

## The Role of Social Support on Self-Compassion of Dormitory Students at the Muhammadiyah University of Banjarmasin

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**Abstract.** Transition period of students who live far from parents is difficult to cope with negative emotions and self-blame. The problem has an impact on blaming others, excessive self-pressure so that self-compassion is needed to overcome the problem. Social support can help students to have self-compassion. This study aims to determine the role of social support for self-compassion of Dormitory students in University of Muhammadiyah Banjarmasin. The method used is a quantitative approach with a correlational design. The sample in this study is 170 dormitory students of the University of Muhammadiyah Banjarmasin with total sampling techniques. The data collection tool of this study used a social support scale and a self-compassion scale. The type of data analysis used in this study was simple linear regression. The results of this study showed that the calculated t value was 2,032 with a significance of  $0.044 < 0.05$ , which means that social support plays a role in self-compassion in dormitory students. Based on these results, the research hypothesis is accepted, namely that there is a role of social support for the self-compassion of dormitory students in University of Muhammadiyah Banjarmasin.

**Keywords:** *boarding-based student, self-compassio, social support*

Students are a group of people within the scope of higher education who are usually around 18-30 years old (Lian, 2019). Students play an important role for themselves and society, to achieve the formation of intellectual, qualified, virtuous and moral character (Panjaitan et al., 2018). Changes in the environment faced by new students in higher education will shape their perceptions, especially regarding their ability to overcome various obstacles and challenges in university life (Rahayu & Arianti, 2020). According to Empati et al. (2017), self-compassion is one of the supports that come from within students who can help avoid individuals experiencing slumps from difficult conditions and self-blame. Crocker's research in (Teleb, 2013) explains that self-compassion can help person not to blame circumstances from unwanted situations and can provide support and encourage interpersonal trust. Having a compassionate attitude towards himself can be the beginning in overcoming any negative emotions that are felt.

One factor that influences self-compassion is social support. Rey (2013) stated that a new factor that affects self-compassion is a social environment that is divided into social and

environmental support. It means that social support is a factor that can influence self-compassion directly. According to Uchino (Sarafino & Smith, 2017), social support is an action that others do to someone, referring to providing comfort, attention and assistance when he needs support.

Mattson and Hal (Theresia & Sandi, 2018) mentioned that social support is considered a reciprocal verbal or nonverbal communication process and aims to increase an individual's sense of competence, coping, belonging, and self-esteem. The support that can be provided for him such as emotional support or appreciation support, instrumental support, information support and friendship support (Sarafino & Smith, 2011). According to House (Akin et al., 2011), such support can be in the form of giving empathy, attention, love, trust, money and energy. This is substantiated by Azra & Gustriani's (2021) research that the aspect of appreciation support has the highest contribution with self-compassion. Appreciation support includes expressions of appreciation, encouragement or approval with individual feelings and positive comparisons from others. When students get appreciation support from others during the COVID-19 pandemic, students can do better and provide a positive understanding of themselves when experiencing suffering (Azra & Gustriani, 2021).

The results of research by Akin et al. (2011), Jeon et al. (2016), Nafisah et al. (2018), Irnanda & Hamidah, (2021) and Azra (2022) stated that there is a relationship between social support and self-compassion. The relationship is positive. It shows that if social support increases, self-compassion also increases, and vice versa, if social support decreases, self-compassion will decrease too. Hence, hypothesis proposed in this study is accepted, namely there is a relationship between social support and self-compassion.

The existence of self-compassion will help individuals to respond to difficulties well. So that students have the ability to love themselves, do good to themselves, care about self-suffering and have the ability to see problems objectively. Self-compassion can be obtained by many ways; one of them is through social support from others (Rey, 2013). Based on the explanation above, researchers are interested to know the role of social support for self-compassion in Dormitory Students of the University of Muhammadiyah Banjarmasin.

