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Hubungan Belas Kasih terhadap Orang Lain dengan Belas Kasih Diri pada Dewasa Awal yang Kesepihan di Samarinda

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| <p>Artikel Info</p> <p>Kategori Artikel: Penyerahan dditmnyyy Revisi dditmnyyy Diterima dditmnyyy</p> <p>Keywords: Compassion for Others, Self-Compassion, Loneliness</p> | <p>ABSTRACT</p> <p>This study aims to determine the relationship between compassion for others and self-compassion of lonely emerging adults in Samarinda. This research method uses a quantitative approach. The subjects of this study were 103 lonely emerging adults in Samarinda who were selected using a purposive sampling technique. The data collection method in this study uses a self-compassion scale and a compassion for others scale. The results of the validity test of the self-compassion scale and the compassion for others scale obtained the results of the r value > 0.300 on all items of both scales (α items on each scale), which means that all items of the two scales are declared valid. Then, the results of the reliability test of self-compassion scale and compassion for others scale resulted an alpha value > 0.700, which means that both scales are declared reliable. The data analysis technique uses Pearson product-moment correlation analysis which shows that there is a positive and significant relationship between compassion for others and self-compassion resulting in a value of r count > r table (0.312 > 0.194) and p < 0.001. The results of these calculations show that there is a significant and positive relationship between compassion for others and self-compassion of lonely emerging adults in Samarinda.</p> <p>Kata Kunci Belas Kasih terhadap Orang Lain, Belas Kasih Diri, Kesepihan</p> |
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