

HUBUNGAN ANTARA *SELF-DISCLOSURE* DAN *SELF-COMPASSION* TERHADAP *LONELINESS* PADA REMAJA DI SMAN 105 JAKARTA

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Abstrak

Masa remaja sering kali menghadapi berbagai tantangan yang dapat meningkatkan risiko *loneliness*. *Self-disclosure* dan *self-compassion* merupakan faktor yang dapat mempengaruhi tingkat *loneliness*. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-disclosure* dan *self-compassion* dengan *loneliness* pada remaja di SMAN 105 Jakarta. Penelitian ini dilakukan dari bulan Agustus hingga Desember dengan menggunakan metode *cross-sectional* dengan uji korelasi *Spearman*. Metode pengambilan sampel yang dilakukan adalah *stratified random sampling* yang melibatkan 262 remaja berusia 15 - 19 tahun di SMAN 105 Jakarta. Instrumen yang digunakan terdiri dari *Self-Disclosure Scale* ($\alpha = 0.860$), Skala Welas Diri (SWD) ($\alpha = 0.870$), dan *UCLA Loneliness Scale Version 3* ($\alpha = 0.944$), yang telah terbukti valid dan reliabel. Hasil penelitian ini menunjukkan adanya hubungan antara *self-disclosure* dan *self-compassion* dengan *loneliness* pada remaja, yang ditunjukkan dengan nilai p-value sebesar 0,001. Hubungan antara *self-disclosure* dengan *loneliness* adalah -0.405, namun hubungan antara *self-compassion* dengan *loneliness* adalah -0.608. Hal ini menunjukkan adanya hubungan yang signifikan di antara ketiga variabel tersebut. Remaja dapat membangun *self-disclosure* dan *self-compassion* yang lebih baik dengan berbagi apa yang dirasakan dan melakukan penerimaan terhadap dirinya sendiri. Pemberian edukasi tentang pencegahan *loneliness* melalui peningkatan *self-disclosure* dan *self-compassion* dapat dilakukan perawat dan institusi pendidikan secara berkelompok dengan melibatkan teman sebaya dan orang tua sebagai lingkungan terdekat remaja.

Kata Kunci: *Loneliness*; Remaja; *Self-Compassion*; *Self-Disclosure*

**THE RELATIONSHIP BETWEEN SELF-DISCLOSURE
AND SELF-COMPASSION ON LONELINESS IN
ADOLESCENTS AT SMAN 105 JAKARTA**

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Abstract

Adolescence often faces various challenges that can increase the risk of loneliness. Self-disclosure and self-compassion are factors that can affect the level of loneliness. This study aims to determine the relationship between self-disclosure and self-compassion with loneliness in adolescents at SMAN 105 Jakarta. This study was conducted from August to December using cross-sectional method with Spearman correlation test. The sampling method used was stratified random sampling involving 262 adolescents aged 15-19 years at SMAN 105 Jakarta. The instruments used consisted of Self-Disclosure Scale ($\alpha = 0.860$), Self-Compassion Scale (SWD) ($\alpha = 0.870$), and UCLA Loneliness Scale Version 3 ($\alpha = 0.944$), which have been proven valid and reliable. The results of this study showed a relationship between self-disclosure and self-compassion with loneliness in adolescents, as indicated by a p-value of 0.001. The relationship between self-disclosure and loneliness is -0.405, but the relationship between self-compassion and loneliness is -0.608. This indicates a significant relationship between the three variables. Adolescents can build better self-disclosure and self-compassion by sharing what they feel and accepting themselves. Providing education about preventing loneliness through increasing self-disclosure and self-compassion can be done by nurses and educational institutions in groups by involving peers and parents as the closest environment for adolescents.

Keywords: *Adolescence; Loneliness; Self-Compassion; Self-Disclosure*