

## **ABSTRACT**

### **THE INFLUENCE OF SELF-COMPASSION ON LONELINESS IN THE ELDERLY**

Thania Adindi Kristiana<sup>1)</sup>, Clara Moningka<sup>2)</sup>, Ellyana Dwi Farisandy<sup>3)</sup>

<sup>1)</sup> Student of Psychology Department, Universitas Pembangunan Jaya

<sup>2)</sup> Lecturer of Psychology Department, Universitas Pembangunan Jaya

<sup>3)</sup> Lecturer of Psychology Department, Universitas Pembangunan Jaya

*This study aims to determine the effect of self-compassion on loneliness in the elderly. Respondents of this study were elderly aged 60 years and over, living in urban areas, and living with nuclear families (children, in-laws, grandchildren) as many as 370 elderly. The measuring instrument used to measure loneliness is the UCLA loneliness scale version 3 and to measure self-compassion is the Skala Welas Diri (SWD). This study uses quantitative methods with linear regression analysis. The results showed that there was a significant negative influence between self-compassion on loneliness in the elderly. The regression test results obtained  $R^2 = 0.060$ ,  $F(1, 368) = 23.653$ ,  $p = 0.022$ . This shows that the higher the self-compassion, the lower of loneliness in the elderly.*

**Keywords: Loneliness, Self-Compassion, elderly**

Libraries : 69

Publication Years : 1996 - 2022