

ABSTRAK

Mahasiswa tingkat akhir dihadapkan dengan berbagai kesulitan ketika menyusun skripsi dan mengharuskannya untuk dapat menyesuaikan diri, bangkit, dan beradaptasi dari situasi sulit atau yang disebut dengan resiliensi. *Self-compassion* dapat membantu mahasiswa dalam menghadapi situasi sulit. Tujuan penelitian ini untuk mengetahui hubungan antara *self compassion* dengan resiliensi pada mahasiswa teknik pertambangan yang sedang menyusun skripsi di unisba. Subjek penelitian ini berjumlah 57 orang responden, yang merupakan mahasiswa teknik pertambangan yang sedang menyusun skripsi. Pengumpulan data yang dilakukan menggunakan kuesioner berupa skala likert untuk *self compassion* dan resiliensi. Analisis data penelitian ini menggunakan teknik korelasi *Rank Spearman* dengan bantuan SPSS 25 *for windows*. Berdasarkan hasil pengolahan data, diperoleh bahwa terdapat hubungan antara *self compassion* dan resiliensi dengan $t_{hit} = 21.01$, $t_{tab} = 1.673$ dan $r_s = 0.957$. Hal ini menunjukkan H_0 ditolak dan H_1 diterima, artinya terdapat hubungan yang signifikan antara *self compassion* dengan resiliensi. Semakin tinggi *self compassion* semakin tinggi juga resiliensi. Semakin rendah *self compassion* semakin rendah resiliensi.

Kata Kunci: *Self compassion, Resiliensi*

ABSTRACT

University students are faced with various difficulties when composing the thesis and require it to be able to adjust, rise, and adapt from difficult situations or so-called resilience. Self-compassion can help students in dealing with difficult situations. The purpose of this study is to find out the relationship between self-compassion and resilience in mining engineering students who are preparing a thesis in Unisba. The subject of this study was 57 respondents, who were mining engineering students who were preparing the thesis. Data collection conducted using questionnaires in the form of likert scale for self compassion and resilience. The data analysis of this study uses Spearman Rank correlation technique with the help of SPSS 25 for windows. Based on the results of data processing, it was obtained that there is a relationship between self compassion and resilience with $t_{hit} = 21.01$, $t_{tab} = 1.673$ and $r_s = 0.957$. This indicates H_0 is rejected and H_1 is accepted, meaning there is a significant relationship between self compassion and resilience. The higher the self compassion the higher the resilience. The lower the self compassion the lower the resilience..

Keyword: *Self compassion, Resiliency*