

Can Self Compassion Improve Adolescent Psychological Wellbeing?

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Individual always prioritizes the achievement of psychological well-being, as well as adolescents who live in Islamic boarding schools also have their own challenges in achieving it. Self compassion is a factor affecting psychological well-being. Self compassion offers a way for individuals to be able to have kindness with their self, mindfull into their life and a sense of common to other individuals, and will see an obstacle in life to be their best friend. The researchers' aim was to examine the effect of self-compassion on the psychological well-being of adolescents. This study used quantitative research design, with 200 youth as subjects living at the Salaf Islamic Boarding School in Singosari. Data collection used random sampling, using the Ryff Psychological Well Being Scale (RPWBS) ($\alpha = 0.869$), the Self Compassion Scale (SCS) ($\alpha = 0.721$). The correlation test technique to see the effect of the variables is linear regression test to test the effect of the two variables. The results give show that self-compassion can have a positive effect on psychological wellbeing in adolescents. F count value $>$ F table value ($17.104 > 3.942$), r value of $0.289 >$ r table 0.138 , the contribution made by Self-compassion to psychological well-being is 8.4%. These results show that both variables are positively and significantly related. The implication given to this research is that with the significant influence of self-compassion on psychological well-being in adolescents, it is important for adolescents to have good and optimal self-compassion so that they love and care for themselves, understand their own needs, have the strength to face all challenge, so that adolescents can have good psychological well-being that is able to grow, develop, achieve and work optimally.

Keywords: Self compassion, Psychological wellbeing, Adolescent in Salaf Islamic Boarding School