

**PENGARUH *PARENT ATTACHMENT* DAN *SELF-COMPASSION*  
TERHADAP *LONELINESS* PADA REMAJA SANTRI *BOARDING*  
*SCHOOL***

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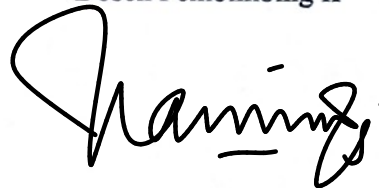
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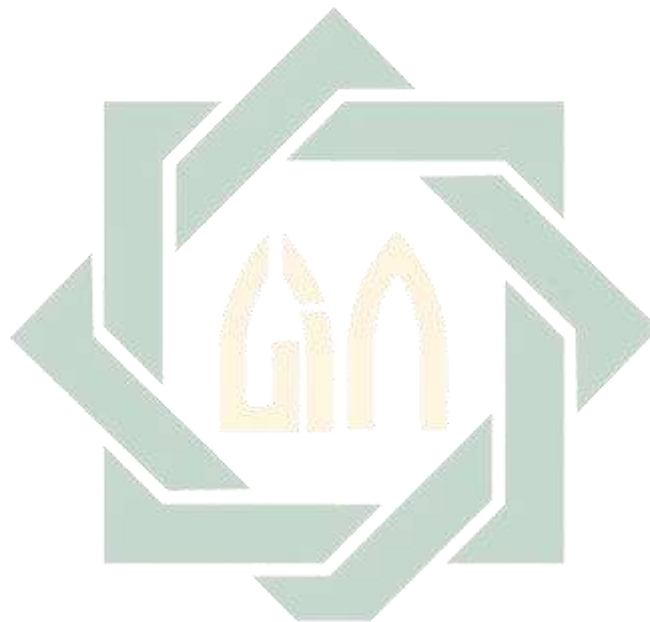
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## INTISARI

Perasaan kesepian menjadi masalah kesehatan mental yang umum terjadi pada kalangan remaja. Santri yang bersekolah di asrama berpotensi mengalami kesepian dengan adanya segala tantangan dalam perkembangan sosial dan emosional di fase remaja. Kesepian dapat dipengaruhi baik melalui dalam diri individu maupun lingkungan luar. Penelitian ini bertujuan untuk menguji dan menganalisis hubungan kelekatan orang tua dan sikap welas diri dengan perasaan kesepian pada remaja santri putri di pondok pesantren. Penelitian ini menggunakan pendekatan kuantitatif desain korelasional terhadap 221 remaja santri putri dengan teknik sampling jenuh. Pengumpulan data menggunakan kuesioner dari tiap-tiap instrument variabel dan analisis data dilakukan dengan analisis regresi linear berganda. Hasil analisis data menunjukkan bahwa kelekatan dengan orang tua berhubungan negatif signifikan dengan perasaan kesepian, dan sikap welas diri juga berhubungan negatif dengan perasaan kesepian. Berdasarkan hasil analisis ditemukan hubungan kelekatan orang tua dan welas diri secara simultan dengan kesepian. Temuan ini menyatakan bahwa kelekatan dengan orang tua dan sikap welas diri menjadi faktor protektif perasaan *loneliness* pada remaja santri putri pondok pesantren.

**Kata kunci:** kesepian, kelekatan orang tua, welas diri, pondok pesantren, remaja

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## **ABSTRACT**

*Loneliness is a common mental health problem among adolescents. Boarding school students are prone to loneliness due to the challenges of social and emotional development during adolescence. Loneliness can be influenced by both internal factors and the external environment. This study aims to examine and analyze the relationship between parent attachment and self-compassion with loneliness among female boarding school students. This study uses a quantitative correlational design approach on 221 female boarding school students with a saturated sampling technique. Data collection used questionnaires for each variable instrument, and data analysis was performed using multiple linear regression analysis. The results of the data analysis showed that parent attachment was significantly negatively related to loneliness, and self-compassion was also negatively related to loneliness. Based on the analysis results, a simultaneous relationship was found between parent attachment and self-compassion with loneliness. These findings indicate that attachment to parents and self-compassion are protective factors against feelings of loneliness among female boarding school students.*

**Keywords:** *loneliness, parent attachment, self-compassion, boarding school, adolescence*



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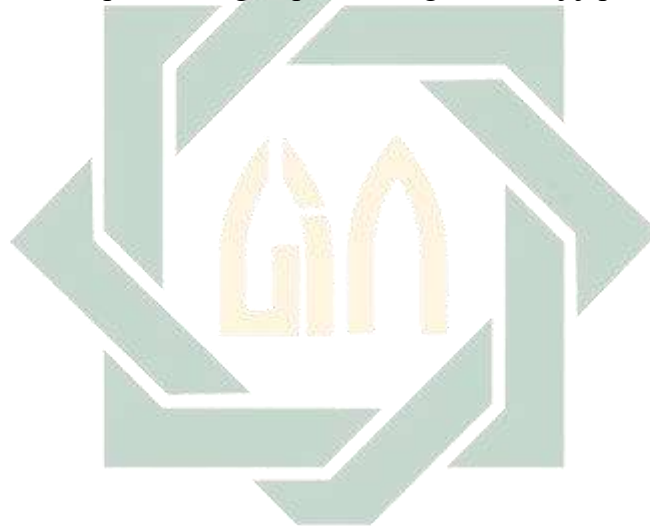
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