koefisien validitas pada skala *Self-Compassion* bergerak dari $r_{xy} = 0,317$ ke $r_{xy} = 0,793$ dengan koefisien reliabilitas $\alpha = 0,874$, sedangkan koefisien validitas skala *Subjective Well-Being* berpindah dari $r_{xy} = 0,352$ ke $r_{xy} = 0,889$ dengan koefisien reliabilitas $\alpha = 0,909$. Berdasarkan analisis data, diperoleh nilai korelasi $r = 0,803$ dengan tingkat signifikansi $p = 0,000$, artinya hipotesis diterima. Hal ini menunjukkan bahwa ada hubungan antara *Self-Compassion* dengan *Subjective Well-Being* pada mahasiswa perantau di Universitas PGRI Sumatera Barat dengan arah hubungan positif. Kontribusi efektif dari *Self-Compassion* terhadap *Subjective Well-Being* sebesar 64%.

Kata kunci : *Self-Compassion, Subjective Well-Being, Mahasiswa, Perantau*

ABSTRACT

RELATIONSHIP BETWEEN SELF-COMPASSION AND SUBJECTIVE WELL-BEING IN OVERSEAS STUDENTS AT PGRI UNIVERSITY, SUMATERA BARAT

This study aims to determine whether there is a relationship between Self-Compassion and Subjective Well-Being in overseas students at PGRI University, West Sumatra. The independent variable is Self-Compassion and the dependent variable is Subjective Well-Being. The measuring instrument used in this study uses a purposive sampling sample. The sample in this study was 187 overseas students. Test the validity and reliability in this study using Alpha Cronbach technique. The results of the validity coefficient on the Self-Compassion scale move from $r_{xy} = 0.317$ to $r_{xy} = 0.793$ with a reliability coefficient $\alpha = 0.874$, while the validity coefficient on the Subjective Well-Being scale moves from $r_{xy} = 0.352$ to $r_{xy} = 0.889$ with a reliability coefficient $\alpha = 0.909$. Based on the analysis data, obtained a correlation value of $r = 0.803$ with a significance level of $p = 0.000$, meaning that the hypothesis is accepted. This shows that there is a relationship between Self-Compassion and Subjective Well-Being in overseas students at PGRI University in West Sumatra with a positive relationship direction. The effective contribution of Self-Compassion to Subjective Well-Being is 64%.

Keywords : Self-Compassion, Subjective Well-Being, Student, Overseas