

## DAFTAR ISI

|                                                                |             |
|----------------------------------------------------------------|-------------|
| <b>LEMBAR PERSETUJUAN</b> .....                                | <b>i</b>    |
| <b>LEMBAR PENGESAHAN</b> .....                                 | <b>ii</b>   |
| <b>LEMBAR PENGESAHAN BEBAS PLAGIARISM</b> .....                | <b>iii</b>  |
| <b>LEMBAR PERNYATAAN</b> .....                                 | <b>iv</b>   |
| <b>LEMBAR PERSEMBAHAN</b> .....                                | <b>v</b>    |
| <b>ABSTRAK</b> .....                                           | <b>vi</b>   |
| <b>ABSTRACT</b> .....                                          | <b>vii</b>  |
| <b>KATA PENGANTAR</b> .....                                    | <b>viii</b> |
| <b>UCAPAN TERIMA KASIH</b> .....                               | <b>x</b>    |
| <b>DAFTAR ISI</b> .....                                        | <b>xiii</b> |
| <b>DAFTAR GAMBAR</b> .....                                     | <b>xv</b>   |
| <b>DAFTAR TABEL</b> .....                                      | <b>xvi</b>  |
| <b>BAB I PENDAHULUAN</b> .....                                 | <b>1</b>    |
| Latar Belakang .....                                           | 1           |
| Rumusan masalah .....                                          | 8           |
| Tujuan penelitian.....                                         | 8           |
| Kegunaan penelitian.....                                       | 8           |
| Kegunaan Teoretis.....                                         | 8           |
| Kegunaan Praktis .....                                         | 9           |
| <b>BAB 2 TINJAUAN PUSTAKA</b> .....                            | <b>10</b>   |
| Self-Compassion .....                                          | 10          |
| Definisi Self-Compassion .....                                 | 10          |
| Faktor yang mempengaruhi <i>Self-Compassion</i> .....          | 12          |
| Karakteristik.....                                             | 13          |
| Dampak.....                                                    | 13          |
| <i>Self-Compassion</i> Dalam Perspektif Islam.....             | 14          |
| <i>Psychological Well-Being</i> .....                          | 15          |
| Definisi Psychological Well-Being .....                        | 15          |
| Dimensi Psychological Well-Being .....                         | 16          |
| Faktor Yang Mempengaruhi <i>Psychological Well-Being</i> ..... | 17          |
| Karakteristik.....                                             | 19          |
| Dampak .....                                                   | 19          |
| <i>Psychological Well-Being</i> dalam Perspektif Islam .....   | 19          |
| Kerangka Berpikir.....                                         | 21          |
| Hipotesis .....                                                | 22          |

|                                                    |           |
|----------------------------------------------------|-----------|
| <b>BAB 3 METODOLOGI PENELITIAN.....</b>            | <b>23</b> |
| Rancangan Penelitian.....                          | 23        |
| Variabel Penelitian .....                          | 23        |
| Subjek Penelitian .....                            | 25        |
| Populasi.....                                      | 25        |
| Teknik Sampling .....                              | 26        |
| Intrumen Pengambilan Data .....                    | 27        |
| Prosedur Penelitian .....                          | 31        |
| Teknik Analisis Data .....                         | 31        |
| Uji Validitas .....                                | 31        |
| Uji Reliabilitas .....                             | 35        |
| Uji Asumsi Klasik.....                             | 36        |
| Uji Normalitas.....                                | 36        |
| Uji Linearitas .....                               | 37        |
| Uji Heteroskedastisitas .....                      | 37        |
| Uji Regresi Linier Sederhana.....                  | 37        |
| Koefisien Determinasi ( $R^2$ ).....               | 38        |
| Uji Hipotesis (Uji T) .....                        | 38        |
| <b>BAB 4 HASIL PENELITIAN DAN PEMBAHASAN .....</b> | <b>39</b> |
| Hasil Penelitian .....                             | 39        |
| Demografi Responden .....                          | 39        |
| Analisis Statistik Deskriptif.....                 | 41        |
| Tabulasi Silang ( <i>Crosstabs</i> ) .....         | 42        |
| Uji Asumsi Klasik.....                             | 45        |
| Uji Normalitas.....                                | 45        |
| Uji Linearitas .....                               | 46        |
| Uji Heteroskedastisitas .....                      | 46        |
| Uji Regresi .....                                  | 47        |
| Uji T.....                                         | 48        |
| Pembahasan.....                                    | 49        |
| <b>BAB 5 PENUTUP .....</b>                         | <b>51</b> |
| Simpulan .....                                     | 51        |
| Saran .....                                        | 51        |
| <b>DAFTAR PUSTAKA .....</b>                        | <b>53</b> |
| <b>LAMPIRAN.....</b>                               | <b>59</b> |