## METHOD

This study uses a quantitative approach with a correlational design. The analysis used uses simple linear regression analysis techniques. This analysis aims to determine whether there is a role of social support for self-compassion in dormitory students of the University of Muhammadiyah Banjarmasin. The population in this study is 2022's batch in dormitory students of the University of Muhammadiyah Banjarmasin in the 2022/2023 academic year with the total are 170 students. The data collection techniques in this study are as follows:

### 1) Self-compassion Scale

The self-compassion scale is prepared based on aspects from Germer & Neff, (2019) which consists of three aspects, namely aspects of self-love (kindness), human nature (common humanity) and self-awareness (mindfulness). In this research scale contains favorable and unfavorable items. Favorable items are the items that contain statements that are in accordance with the object to be measured and unfavorable items are the items that contain statements that are not in accordance with the object or attitude to be measured in the study (Azwar, 2019). The scale model in this study used the Likert scale. The Likert scale method consists of five answer choice responses, namely very inappropriate (STS), inappropriate (TS), neutral (N), appropriate (S), very appropriate (SS). The score range is clearly detailed as follows: STS in favorable is given a value of 1 and unfavorable value is 5, TS in favorable is given a value of 2 and unfavorable value is 4, N in favorable is given a value of 3 and unfavorable value is 3, S in favorable is given a value of 4 and unfavorable value 2, SS in favorable is given a value of 5 and unfavorable given a value of 1 (Periantalo, 2016).

### 2) Social Support Scale

The social support scale was compiled by researchers based on aspects of Sarafino & Smith (2017), namely emotional support, instrumental support, informational support, and companionship support). In this research scale contains favorable and unfavorable items. Favorable items are the items that contain statements that are in accordance with the object to be measured and unfavorable items are the items that contain statements that are not in accordance with the object or attitude to be measured in the study (Azwar, 2019). The scale model in this study used the Likert scale. The Likert scale method consists of five answer choice responses, namely very inappropriate (STS),

inappropriate (TS), neutral (N), appropriate (S), very appropriate (SS). The score range is clearly detailed as follows: STS in favorable is given a value of 1 and unfavorable value is 5, TS in favorable is given a value of 2 and unfavorable value is 4, N in favorable is given a value of 3 and unfavorable value is 3, S in favorable is given a value of 4 and unfavorable value 2, SS in favorable is given a value of 5 and unfavorable given a value of 1 (Periantalo, 2016).

## RESULTS

### 1) Overview of the Research Subject

The subjects in this study were students Dormitory of the University of Muhammadiyah Banjarmasin located on Jl. Governor Syarkawi, Alalak District, Barito Kuala Regency, South Kalimantan. The number of respondents who participated in this study was 170 students. The description of the characteristics of the subjects in this study is as follows:

**Table 1.** Overview of the Research Subject

Characteristic		Sum	Percentage
Age	17	4	2,4%
	18	65	38,2%
	19	68	40,0%
	20	25	14,1%
	21	7	4,1%
	22	1	0,6%
	<b>TOTAL</b>	<b>170</b>	<b>100%</b>
Religion	Islam	160	94,1%
	Protestant	5	2,9%
	Christianity		
	Roman catholic	2	1,2%
Religion	Buddha	2	1,2%
	Christian	1	0,6%
	<b>TOTAL</b>	<b>170</b>	<b>100%</b>
KIP Scholarship Recipients	Not	123	72,4%
	Yes	47	27,6%
	<b>TOTAL</b>	<b>170</b>	<b>100%</b>
Tribe	Banjar	86	50,6%
	Dayak	45	26,5%
	Javanese	27	15,9%

Characteristic	Sum	Percentage
Sundanese	5	2,9%
Bugis	4	2,4%
Malay	2	1,2%
Betawi	1	0,6%
<b>TOTAL</b>	<b>170</b>	<b>100%</b>

Source: Primary Data, 2023

Based on Table 1, of the total number of respondents, namely 170 dormitory students of University of Muhammadiyah Banjarmasin, there are 4 students aged 17 years with a percentage of 2.4%, 65 students aged 18 years with a percentage of 38.2%, 68 students aged 19 years with a percentage of 40.0%, 24 students aged 20 years with a percentage of 14.1%, 7 students aged 21 years with a percentage of 4.1% and 1 student aged 22 years with a percentage of 0.6%.

## 2) Descriptive Data Analysis

This section describes descriptive data from the Social Support variable (independent variable) and Self-compassion variable (dependent variable). The data used from this study is based on data from 170 respondents who are students living in the dormitory of the University of Muhammadiyah Banjarmasin. Description of research data using hypothetical data, then it categorizes into three categorizations. Description of research data based on categorization can be seen in the table below:

**Table 2.** Description of Research Data

Variable	Hypothetical Data			
	Min	Max	Mean	SD
Social Support	35	175	105	23
Self-compassion	21	105	63	14

Based on the scale values in Table 2 above, further categorization is carried out into three categories, namely, low, medium, and high. This categorization aims to place individuals into different groups based on their value (Table 3).

