

ABSTRAK**PENGARUH *SELF-COMPASSION* TERHADAP *PSYCHOLOGICAL WELL-BEING* PADA DEWASA MADYA LAJANG DALAM KOMUNITAS KELOMPOK JOMBLO CERIA DI FACEBOOK****Diva Ardelia Amanda Putri, Nuram Mubina, R. Yuwono Pratomo**

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Penelitian ini bertujuan untuk mengetahui pengaruh *self-compassion* terhadap *psychological well-being* pada dewasa madya lajang dalam komunitas Kelompok Jomblo Ceria di facebook. Penelitian ini dilakukan secara kuantitatif dengan desain penelitian kausalitas. Menggunakan dua skala psikologi yaitu skala *psychological well-being* dengan total 42 aitem dan skala *self-compassion* dengan total 26 aitem. Teknik pengambilan sampel dalam penelitian ini adalah *non probability sampling* dengan teknik *convenience sampling*, sehingga total responden yang didapatkan adalah 218 responden. Hasil penelitian ini mendapatkan nilai *sig.* $0,000 < 0,05$, maka H_a diterima dan H_0 ditolak, yang artinya terdapat pengaruh *self-compassion* terhadap *psychological well-being* pada dewasa madya lajang dalam komunitas Kelompok Jomblo Ceria di facebook. Adapun besaran pengaruh *self-compassion* terhadap *psychological well-being* sebesar 31,2%, sedangkan 68,8% sisanya dipengaruhi oleh variabel lain yang tidak diteliti dalam penelitian ini.

Kata Kunci: *psychological well-being*, *self-compassion*, lajang, dewasa madya

KARAWANG

ABSTRACT***THE EFFECT OF SELF-COMPASSION ON PSYCHOLOGICAL WELL-BEING IN MIDDLE-AGED SINGLE ADULTS IN THE HAPPY SINGLES GROUP COMMUNITY ON FACEBOOK*****Divia Ardelia Amanda Putri, Nuram Mubina, R Yuwono Pratomo***Faculty of Psychology UBP Karawang*ps21.divaputri@mhs.ubpkarawang.ac.id

This study aims to determine the effect of self-compassion on psychological well-being in single middle adults in the “group of cheerful singles” community on Facebook. This research was conducted quantitatively with a causality research design. Using two psychological scales, namely the psychological well-being scale with a total of 42 items and the self-compassion scale with a total of 26 items. The sampling technique in this study was non probability sampling with convenience sampling technique, so that the total respondents obtained were 218 respondents. The results of this study obtained a sig value. $0.000 < 0.05$, then H_a is accepted and H_0 is rejected, which means that there is an effect of self-compassion on psychological well-being in single middle adults in the Group of Cheerful Singles community on Facebook. The amount of self-compassion's influence on psychological well-being is 31.2%, while the remaining 68.8% is influenced by other variables not examined in this study.

Keywords: psychological well-being, self-compassion, single, middle adulthood

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