ABSTRACT
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Self-Compassion and Perceived Social Support as Predictors of Stress caused by Daily Hassles among University Students; Sandy Kartasasmita, M. Psi. Psychology Undergraduate Program, Tarumanagara University, (i—xiv; 85 Pages; R1—R9; Appdx 1—41)

This study aimed to see which variable has the better ability to predict stress caused by daily hassles among university students; self-compassion or perceived social support. Stress is a condition which results from an individual perceiving that there is a discrepancy between the demands experienced and the sources necessary to meet those demands. Daily hassles are everyday demands or problems that can irritate, frustrate, and cause stress for an individual. Selfcompassion entails being kind, understanding, supportive, and compassionate to oneself. Perceived social support is an individual's perception that social support will be available when needed, and makes the individual feel that they are loved, cared for, and respected by others. Participants of the study consisted of 573 university students between the ages of 17—26 years old. Instruments used to measure the variables were the Perceived Stress Scale-10 by Cohen, Kamarck, and Mermelstein; the Self-Compassion Scale by Neff; and the Multidimensional Scale of Perceived Social Support by Zimet, Dahlem, Zimet, and Farley. The sampling method used was incidental sampling, and data analysis was conducted using the multiple regression technique. Results indicate that selfcompassion has a better ability than perceived social support to predict stress caused by daily hassles; the self-compassion dimension with the best ability to predict stress caused by daily hassles is the isolation dimension; and the source

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of perceived social support with the best ability to predict stress caused by daily hassles is the perceived social support that comes from friends.

Keywords: stress, daily hassles, self-compassion, perceived social support, and university students