ABSTRAK

Erri Suhartono Putri 111611133203, Hubungan antara *Perceived Social Support* dengan *Self-Compassion* pada Mahasiswa yang Sedang Mengerjakan Skripsi Fakultas Psikologi pada Universitas di Surabaya, *Skripsi*, Fakultas Psikologi Universitas Airlangga, 2020.

XXII + 77 halaman, 19 lampiran.

Penelitian ini bertujuan untuk mengetahui hubungan antara *perceived social support* dengan *self-compassion* pada mahasiswa yang sedang mengerjakan skripsi Fakultas Psikologi pada Universitas di Surabaya. Mahasiswa yang sedang mengerjakan skripsi dihadapkan pada berbagai permasalahan yang membuat tertekan, oleh karena itu perlu adanya *self-compassion. Self-compassion* merupakan perilaku individu memperlakukan diri sendiri dengan pemahaman saat mengalami masa-masa sulit. *Perceived social support* didefinisikan sebagai keyakinan dari penilaian subjektif individu bahwa adanya dukungan sosial terkait dengan keterbatasan penglihatan dari tiga suber yaitu keluarga, teman, dan orang yang spesial (*significant other*).

Penelitian ini menggunakan pendekatan kuantitatif dengan eksplanasi survei sebagai teknik pengumpulan data. Pengambilan sampel dalam penelitian ini menggunakan teknik *purposive sampling* dengan subjek penelitian sebanyak 187 mahasiswa. Skala yang digunakan adalah *Multidimentional Scale of Perceived Social Support (MSPSS)* oleh George Zimet (1988) yang telah diadaptasi sendiri oleh peneliti yang terdiri dari 12 aitem valid ($\alpha = 0,85$) dan *Self Compassion Scale (SCS)* oleh Neff D.K (2003) yang di adaptasi oleh Canthing (2019) yang terdiri dari 26 aitem valid ($\alpha = 0,915$). Analisis data dilakukan menggunakan teknik *Pearson Corellation Product-Moment* dengan bantuan software *IBM SPSS 24.00 for Windows.*

Hasil penelitian uji korelasi variabel *perceived social support* dengan *self-compassion* menunjukkan koefisien korelasi 0,300 dengan $p = 0,000$ ($p < 0,05$) menyatakan bahwa adanya hubungan antara *perceived social support dengan self-compassion* pada Mahasiswa Program Studi Psikologi yang sedang mengerjakan skripsi di kota Surabaya. Apabila *perceived social support* mengalami kenaikan yang tinggi maka *self-compassion* akan mengalami kenaikan yang tinggi, sebaliknya, apabila *perceived social support* mengalami penurunan rendah, maka self-compassion akan mengalami penurunan rendah.

Kata kunci: *perceived social support, self-compassion, mahasiswa*
Daftar pustaka, 49 (1988 - 2019)

ABSTRACT

Erri Suhartono Putri 111611133203, The Relationship between Perceived Social Support and Self-Compassion for Students Working on the Undergraduate Thesis of the Faculty of Psychology of University in Surabaya, Thesis, Faculty of Psychology, Universitas Airlangga, 2020.

XXII + 77 pages, 19 appendixes.

This research aims to determine the relationship between Perceived Social Support and Self-Compassion for Students Working on the Undergraduate Thesis of the Faculty of Psychology in Surabaya. Students who are working on their undergraduate thesis paper are faced with various problems that make them stressed, such this being the case what is need is self-compassion. Self-compassion is the behavior of individuals treating themselves with undeerstanding when experiencing hard times. Perceived social support is defined as the belief of an individual's subjective judgement that social support is related to the limited vision of family, friends, and significant other.

The aim of this research used quantitative approach with survey explanations as techniques of data collection. The sampling for this study used a purposive sampling technique with 187 research subjects. The scale used to measure was the Multidimensional Scale of Perceived Social Support (MSPSS) by George Zimet (1988) which was adapted by the researcher consist of 12 valid items ($\alpha = 0,85$) and Self-Compassion Scale (SCS) by Neff D.K (2003) which was adapted by of Canthing (2019) consist of 26 valid items ($\alpha = 0,915$). Technique of data analysis was performed using the Pearson Corellation Product-Moment technique with IBM SPSS 24.00 for Windows software.

The results of the correlation variable test of perceived social support with self-compassion show a correlation coefficient of 0.300 with $p= 0,000$ ($p<0,05$) so it can be said that there is a relationship between perceived social support and self-compassion in Psychology students who are working on the undergraduate thesis in Surabaya. It means that if perceived social support has a high increase, self-compassion will sustain a high increase, and vice versa, if perceived social support has a low decrease, then self-compassion will sustain a low decrease.

Keywords: *perceived social support, self-compassion, Students Working on the Undergraduate Thesis*
Bibliography, 49 (1988 - 2019)