

ABSTRACT

The Description of Self-Compassion in Early Adult Women Who Have Overweight

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Overweight is an important issue that can affect mental health, especially in early adult women. Weight stigma from the surrounding environment often leads them to develop negative views about their body size, potentially lowering their level of self-compassion. During this phase, support from close individuals is crucial to help them cope with stigma and accept themselves better. This study aims to explore the self-compassion profile of early adult women with overweight. The research respondents consisted of 386 women aged 21-39 years. The measurement tool used was the Skala Welas Diri (SWD) developed by Sugianto et al. (2020). A descriptive quantitative method was used in this study. The results show that the level of self-compassion among the respondents is low.

Keywords: Early Adult Women, Overweight, Self-Compassion