**Table 3.** Formulation of categorization norms

Category	Categorization Criteria
Low	$X < M - 1SD$
Medium	$M - 1SD \leq X < M + 1SD$
High	$M + 1SD \leq X$

Based on Table 3, all respondents are grouped into three categories on each variable. The categorizations of respondents to this study are as follows:

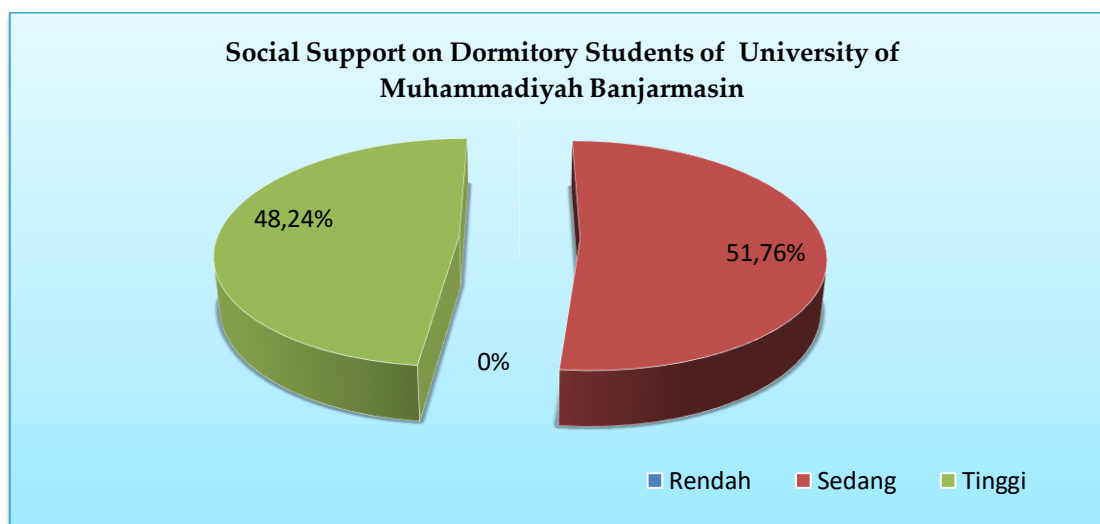
### 3) Categorization of Social Support Scales

The frequency distribution of the Social Support scale is as follows:

**Table 4.** Frequency Distribution of Social Support Scale

Categorization	Score	$\Sigma$ Subject
Low	$X < 82$	0
Medium	$82 \leq X < 128$	88
High	$X \geq 128$	82

Based on Table 4 above, if the subjects have a score less than 82, then the subjects have social support in the low category. Research subjects who have a score of 82 to 128 have social support in the medium criteria. Research subjects who obtained a score more than 128 means that subjects have social support in the high category.



**Figure 1.** Social Support on Dormitory Students of University of Muhammadiyah Banjarmasin (Primary Data, 2023)

Figure 1 above shows that most of the subjects who have high social support category are 48.24% or 82 students. Subjects who had medium social support are 51.76% or 88 students and subjects who have low social support are not available in the data.

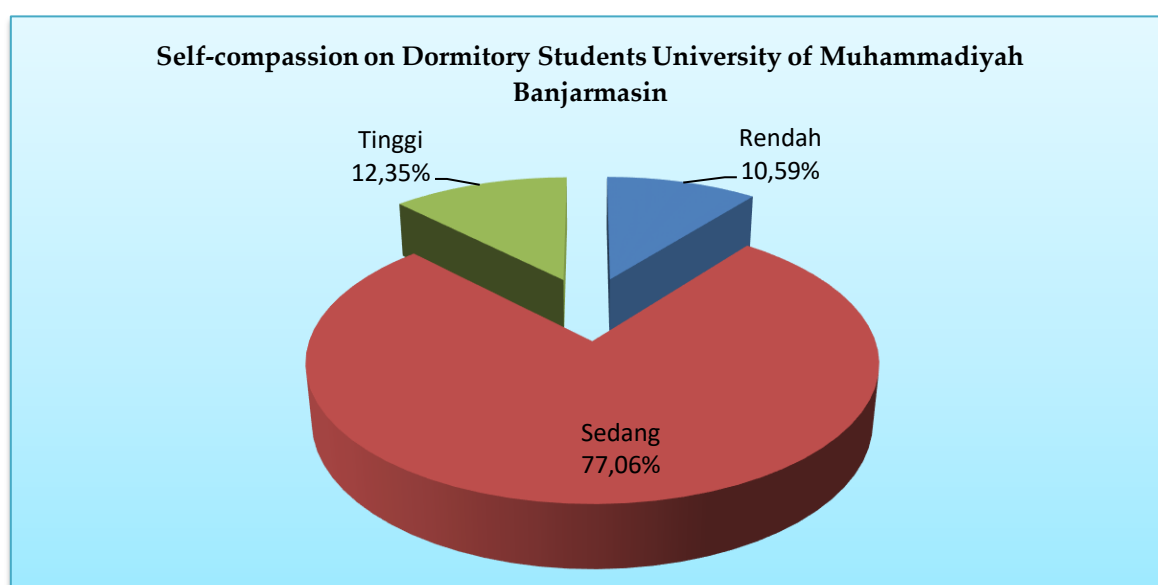
### 4) Self-compassion Scale Categorization

