

**PENGARUH *SELF-COMPASSION* DAN *MINDFULNESS* TERHADAP
MENTAL HEALTH PADA MAHASISWA KESEHATAN DI SURABAYA**

SKRIPSI



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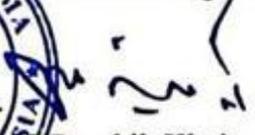
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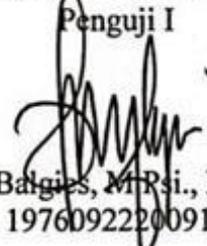
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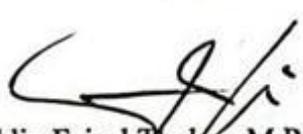



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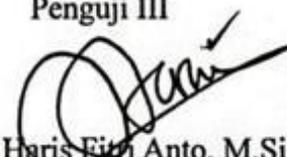
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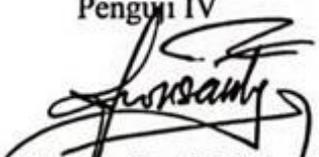
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ABSTRACT

Health science students often face intense academic demands and emotional pressure, making the ability to treat oneself with kindness (self-compassion) and maintain present-moment awareness (mindfulness) essential for sustaining mental well-being. This study aims to examine the influence of self-compassion and mindfulness on mental health among health science students in Surabaya. The study involved 283 participants selected through purposive sampling based on relevant student characteristics. A quantitative correlational approach was used, employing multiple linear regression to assess the contribution of each variable. Three instruments were utilized in this research: the Mental Health Continuum–Short Form, the Self-Compassion Scale, and the Mindful Attention Awareness Scale. The results indicated that both self-compassion and mindfulness significantly affect mental health, both partially and simultaneously. However, this study has limitations, particularly regarding the sample scope, which focused solely on health science students in Surabaya. Future research is recommended to broaden the context and sample characteristics to obtain more representative findings.

Keywords: mental health, self-compassion, mindfulness

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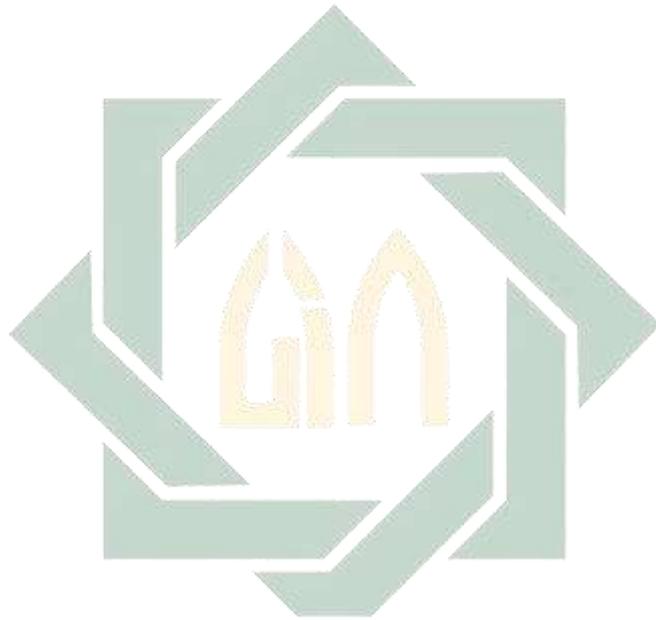
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