

**PENGARUH *SELF-COMPASSION* DAN *GRATITUDE* TERHADAP
SUBJECTIVE WELL-BEING IBU YANG BEKERJA**

SKRIPSI

Diajukan Kepada Universitas Islam Negeri Sunan Ampel Surabaya untuk
Memenuhi Salah Satu Persyaratan dalam Menyelesaikan Program Strata Satu (S1)
Psikologi (S.Psi)



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UIN SUNAN AMPEL SURABAYA
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INTISARI

Peran ganda yang dimiliki oleh ibu yang bekerja dapat menyebabkan penurunan tingkat *subjective well-being*. Penelitian ini bertujuan untuk mengetahui pengaruh *self-compassion* dan *gratitude* terhadap *subjective well-being* pada ibu yang bekerja. Subjek penelitian merupakan 350 ibu yang bekerja dengan rentang usia 21 hingga 60 tahun diambil berdasarkan teknik *purposive sampling*. Metode penelitian menggunakan metode kuantitatif korelasional dengan teknik analisis data regresi linear berganda. Terdapat empat instrument yang digunakan yaitu, *Satisfaction with Life Scale* (SwSL), *Positive and Negative Experience* (SPANE), *Self-Compassion Scale*, dan *Gratitude Scale*. Hasil penelitian menunjukkan bahwa *self-compassion* dan *gratitude* secara parsial dan simultan berpengaruh terhadap *subjective well-being* ibu yang bekerja. Ibu yang mempertimbangkan kondisi diri serta mensyukuri apa yang dimiliki akan lebih merasa puas dalam menjalani perannya.

Kata Kunci : *Self-Compassion, Gratitude, Subjective Well-Being*



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ABSTRACT

The dual role that working mothers have can cause a decrease in the level of subjective well-being. This study aims to determine the effect of self-compassion and gratitude on subjective well-being in working mothers. The research subjects were 350 working mothers with an age range of 21 to 60 years taken based on purposive sampling technique. Research method uses a correlational quantitative method with multiple linear regression data analysis techniques. Four instruments were used: the Satisfaction with Life Scale (SwSL), Positive and Negative Life Experience (SPANE), Self-Compassion Scale, and Gratitude Scale. The results indicated that self-compassion and gratitude have a partial and simultaneous effect on the subjective well-being of working mothers. Mothers who consider their own condition and are grateful for what they have will be more satisfied in their role.

Keywords: Self-Compassion, Gratitude, Subjective Well-Being



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