

ABSTRAK

Riana Widiastuti. 2026. Pengaruh *Self-Compassion* Dan Interaksi Teman Sebaya Terhadap Kecenderungan *Self-Injury* Pada Siswa SMA Negeri 1 Jiwan Kabupaten Madiun. Skripsi. Program Studi Bimbingan Dan Konseling, FKIP, Universitas PGRI Madiun. Pembimbing (I) Dr. Rischa Pramudia Trisnani, S.Pd., M.Pd., (II) Dr. Noviyanti Kartika Dewi, S.Pd., M.Pd., Kons.

Penelitian ini bertujuan untuk mengetahui pengaruh *self-compassion* dan interaksi teman sebaya terhadap kecenderungan *self-injury* pada siswa SMA Negeri 1 Jiwan Kabupaten Madiun, baik secara parsial maupun simultan. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Populasi penelitian berjumlah 126 siswa, dengan sampel sebanyak 96 siswa ditentukan menggunakan rumus Slovin dan diambil melalui teknik *proportionate stratified random sampling*. Pengumpulan data dilakukan menggunakan angket berskala Likert, yang telah diuji validitas dan reliabilitasnya. Analisis data dilakukan menggunakan uji regresi linier berganda, uji parsial (uji t), dan uji simultan (uji F) dengan bantuan program SPSS 25. Hasil penelitian menunjukkan bahwa *self-compassion* berpengaruh signifikan terhadap kecenderungan *self-injury* dengan nilai signifikansi sebesar 0,000 ($< 0,05$), artinya semakin tinggi *self-compassion* siswa maka semakin rendah kecenderungan *self-injury* yang ditunjukkan. Interaksi teman sebaya juga berpengaruh signifikan terhadap kecenderungan *self-injury* dengan nilai signifikansi sebesar 0,000 ($< 0,05$). Selanjutnya, hasil uji F menunjukkan bahwa *self-compassion* dan interaksi teman sebaya secara simultan berpengaruh signifikan terhadap kecenderungan *self-injury*, dengan nilai F hitung sebesar 64,517 dan signifikansi sebesar 0,000 ($< 0,05$), serta memberikan kontribusi sebesar 58,1% terhadap kecenderungan *self-injury* pada siswa. Berdasarkan hasil tersebut, dapat disimpulkan bahwa *self-compassion* dan interaksi teman sebaya merupakan dua faktor penting, baik internal maupun eksternal, yang perlu diperhatikan dalam upaya pencegahan kecenderungan *self-injury* pada siswa sekolah menengah atas.

Kata kunci: *self-compassion*, interaksi teman sebaya, kecenderungan *self-injury*, siswa SMA

ABSTRACT

Riana Widiastuti. 2026. The Influence of Self-Compassion and Peer Interaction on Self-Injury Tendencies among Students at SMA Negeri 1 Jiwan, Madiun Regency. Undergraduate Thesis. Guidance and Counseling Study Program, Faculty of Teacher Training and Education (FKIP), Universitas PGRI Madiun. Supervisors: (I) Dr. Rischa Pramudia Trisnani, S.Pd., M.Pd., (II) Dr. Noviyanti Kartika Dewi, S.Pd., M.Pd., Kons.

This study aims to determine the influence of self-compassion and peer interaction on self-injury tendencies among students at SMA Negeri 1 Jiwan, Madiun Regency, both partially and simultaneously. The study employs a quantitative approach with a correlational design. The research population consists of 126 students; a sample of 96 students was determined using Slovin's formula and selected via proportionate stratified random sampling. Data collection was conducted using a Likert-scale questionnaire, the validity and reliability of which had been tested. Data analysis was performed using multiple linear regression, partial tests (t-test), and simultaneous tests (F-test) with the aid of SPSS 25 software. The results indicate that self-compassion has a significant influence on self-injury tendencies, with a significance value of 0.000 (< 0.05); this implies that higher levels of student self-compassion correspond to lower self-injury tendencies. Peer interaction also significantly influences self-injury tendencies, with a significance value of 0.000 (< 0.05). Furthermore, the F-test results show that self-compassion and peer interaction simultaneously exert a significant influence on self-injury tendencies—with a calculated F-value of 64.517 and a significance value of 0.000 (< 0.05)—contributing 58.1% to the variance in students' self-injury tendencies. Based on these results, it can be concluded that self-compassion and peer interaction are two important factors—one internal and the other external—that need to be considered in efforts to prevent self-injury tendencies among high school students.

Keywords: *self-compassion, peer interaction, self-injury tendencies, high school students*