

Perception affection of parents and self-compassion on late adolescence in Yogyakarta

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| perception affection of parents; self- compassion; late adolescence | Self-compassion is important for late adolescence because it will have a positive impact, especially when experiencing a problem, but affectionate self-compassion is also influenced by adolescents' perceptions of the love given by their parents. Based on this, this study aims to determine the relationship between perceptions of parental love and self-compassion, where this study was applied to the subject of late adolescence as many as 102 people living in Yogyakarta with the age of 18-21 years. Data collection in this study used a scale, namely the Perception Scale of Parental Love and the Self-Compassion Scale, where the data analysis technique used was the Product Moment Technique correlation of Karl Pearson. When adolescents have a positive perception of their parents' affection, late adolescence will have high self-compassion. These findings indicate that there is a significant positive relationship between perceptions of parental affection and self-compassion. | | |

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INTRODUCTION

Adolescence is a developmental stage between childhood and adulthood which is characterized by physical changes, cognitive development, and social (Hurlock, 2004). Steinberg (2002) divides adolescence into three categories, namely early adolescence (11-14 years), middle adolescence (15-18 years) and late adolescence (18-21 years). Individuals who are classified as late adolescence tend to be in an unstable and emotional state because they experience many changes that take place quickly (Santrock, 2007).

Late adolescence is considered a period of searching for one's identity, thus, that they experience difficulties and obstacles in overcoming the problems they face, many cannot accept the changes they experience, thus making adolescents experience stress, even hurt themselves (Hurlock, 1980). This causes the individual to sink and dissolve in his problems, as if these problems are due to shortcomings and mistakes from within him. The problems faced will tend to bring up negative emotions such as the problem of lack of self-

confidence which makes individuals always look down on the potential that exists within themselves. If these negative emotions are held continuously and continuously without any solution, then will the more hinder continuity life and development self-teenager (Aziz, 2018).

In overcoming negative emotions, individuals must first be able to accept all the realities and problems that are happening. Having a compassionate attitude towards yourself can be a start in overcoming all negative emotions that are felt by individuals. This attitude of compassion is often called self-compassion (Halim, 2015). Barnard and Curry (2011) stated that self-compassion refers to the process of seeing an unpleasant situation with a clear mind and accepting it without despair. Neff (2003) revealed that self-compassion is the process of understanding without criticism of one's suffering, failure or inadequacy by understanding that it is part of the experience as a human being in general. Thus, individuals who have self-compassion it will not be easy to blame themselves if they get a failure, in fact individuals will correct mistakes, change less productive behavior and face new challenges.

According to Neff (2003) self-compassion involves three important aspects, firstly, self-kindness about how one can be kind to oneself. Secondly, common humanity about how a person is able to humanize himself. Final, mindfulness related to how an individual can have full awareness of thinking and feeling for the difficulties he faces so that he can think and feel properly. Based on research by Breines & Chen (2012) revealed that having self-compassion brings many positive benefits in the lives of late adolescence, among others, can help late adolescence know themselves better and affection themselves more, so that it will make it easier for late adolescence to face the difficulties they are experiencing. Thus, late adolescence are expected to have self-compassion to be motivated to do something, on an intrinsic drive, not just because they expect environmental acceptance. Basically self-compassion not only relied on when someone experiences a problem, but also in any situation and condition. Research by Neff & Vonk (2009) found results that self-compassion no only working moment occur something negative thing about one most consistent finding from study that is self-compassion relate with low anxiety and depression. One important key from self-compassion is low self-criticism. Self-compassion give protection for oppose anxiety and depression moment attempted for control self-critism and impact the resulting negative.

Individuals who have high self-compassion also produces ability more emotional coping skills good and satisfaction meaningful life. Besides, self-compassion is also related to the independent feeling, capable, and able to build good relationships with other people.

