

Hubungan *Self-Compassion* dan *Psychological Well-Being* pada *Sandwich Generation* di Kalangan Milenial

Intisari. Penelitian ini bertujuan untuk melihat hubungan *self-compassion* dengan *psychological well-being* pada *sandwich generation* di kalangan milenial. Metode penelitian yang digunakan merupakan pendekatan kuantitatif dengan desain korelasional. Sampel penelitian ini sebanyak 384 individu yang didapatkan dengan teknik *purposive sampling*, yang karakteristiknya adalah generasi *sandwich* berusia 24-44 tahun. Terdapat dua alat ukur yang digunakan dalam penelitian ini yaitu *self-compassion scale* atau skala welas diri dan *Ryff's psychological well-being* versi Bahasa Indonesia. Melalui uji validitas dan reliabilitas menghasilkan 21 aitem pernyataan untuk instrumen *self-compassion* dan 25 aitem pernyataan untuk instrumen *psychological well-being*. Berdasarkan hasil uji hipotesis korelasi ditemukan bahwa ada hubungan antara *self-compassion* dan *psychological well-being* dengan nilai signifikansi $0.00 < 0.05$ yang memiliki persentase kekuatan sebesar 61.9%. Hasil penelitian ini juga menambahkan bahwa seluruh aspek *self-compassion* memiliki tingkat hubungan yang sedang terhadap skor total *psychological well-being*. Selain itu, tidak ada perbedaan yang signifikan pada *psychological well-being* perempuan ataupun laki-laki yang berpartisipasi di dalam penelitian ini.

Kata Kunci: *self-compassion, psychological well-being, generasi sandwich.*

The Relationship between Self-Compassion and Psychological Well-Being In The Sandwich Generation of Millennials

Abstract. This study aims to look at the relationship between self-compassion and psychological well-being in the sandwich generation among millennials. The research method used is a quantitative approach with a correlational design. The study's sample consisted of 384 individuals, selected through a purposive sampling technique, who were primarily from the sandwich generation, aged between 24 and 44 years. There are two measuring instruments used in this study, namely the self-compassion scale and the Indonesian version of Ryff's psychological well-being. The validity and reliability tests produced 21 statements for the self-compassion instrument and 25 statements for the psychological well-being instrument. Based on the correlation hypothesis test results, it was found that there is a relationship between self-compassion and psychological well-being with a significance value of $0.00 < 0.05$, which has a percentage strength of 61.9%. The findings of this study also indicate that all aspects of self-compassion have a moderate relationship to the total psychological well-being score. Additionally, this study found no significant difference in psychological well-being between men and women.

Keywords: self-compassion, psychological well-being, sandwich generation.