ABSTRACT

Fitrah Muhamad Fauziah. The relationship between self-compassion and procrastination in nursing study program students at the Muhammadiyah University of Gorontalo. Supervised by Mrs. Lenny Syamsuddin and Mr. Salahuddin Liputo.

The problems in this study are 1. There is a delay in completing assignments 2. Is there a relationship between self-compassion and procrastination in nursing study program students at the Muhammadiyah University of Gorontalo 3. How is the relationship between self-compassion and procrastination in nursing study program students at the Muhammadiyah University of Gorontalo. This study uses a quantitative research method using multiple correlations.This research was conducted at the Muhammadiyah University of Gorontalo. This research was conducted for 3 months, starting from May to July 2024. The population in this study were all nursing study program students at the Muhammadiyah University of Gorontalo, totaling 706 students. And the sample in this study was 87 students. Sampling in this study used the Slovin formula, the data collection technique in this study used google form. Based on the results of the study, it can be concluded that there is a negative relationship between self-compassion and procrastination in nursing study program students at the University of Muhammadiyah Gorontalo, namely that the higher the self-compassion, the lower the Compassion leads to lower procrastination; conversely, if self-compassion is low, procrastination tends to increase.

Key : procrastination, self-compassion

ABSTRAK

Fitrah Muhamad Fauziah. Hubungan Antara *Self Compassion* dengan Prokrastinasi pada Mahasiswa Program Studi Keperawatan di Universitas Muhammadiyah Gorontalo. Dibimbing oleh Lenny Syamsuddin M.Psi., Psikolog sebagai Ketua dan Salahuddin Liputo M.Psi., Psikolog sebagai Anggota.

Penelitian ini bertujuan untuk mengetahui Hubungan Antara *Self Compassion* dengan Prokrastinasi pada Mahasiswa Program Studi Keperawatan di Universitas Muhammadiyah Gorontalo. Penelitian ini menggunakan metode kuantitatif. Sampel diambil menggunakan rumus slovin dan didapatkan sampel sebanyak 87 responden. Pengumpulan data menggunakan *google form,* dan analisis data menggunakan *Statistical and Service Solution* (SPSS) dan didapatkan data koefisien korelasi (r) yaitu -0,54, berdasarkan hasil penelitian, terdapat hubungan yang negatif *antara self compasssion* dengan prokrastinasi pada mahasiswa program studi keperawatan di Universitas Muhammadiyah Gorontalo, yakni bahwa semakin tinggi *self compassion* maka prokrastinasi rendah, sebaliknya jika *self compassion* rendah maka prokrastinasi semakin tinggi.

Kata kunci: *Self Compassion*, Prokrastinasi