

**HUBUNGAN *SELF COMPASSION* DAN *SENSE OF BELONGING* DENGAN
HOMESICKNESS PADA MAHASISWA RANTAU TAHUN PERTAMA
FAKULTAS KEDOKTERAN UNIVERSITAS PEMBANGUNAN NASIONAL
“VETERAN” JAKARTA**

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ABSTRAK

Mahasiswa rantau seringkali mengalami *homesickness* terutama ditahun pertama merantau. *Self compassion* dan *sense of belonging* menjadi beberapa faktor yang memengaruhi *homesickness*. Penelitian dilakukan untuk menganalisis hubungan *self compassion* dan *sense of belonging* dengan derajat *homesickness* yang dialami oleh mahasiswa rantau tahun pertama Fakultas Kedokteran Universitas Pembangunan Nasional “Veteran” Jakarta. Metode kuantitatif yang dirancang menggunakan analitik observasional melalui metode *cross-sectional* menjadi metode penelitian yang digunakan dengan subjek penelitian berupa mahasiswa rantau tahun pertama Fakultas Kedokteran Universitas Pembangunan Nasional “Veteran” Jakarta sebanyak 57 subjek. Pengumpulan data dilakukan menggunakan instrumen *Self Compassion Scale*, *Sense of Belonging Scale*, dan *Homesickness Questionnaire*. Uji analisis data menggunakan analisis univariat, *chi-square* dan logistik multinomial. Hasil penelitian menunjukkan adanya pengaruh *self compassion* dan *sense of belonging* terhadap tingkat *homesickness* pada mahasiswa rantau.

Kata Kunci: *Homesickness*; Mahasiswa Rantau Tahun Pertama; Mahasiswa Fakultas Kedokteran; *Self compassion*; *Sense of belonging*

THE RELATIONSHIP BETWEEN SELF COMPASSION AND SENSE OF BELONGING WITH HOMESICKNESS IN FIRST-YEAR MEDICAL STUDENTS AT THE FACULTY OF MEDICINE, NATIONAL DEVELOPEMENT “VETERAN” UNIVERSITY OF JAKARTA

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ABSTRACT

Students who live away from home often experience homesickness, particularly during their first year of university. Self compassion and sense of belonging are among the factors that may influence the level of homesickness experienced by students. This study aims to examine the relationship between self compassion and sense of belonging with homesickness among first-year medical students at UPN “Veteran” Jakarta. This study employed a quantitative approach with an analytical observational design a cross-sectional method. The participants comprised 57 first-year medical students at UPN “Veteran” Jakarta. This study utilized the Self Compassion Scale, Sense of Belonging Scale, and Homesickness Questionnaire as research instruments. Data were analyzed using univariate analysis, chi-square tests, and multinomial logistic regression. The findings revealed that self compassion and sense of belonging were significantly associated with levels of homesickness.

Keywords: *First-Year Overseas Students; Homesickness; Medical Students; Self-Compassion; Sense of belonging*