

ABSTRAK

Rosa Anjar Salvia. 180541100071. Hubungan *Self Compassion* Terhadap Perasaan *Loneliness* Pada Pasangan Suami Istri *Involuntary Childlessness*. Skripsi. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya. Universitas Trunojoyt Madura. 2022. Xvi + 88 halaman, 14 lampiran

Penelitian ini bertujuan untuk mengetahui hubungan *self compassion* terhadap perasaan *loneliness* pada pasangan suami istri *involuntary childlessness*. Penelitian ini menggunakan pendekatan kuantitatif dengan teknik *non probability sampling-purposive sampling*. Responden dalam penelitian ini adalah pasangan *involuntary childlessness* dengan jumlah 220 responden. Instrumen dalam penelitian adalah skala *self compassion* dan *loneliness*. Analisis yang digunakan dalam penelitian ini adalah non parametrik spearman rank dengan bantuan program SPSS 26 for windows. Berdasarkan hasil analisis data diperoleh hasil *correlation coefficient* sebesar 0,118 dengan signifikansi hasil dari uji spearman menghasilkan angka 0,080 ($0,080 > 0,05$) menunjukkan data tidak signifikan, maka H_0 diterima dan H_a ditolak. Artinya tidak ada hubungan yang signifikan antara variabel *self compassion* dengan *loneliness*.

Kata Kunci : *Self Compassion, Loneliness, Suami Istri Involuntary Childlessness*

ABSTRACT

Rosa Anjar Salvia. 180541100071. The Correlation of Self Compassion on Loneliness Feelings in Couples with Involuntary Childlessness. Thesis. Psychology Study Program, Faculty of Social and Cultural Sciences. Trunojoyo Madura University. 2021. Xvi + 88 pages, 14 attachments

This study aims to determine the correlation of self-compassion on feelings of loneliness in married couples in involuntary childlessness. This study uses a quantitative approach with non-probability sampling-purposive sampling technique. Respondents in this study were involuntary childlessness couples with a total of 110 respondents. The instruments in this research are self-compassion and loneliness. The analysis used in this research is non-parametric spearman rank with the help of SPSS 26 for windows program. Based on the results of data analysis, it was obtained that the correlation coefficient of 0.118 with the significance of the results from the Spearman test resulted in a number of 0.080 ($0.080 > 0.05$) indicating that the data was not significant, then H_0 was accepted and H_a was rejected. This means that there is no significant correlation between the variables of self-compassion and loneliness.

Keywords : *Self Compassion, Loneliness, Couples Involuntary Childlessness*