

**HUBUNGAN *SELF-COMPASSION* DENGAN TINGKAT STRESS AKADEMIK
PADA MAHASISWA TINGKAT IV PROGRAM STUDI SARJANA
KEPERAWATAN UNIVERSITAS BHAKTI KENCANA**

**FRISKA SALSA DILLA
211FK03025**

Program Studi Sarjana Keperawatan, Fakultas Keperawatan
Universitas Bhakti Kencana

ABSTRAK

Kemajuan teknologi membawa tantangan baru bagi mahasiswa, khususnya dalam menghadapi tuntutan akademik yang tinggi. Tekanan tersebut seringkali memicu stres akademik, terutama pada mahasiswa tingkat akhir yang dihadapkan dengan penyusunan tugas akhir dan batas waktu kelulusan. Di Indonesia, sekitar 28,9% mahasiswa mengalami stress akademik, dan angkanya dapat mencapai 32% di Kota Bandung. Tingkat stress akademik yang tinggi dapat memengaruhi kesehatan mental dan kinerja akademik mahasiswa. Salah satu faktor yang membantu mahasiswa mengelola stress tersebut adalah *self-compassion*. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-compassion* dan tingkat stress akademik pada mahasiswa tingkat IV Program Studi Sarjana Keperawatan Universitas Bhakti Kencana. Penelitian ini menggunakan metode kuantitatif dengan pendekatan *cross-sectional*. Sampel dalam penelitian ini sebanyak 89 responden yang diambil menggunakan total sampling. Instrumen yang digunakan adalah *Self-Compassion Scale* (SCS) dan *Student-Life Stress Inventory* (SSI). Hasil analisis menunjukkan bahwa sebagian besar mahasiswa memiliki *self-compassion low* (51,1%) dan mengalami tingkat stress akademik sedang hingga berat (92,1%). Hasil uji *Rank Spearman* menunjukkan terdapat hubungan negatif yang signifikan antara *self-compassion* dan tingkat stress akademik ($p\text{-value} = 0,000$) dengan nilai koefisien korelasi sebesar -0,524. Artinya mahasiswa dengan *self-compassion low* cenderung lebih rentan mengalami stress berat. Oleh karena itu, diperlukan implementasi strategi yang efektif untuk meningkatkan *self-compassion*, seperti program pelatihan pengelolaan stres yang berfokus pada penerimaan diri dan pengembangan sikap welas asih terhadap diri sendiri.

Kata Kunci: Mahasiswa, *Self-Compassion*, Tingkat Stress Akademik

**THE RELATIONSHIP BETWEEN SELF-COMPASSION AND ACADEMIC STRESS
LEVELS AMONG FOURTH-YEAR STUDENTS OF THE BACHELOR OF
NURSING PROGRAM AT BHAKTI KENCANA UNIVERSITY**

**FRISKA SALSA DILLA
211FK03025**

*Department of Nursing, Faculty of Nursing,
Universitas Bhakti Kencana*

ABSTRACT

Technological advancements present new challenges for students, particularly in facing high academic demands. This pressure often triggers academic stress, especially among final-year students who are tasked with completing their theses and meeting graduation deadlines. In Indonesia, approximately 28.9% of students experience academic stress, with the figure reaching up to 32% in Bandung. High levels of academic stress can affect students' mental health and academic performance. One factor that can help students manage this stress is self-compassion. This study aims to examine the relationship between self-compassion and academic stress levels among fourth-year students of the Bachelor of Nursing Program at Universitas Bhakti Kencana. The study used a quantitative method with a cross-sectional approach, involving 89 respondents selected through total sampling. The instruments used were the Self-Compassion Scale (SCS) and the Student-Life Stress Inventory (SSI). The analysis showed that most students had low self-compassion (51.1%) and experienced moderate to severe academic stress (92.1%). The Spearman Rank test revealed a significant negative relationship between self-compassion and academic stress (p -value = 0.000) with a correlation coefficient of -0.524. This means that students with low self-compassion tend to be more vulnerable to severe stress. Therefore, it is necessary to implement effective strategies to improve self-compassion, such as stress management training programs that focus on self-acceptance and the development of self-kindness.

Keywords: *Students, Self-Compassion, and Academic Stress Levels*