

ABSTRACT

Ferdi Weros Djajadisastra (705100107)

The Relationship between Self-Compassion and Aggression in Indonesian College Students; Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC, Psi.

Undergraduate Program in Psychology, Tarumanagara University (i-xv; 77 pages, R1-R7, Appdx 1-28)

College student's aggression is considered a worrisome phenomenon in Indonesia. Theoreticians, mental health experts, physicians, and most members of our society agreed that further studies related to aggression are needed, specifically to understand the predictors of aggression. Self-compassion is defined as the individual's ability to be kind and caring to oneself when suffering, perceive one's experience as a part of shared human experience, and avoid tendency to exaggerate or ignore one's pain when problems arise. Kelley and Lambert (2012) found that mindfulness, a component of self-compassion, is related to aggression. So, it is hypothesized that self-compassion is also related to aggression. The aim of this research is to confirm the relationship between self-compassion and aggression.

This study involved 300 college students from three universities located in Jakarta and Depok. Participants were gathered by utilizing quota sampling. The research found that there is negative and significant correlation between self-compassion and aggression. Further analysis found out that self-compassion is not related to demographic factors, such as participant's sex, faculty, school year, GPA score, and parent's marital status. The study also found out that no demographic factors is related to aggression, except the participant's sex.

Keyword: self-compassion, aggression, college students