The frequency distribution of the Self-compassion scale is as follows.

**Table 5.** Self-Compassion Scale Frequency Distribution

Categorization	Score	$\Sigma$ Subject
Low	$X < 49$	18
Medium	$49 \leq X < 77$	131
High	$X \geq 77$	21

Based on Table 5, if the subjects have a score less than 49, the subjects have self-compassion in the low criteria. Study subjects who have a score of 49 to 77 then the subjects had self-compassion in the medium criteria. Research subjects who got score more than 77 then the research subjects have self-compassion in high criteria.



**Figure 2.** Self-compassion on Dormitory Students University of Muhammadiyah Banjarmasin (Primary Data, 2023)

Figure 2 above shows that most of the subjects who have self-compassion are in the high category at 12.35% or 21 college students. Subjects who have self-compassion with a medium category are 77.06% or 131 students and subjects who have self-compassion with a low category are 10.59% or 18 students.

## DISCUSSION

Based on the results of data processing that has been done through statistical tests, it states that social support plays a role in self-compassion in dormitory students of the University of Muhammadiyah Banjarmasin. Based on the results of a simple linear regression test, a calculated t-value is 2,032 with a significance value is 0.044 or 4.4% (less

than 0.05 or 5%). It means that social support has a significant role in self-compassion in dormitory students because calculated t-value is less than  $\alpha$  value. The result of this study is in line with research conducted by Harnas et al. (2022) that there is a positive relationship between social support and self-compassion. This shows that if social support increases, self-compassion also increases. While social support decreases, self-compassion decreases too.

Self-compassion is the capability of individuals to be more sensitive and open to awareness when experiencing suffering and failure so they do not avoid or do not reject it as well as they can increase the desire to heal from suffering (Germer & Neff, 2019). Individuals who do not have self-compassion often act stubbornly when facing bad situations and will tend to blame their shortcomings or think unfairly for the events that happen to them, so that negative emotions will arise that tend to hinder one's life (Karinda, 2020).

One of the new factors that influence self-compassion is a social environment that is divided into environment support and social support (Reyes & Moningga, 2013). This means that social support is a factor that can affect self-compassion directly. According to Harnas et al. (2022) in their research, self-compassion can be owned by students by having social support from others. This is in line with Wilson, et al. (2020) which states that social support has a significant relationship with self-compassion and mindfulness. Positive psychological well-being is a form of the availability of others to help each other between individuals or groups from sharing socially involved activities.

Social support, according to Sarafino (2017), is a condition that refers to comfort, care, or assistance available to someone from a group consisting of friends, family, relatives, community organizations and the individual's closest environment which improve health and well-being. In line with Rensi & Sugiarti (2010) research that individuals who have close relationships with other individuals such as family or friends will improve their ability to manage problems faced every day, both at school and in the surrounding environment. Social support is one of the social bonds that illustrates the value of an interpersonal relationship, thus helping individuals have positive feelings and avoid negative consequences (Harnas et al., 2022).

Individuals who have low self-compassion do not accept themselves as they are when facing problems or suffering, so they tend to blame themselves, judge themselves harshly (Germer & Neff, 2019). This is related to emotional support, where this support involves



empathy, attention, appreciation and positive encouragement, as well as concern from others (Sarafino & Smith, 2017). When one can feel the care, appreciation, concern of others with positive encouragement and great empathy, then the individual will accept and understand oneself.

Individuals who have low self-compassion assume that only themselves who experience failure. They tend to have a narrow view of difficulties, challenges, and failures so that they will focus on self-imperfections and consider a situation worse than people in general (Germer & Neff, 2019). This relates to Information support. Information support can be in the form of providing advice, advice, useful direction from others, (Sarafino & Smith, 2017). When someone gets useful advice, direction, and gets a feeling of membership in a group of people, he will realize that every human being has experienced the same thing.