Those prove that self-compassion could help individual to fulfilled psychological needs based on well-being (Deci and Ryan, 1995). Individuals who have self-compassion tend to be happy, optimistic, curious, and have positive impacts than individuals who have low self-compassion. If self-compassion on teenagers end low, then individual will tend blame self themselves, criticizing self and feel unworthy to get kindness from others because of the failure experienced to overcome the problems (Hidayati, 2018).

The data according to WHO in 2017 showed that 800,000 deaths in the world caused by suicide and the second largest cases of death were among ages 15-29 year, with a ratio of 11.4 per 100 thousand of the world's population. In 2018, WHO noted that 265 million people died from suicide in Indonesia, thus, an average of about 9,000 suicide deaths occurred and more than half of the people who committed suicide in Indonesia were diagnosed with acute depression.

Based on a report by the online news media Merdeka.com published on November 6, 2020, it was stated that the Ministry of Health's data also noted that suicidal ideation had targeted teenagers in Indonesia. According the results survey of 10,837 respondents, as many as 4.3 percent of men and 5.9 percent of women have suicidal ideation (Alam, 2020). The high number of suicide cases, most of which are caused by failure to deal with a problem. It also showed that there are still many people in Indonesia who face problems with impulsive actions (Aziz, 2018). According to that, self-compassion become important subject to this research.

Moningka (2013) states that individuals with the low level of self-compassion showed the symptoms such as, demeaning and criticizing, feeling that he/she is the only one who suffers and gets injustice over the situations and problems he/she faces, and exaggerates the failures experienced. Late adolescences who are about to become adults should have self-compassion to become a helper and further ease the feeling of being down, so that they can be more open to failures or problems they are experiencing (Hidayati, 2015).

Based on an online survey conducted by researchers on Sunday, October 25, 2020 to Friday, October 30, 2020 to see problems related to self-compassion in Yogyakarta on 36 late adolescence (aged 18-21 years) respondents and domiciled in Yogyakarta the result showed that the respondents have self-compassion problems, such as, when facing a problem the respondents feels that he/she always unlucky, many responds came up if something happens to him/her, judges and criticizes himself/herself if bad things happen in his/her life, and focuses too much on mistakes that exist in life. The appearance of these

problems indicates a problem with the self-compassion owned by late adolescence in Yogyakarta. According to the result above, it also showed that 63.9% of the respondents responded too much if something happened to them, 72.2% of the respondents judged and criticized themselves if bad things happened in their lives, and 52.8% of the respondents don't see things objectively. Thus, it can be concluded that late adolescents in Yogyakarta are indicated to have problems with their self-compassion which is owned.

Germer (2012) stated that self-compassion become one of the discussions that can explain how individuals are able to survive, understand and realize the meaning of a difficulty as a positive thing. According to Neff (2015) there are five factors that influence the formation of self-compassion namely: 1) Gender, from research conducted by Neff (2011), individuals who are female tend to have higher levels of self-compassion lower than men. 2) Culture, in research cross-cultural conducted by Neff (2011), it was found that Thai people have self-compassion the tallest. 3) Personality, a positive relationship between extraversion, agreeableness, and conscientiousness with self-compassion and the negative relationship between Neuroticism and self-compassion (Neff, 2012). 4) Age, from research results of Neff and Vonk (2009) state that self-compassion significantly associated with age level. 5) The role of parents, parents who often criticize themselves will be a model for children to do so when children experience failure (Neff, 2012).

Based on the influencing factors self-compassion, it can be seen that one of the factors that influence self-compassion in late adolescence is the role of parents which includes giving affection to their children. Perception of parental affection was chosen as a variable in this study because the researcher assumes that the subject's expression in the field leads to these factors and the greatest support in a person's life comes from parents. The hope is that parents provide good parenting, support, warmth, motivation, and attention to teenagers to grow self-compassion owned by late adolescence. According to Walgito (2010) perception is the process of receiving a stimulus by an individual through: sense organs (sensory processes). The process does not just stop, the stimulus is continued and processed so that it gives rise to a perception or assessment of the stimulus received. The result of perception can be divided into two, namely, positive perception and negative perception. According to Irwanto (2002), the meaning of positive perception is to describe all knowledge and responses that are continued with activeness and support for the perceived object. Meanwhile, the meaning of negative perception is to describe all knowledge and responses that are not in harmony with the object being perceived, passed on to passivity and oppose the perceived object. Thus, it can be said that positive perceptions or positive perceptions will always affect a person's self in carrying out an

