

## **ABSTRACT**

### *Description of Self-Compassion in Post-Termination of Employment (PHK)*

Elin Herlina<sup>1)</sup>, Ellyana Dwi Farisandy<sup>2)</sup>

<sup>1)</sup> Psychology Study Program, Universitas Pembangunan Jaya

<sup>2)</sup> Lecturer Psychology Study Program, Universitas Pembangunan Jaya

*The increase in Termination of Employment (PHK) in Indonesia has significantly impacted individuals, leading to substantial economic and psychological consequences such as stress, depression, and a decrease in self-confidence. This study aims to describe self-compassion in individuals who are unemployed after PHK. It is expected that the findings will provide insights into the importance of self-compassion in addressing the emotional impact of PHK. The study involved 386 participants. The measurement tool used in this research was the Self-Compassion Scale (SWD), which examines six aspects: self-kindness, self-judgment, common humanity, isolation, mindfulness, and over-identification. The research method employed was descriptive quantitative. The results show that the self-compassion of unemployed individuals post-PHK tends to be low, with an average score of 73.46.*

*Keywords: PHK, unemployment, self-compassion, psychological impact.*