Individuals who have low self-compassion tend to exaggerate a problem or suffering they feels. In this case, it will cause anxiety to depression (Germer & Neff, 2019). It is related to instrumental support and friendship. Instrumental support takes the form of direct assistance from others such as financial or material assistance, while friendship support provides a feeling of membership in a group of people who share interests and social activities (Sarafino & Smith, 2017). When someone receives support in terms of financial or material aid such as being included in membership who has similar interests, then he will see things as they are, there is no addition to problems or subtraction, so that the responses produced can be more effective and will be able to fully know and understand what they really feel.

Based on the explanation above, it can be seen that the higher the social support, the higher the self-compassion. The lower the social support, the lower the self-compassion. As in the research of Nafisah et al. (2018), it states that there is a positive relationship between family support and self-compassion of adolescents in orphanages. According to Wilson et al, (2020), social support is significantly associated with mindfulness, self-compassion, savoring, and positive psychological well-being. This statement is supported by Iranda & Hamidah (2021) that there is a significant relationship between social support and self-compassion in adolescents and divorced parents. Study by Harnas et al. (2022) states that there is a relationship between social support and students' self-compassion during Covid-19.

This is one of the highly recommended programs for the University of Muhammadiyah Banjarmasin dormitory, because the emotional support aspect has the highest role of the other three aspects of social support. In line with the research of Satwika et al. (2021), the emotional support obtained is the main key for students in developing their ability to stop self-kindness when facing failure, provide awareness that all humans can make mistakes and are imperfect (common humanity), as well as a conscious attitude to accept (mindfulness) and tolerate mistakes that occur.

According to Salazar (2015), peer support has a role as a buffer to help individuals cope with difficult events, and it depends on the way individuals perceive their social support which is also related to self-compassion. This is in line with research conducted by Burnett & Demnar (Salazar, 2015), individuals who feel closeness with their friends can make it easy for these individuals to express affection for themselves. Social or group activities that are often carried out in the dormitory environment of the University of Muhammadiyah Banjarmasin, such as organization, congregational prayer, *tahsin*, and community services are examples of activities that involve students in carrying out group activities with other students.

Based on the results of categorization, the level of social support of dormitory students of University of Muhammadiyah Banjarmasin is in the medium category with a percentage of 51.76% or 88 students. The result of this study is in line with Safitri & Munawaroh (2022) that the level of self-compassion and social support for the resilience of orphanages in Gunungpati District is in the medium category. This means that social support is able to give individuals the strength to overcome and rise from situations and problems that make individuals down. So, with the social support obtained will help the dormitory students of the University of Muhammadiyah Banjarmasin feel comfortable, loved and appreciated by those around them. If the surrounding environment can provide positive social support to individuals, it is likely that students living in the dormitory of the University of Muhammadiyah Banjarmasin can rise from adversity, difficulties, not criticize themselves and will have more kindness and love for themselves.

Based on the results, the value of the coefficient of determination (R Square) is 0.024, which means that the effective contribution of social support to self-compassion is 2.4% and the rest is influenced by other variables. Factors that influence social support for self-

compassion are social environment, economy, high self-confidence, culture, age, motivation, personality, and parents.

## CONCLUSION

Based on the results of research that has been conducted, it concluded that there is a role of social support for self-compassion in dormitory students of the University of Muhammadiyah Banjarmasin. The effective contribution of social support that contributes to self-compassion is 2.4%, the rest is influenced by other factors. Factors that influence social support for self-compassion are social environment, economy, high self-confidence, culture, age, motivation, personality, and parents.

## IMPLICATION

The recommended suggestions from the results of this study are as follows.

- a. For the managers of the University of Muhammadiyah Banjarmasin Dormitory, it is hoped that the results of this study can be an evaluation material related to social support for self-compassion of dormitory students of University of Muhammadiyah Banjarmasin.
- b. For dormitory students of the University of Muhammadiyah Banjarmasin, it is hoped that they can increase their self-compassion by providing knowledge of the importance of social support in the form of information, instrumental, friendship, and emotional to dormitory students of the University of Muhammadiyah Banjarmasin.
- c. For students parent, the result of this research can help them to give information and knowledge to their children related to the importance of social support to develop their self-compassion while living in dormitory of University of Muhammadiyah Banjarmasin.

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