action, depending on how the individual describes all his knowledge about a perceived object. The conditions that must be met so that a person can realize and carry out a perceptual process, one of which is the presence of objects that can be perceived.

Parental affection is a sincere feeling given by parents to children, then the child feels himself accepted and affectioned (Chapman, 2003). According to Sears (2002) parental affection is a sense of security and tranquility that is given from a close relationship because of two-way communication, between parents and children both play a role. Parents give affection to their children so that later they will not harm themselves or others, because parents expect that the tendency of children's aggressive behavior is not excessive. Irwanto (2002) stated that the meaning of positive perception is to describe all knowledge and responses that are continued with activeness and support for the perceived object. Meanwhile, the meaning of negative perception is to describe all knowledge and responses that are not in harmony with the object being perceived, passed on to passivity and oppose the perceived object. Thus, it can be stated that positive perceptions or positive perceptions will always affect a person's self in carrying out an action, depending on how the individual describes all his knowledge about a perceived object. The conditions that must be met so that a person can realize and carry out a perceptual process, one of which is the presence of objects that can be perceived.

According to Fahmi (in Muntamah, 2010) affection is the first need that children have and want to fulfill. Children need a feeling that there is affection that provides warmth for them. Scientific studies have proven that when a child is born, the child moves from a stable temperature and away from influence, to life outside the womb, which the heat fluctuated and various influences that had never been felt before. Therefore, children need a substitute that includes care, affection and feelings of warmth and courtesy. The relationship between parental affection and late adolescence is explained based on ways to express affection to others including parental affection for their children, namely, words of reinforcement, physical touch, quality time, service, and gifts (Chapman, 2003).

Based on the description above, it can be concluded that the perception of parental affection is the process of giving meaning as a result of observing the affection given by parents in educating, guiding, and nurturing, which is obtained by concluding and interpreting messages so that they can provide feedback about both bad or positive negative parental affection received. Parental affection received will be perceived by adolescents through how adolescents assess the sense of security, tranquility, and attention given by parents to late adolescence. Late adolescence who perceive positive affection

given by their parents will feel warm, good parenting, have a good closeness with their parents, will grow an attitude of affection towards themselves or will have a positive attitude towards themselves (Moreira and Jessica, 2015). If the individual perceives that his parents do not give him affection during his development period, then the individual will feel unworthy of affection and find it difficult to trust others. This also makes the individual feel unworthy of affection from himself which is often referred to as low self-compassion (Neff, 2015).

Above statement also supported by previous research conducted by Aziz (2018) which showed that there was a positive relationship between parental affection and student self-compassion. The existence of a relationship between parental affection and self-compassion means that every aspect of parental affection contributes to students' self-compassion. The results of the study revealed that the higher the parental affection, the student's self-compassion tend to be higher as well. On the other hand, the lower the parental affection, the student's self-compassion tend to be lower. Based on the above, self-compassion in late adolescence is influenced by the perception of parental love it receives, it can be said that the love of parents given and received by the child will be felt, assessed, and felt by the child. Giving parental love will have a positive impact on children's lives in the future, one of which is self-compassion. So, without being given love by parents, children will tend to give less love to themselves. Self-compassion becomes an important topic to be researched. In general, most studies use self-compassion as an independent variable and not many studies discuss the factors that influence how self-compassion is formed. Therefore, the researcher wants to examine more deeply about the affection given by adolescents' perceptions at the end of parental affection.

