

DAFTAR TABEL

Tabel 3.1 Instrumen Skala Welas Diri (SWD).....	18
Tabel 4.1 Gambaran Responden Berdasarkan Hasil Data Demografis	23
Tabel 4.2 Gambaran Variabel <i>Self-Compassion</i>	23
Tabel 4.3 Kategorisasi Variabel <i>Self-Compassion</i>	25
Tabel 4.4 <i>Contingency Tables Self-Compassion</i> Berdasarkan Usia	26
Tabel 4.5 <i>Contingency Tables Self-Compassion</i> Berdasarkan Jenis Kelamin.....	26
Tabel 4.6 <i>Contingency Tables Self-Compassion</i> Berdasarkan Lama Bekerja	27

