

A Descriptive Study of Self-Compassion in Polytechnic Students in Indonesia

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Abstract : This article reports the descriptive analysis of self-compassion in polytechnic students. It has been long believed that self-compassion can improve students' motivation in completing their studies. This research was conducted with the aim to see the degree of self-compassion in polytechnic students in Indonesia by using Neff's Self-Compassion Scale (short form) measurement tool consisting of 12 items. The research method used was descriptive study with survey technique on 255 students. The results showed that 78% of students had low self-compassion and 22% had high self-compassion. This revealed that polytechnic students still criticize themselves harshly, make a poor judgment and bad self-appraisal, and they also cannot accept their imperfection and consider it as a self-judgment. The students also tend to think that they are the only ones that experience failure and suffering. This can lead to a sense of isolation (self-isolation). Furthermore, the students are often too concerned with aspects that are not liked both in themselves and in life (over-identification). Improving the students' level of self-compassion can be done by building an educational climate that not only criticizes the students but provides feedback as well. This should focus on the students' real behavior rather than the students' general character.

Keywords : descriptive study, polytechnic students, Indonesia, self-compassion

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