The purpose of this study was to determine whether there is a relationship between perceptions of parental affection and self-compassion in late adolescents in Yogyakarta, the researcher formulates a hypothesis that there is a positive relationship between perceptions of parental love and self-compassion. The more positive the perception of parental love, the higher the level of self-compassion possessed by late adolescents, on the contrary, the more negative the perception of parental love, the lower the level of self-compassion possessed by late adolescents. The results of this study can provide additional knowledge in the field of psychology, especially clinical social psychology and developmental psychology regarding the relationship between perceptions of parental affection and late adolescent self-compassion. In addition, the results of this study are expected to be a reference in developing the concept of research on self-compassion. Providing knowledge to the public, especially teenagers and parents, about how the

perception of affection from people in self-compassion in late adolescence is. In addition, it can be used as input and contribution of thoughts about the importance of parental love for self-compassion in late adolescence.

METHOD

A correlational survey research design was adopted for the study. This design was suitable for the study to examine 2 variables, namely self-compassion as dependent variable and perception of parental affection as independent variable. The correlation analysis used is the analysis of product moment from Karl Pearson because this study aims to reveal the relationship between self-compassion as a predictor variable (X) with perceptions of parental affection as a criterion variable (Y) (Azwar, 2015). Analysis of the research data using the IBM SPSS program (version 22.0). The subjects in this study were 102 late adolescence (aged 18-21 years) who live with their parents from birth to SMA / equivalent, and domiciled in Yogyakarta.

The instruments for data collection were structured into two psychological scales, Self-compassion will be revealed through “Self-Compassion Scale” organized by aspect self-compassion from Neff (2003). As for the aspects self-compassion proposed by Neff (2015) are (a) self-kindness, (b) common humanity, (c) mindfulness.

Perception of affection of parents will be revealed through the “Perception of Affection of Parents Scale” which is compiled based on aspects of perception of parental affection by Chapman (2011). The aspects of the Perception of affection of parents proposed by Chapman (2011) are (a) words of reinforcement, (b) physical touch, (c) service, (d) gifts, (e) quality time.

In the distribution of the Self-compassion Scale after the trial, the results of statistical analysis calculations show that from 26 items there are 23 item scales that indicate the item-total coefficient (rix) criteria for distinguishing items ranging from 0.315 to 0.593. Self-Compassion Scale trial using analytical calculations obtained alpha reliability coefficient of 0.862. Thus the Self Compassion Scale is a reliable measurement.

The results of statistical analysis on the distribution of the Perception Scale of Parental Affection after the trial, that of the 50 items there were 48 items on the scale that showed the item-total coefficient (rix) criteria for distinguishing items ranging from 0.371 to 0.775. Trial of the Perception Scale of Parental Affection using statistical analysis obtained an alpha reliability coefficient of 0.962. Thus the Perception Scale of Parental Affection is a reliable measurement.

RESULTS AND DISCUSSION

This study aims to determine the relationship between perceptions of parental affection and self-compassion in late adolescence in Yogyakarta. Analysis result product moment shows a correlation coefficient (r_{xy}) of 0.406 and $p = 0.00$. This shows that there is a significant positive relationship between perceptions of parental affection and self-compassion in late adolescence. Thus, it means that the higher the perception of affection, parents, self-compassion tend to be higher in late adolescence, on the contrary, the lower the level of perception of parental affection, self-compassion tend to be lower as well.

Based on the results of the analysis, the hypothesis in this study was accepted, that it revealed that the perception of parental affection was a factor that could influence self-compassion. Perceptions of parental affection are included in the self-compassion, namely the condition of the parent's role. Perception of parental affection is defined as fatigue related to feelings which are characterized by the emergence of anxiety every time they want to start work or activities, which in this study were conceptualized in late adolescence. Perception of parental affection is a process of giving meaning as a result of observing the affection given by parents which includes providing a sense of security, tranquility, and understanding of the child's wishes, which is obtained by concluding and interpreting messages so that they can provide positive responses. or negative parental affection received.

