ABSTRAK

Nama : Iftitahatur Rahmah

NPM : 190110120052

Judul Skripsi : "Hubungan antara Religiusitas dengan *Self –Compassion* pada Remaja"

Penelitian mengenai religiusitas dan dampaknya terhadap individu telah banyak dilakukan seperti kebahagiaan, kualitas hidup, kesehatan mental, perilaku bunuh diri dan perilaku menolong. Namun, masih sangat sedikit penelitian yang meneliti mengenai hubungan religiusitas dengan *self-compassion* khususnya pada remaja. Penelitian ini bertujuan untuk melihat hubungan antara religiusitas dengan *self-compassion* pada siswa Sekolah Menengah Atas di Jatinangor. Subjek dalam penelitian ini adalah 181 orang siswa Sekolah Menengah Atas di Jatinangor kelas Sepuluh dan Sebelas yang beragama Islam. Metode yang digunakan adalah studi korelasional dengan teknik *cluster sampling*. Data penelitian ini diperoileh melalui alat ukur religiusitas (89 item) yang dikembangkan dari teori Glock 7 Stark (1994) oleh Izza Amania (2013) serta translasi alat ukur *self-compassion scale* (24 item) dari Kristin Neff (2003). Data yang diperoleh diolah menggunakanj uji korelasi *rank spearman*. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara religiusitas dengan *self-compassion* siswa Sekolah Menengah Atas di Jatinangor ($p\text{-}value = 0.000$, $r = 0.353$) yang berarti semakin tinggi religiusitas siswa maka semakin tinggi *self-compassion* yang dimilikinya.

Kata kunci: religiusitas, *self-compassion,* **remaja**

ABSTRACT

Name   : Iftitahatur Rahmah

NPM   : 190110120052

Title   : "*Relationship between Religiosity and Self-Compassion in Adolescence*"

The study about religiosity and the effect for a person have done, such as happiness, quality of life, suicide behavior, and helping behavior. But there is very rare study about religiosity and self-compassion especially for adolescence. The purpose of this study was to look at the relationship between religiosity and self-compassion in Senior High School students in Jatinangor. Respondents of this study were 181 moslem students in 10th and 11th grade at Senior High School in Jatinangor. The method used is correlational studies with cluster sampling. The data were obtained using questionnaire of religiosity (89 item) that developed from Glock & Stark (1994) from Izza Amania (2013) and questionnaire of Self-compassion Scale that transated from self-compassion thepry from Kristin Neff (2003). The data were processed by using spearman-rank correlation test. The result showed that there si a significant correlation between the religiosity and self-compassion (p-value = 0.000, r = 0,353), which means the higher religiosity, the better its self-compassion.

Keyword: religiosity, self-compassion, adolescence