Abstract

This study aimed to examine the relationship between self-compassion and body dissatisfaction among second-year nursing students at Poltekkes Kemenkes Gorontalo. A quantitative correlational approach was employed, with a sample of 150 students. The instruments used were the self-compassion and body dissatisfaction scales. Data were analyzed using Pearson correlation analysis. The results revealed a significant negative correlation between self-compassion and body dissatisfaction (r = -0.225, p = 0.05). This indicates that higher levels of self-compassion were associated with lower levels of body dissatisfaction. The findings suggest that self-compassion plays an important role in helping students develop a more positive and realistic acceptance of their body image.

Keywords: *Self-Compassion; Body Dissatisfaction.*

Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-compassion* dengan *body dissatisfaction* pada mahasiswa keperawatan tingkat II di Poltekkes Kemenkes Gorontalo. Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan jumlah responden sebanyak 150 mahasiswa. Instrumen yang digunakan adalah skala *self-compassion*dan *body dissatisfaction*. Data dianalisis menggunakan uji korelasi Pearson. Hasil analisis menunjukkan adanya hubungan negatif yang signifikan antara *self-compassion* dan *body dissatisfaction* (r = -0,225, p = 0,05). Artinya, semakin tinggi *self-compassion*, semakin rendah tingkat *body dissatisfaction* mahasiswa. Temuan ini menunjukkan bahwa *self-compassion* berperan penting dalam membantu mahasiswa menerima bentuk tubuhnya secara lebih positif dan realistis.

Kata kunci: Self-Compassion, Body Dissatisfaction.