Chapman (2011) revealed that aspects of parental affection are words of reinforcement, physical touch, service, gifts, and quality time. First, aspect of words of reinforcement in parental affection are supported by giving words of reinforcement that are expressed by parents verbally to express affection for children, in the form of motivation, enthusiasm, and support. For example, parents who give praise to children when they excel, give encouragement when children have problems, or words of consolation when children feel sad, then these words will increase the sense of recognition in children, so that children will feel more affection and appreciated by others parents (Retnaningsih, 2013). According to Chapman (2011) words of reinforcement are thought to have a relationship with aspects of self-kindness. In self-kindness individuals carry out internal dialogues using words that gentle rather than harsh and disparaging words as a way to support and understand. When individuals have been trained and have received words of encouragement from their parents since childhood, it can be easier to apply them to themselves. Chapman (2011) says that giving words of reinforcement when a child succeeds in doing something or when a child is not feeling well makes the child feel cared

for, valued, and affectioned. So, this can foster self-compassion that is owned by late adolescence.

Second aspect is physical touch, such as giving a hug, a pat on the back, and a soft touch as a sign of appreciation from parents, so that physical touch will make teenagers feel affectioned. Chiew (2011) revealed that the touch of a sign of affection can provide a sense of peace, comfort, and happiness needed by individuals in controlling themselves. When experiencing a problem, if the individual can control himself, it will make the individual realize himself as a human being far from perfection. This is related to aspects common humanity, namely the feeling of being aware that everyone has experienced failure, made mistakes, and experienced imperfections. In addition, children who do not get a form of affection in the form of physical touch tend to have negative feelings when experiencing problems which ultimately lead to feelings of isolation, on the contrary if children receive affection in the form of physical touch from their parents, it will increase awareness that individuals are not alone in experiencing this. Choopersmith (in Retnaningsih, 2018) It make the late adolescence will have higher self-compassion, when they do not have feelings of isolation and do not feel alone in dealing with problems

Third, Chapman (2011) revealed that the service aspect is related to evidence of unconditional affection, such as providing guidance and helping the development of adolescent independence when solving a problem, so that adolescents will feel cared for and affectioned. The form of parental affection in the service aspect is characterized by providing what children need, teaching children about positive things, so that they will feel cared for. Based on the description above, the service aspect is related to mindfulness (Aziz, 2018). Children will feel happy and guided to get good examples from parents. Individuals who get positive guidance will tend to get used to managing emotions when facing problems, while someone who lives with "cold" and often critical parents tends to have self-compassion lower (Neff, 2011).

Fourth, aspect of parental affection is a gift, which is a form of affection that is given in the form of goods with unconditional and sincere gifts from parents. For example, give a gift when the child gets good grades or when the child's birthday. According to Arslan (2009), children who feel the availability of affection in the form of goods and information will have a feeling that they are valuable, important, and expected. Based on this opinion, adolescent self-esteem will be strengthened and fear or concern about being unable to face a problem at hand will be eroded. According to children who get affection in the form of information and gifts will certainly have more knowledge to achieve goals and be

independent in dealing with a problem, so that it raises self-compassion because late adolescence can respond actively when get problems (Retnaningsih, 2018; Neff, 2011).

Fifth, aspect of quality time is time that can be spent by parents to pay attention, such as listening to children's complaints and providing time for vacations together, so that it makes children feel appreciated and supported by their parents. The availability of quality time, of course, will build communication and discussion space for children with parents when children experience a problem (Chapman, 2011). This will certainly increase the child's openness and understand that individuals are not alone in experiencing all kinds of difficulties in life. That all included in the common humanity aspect of self-compassion, adolescents who can realize that they are not alone in experiencing a problem will reduce feelings of isolation and increase appropriate adjustments, when late adolescence get into trouble, it will reduce feelings of isolation and will bring up self-compassion (Neff, 2012; Aziz, 2018).

Based on the discussion above, Neff (2011) revealed that individuals build mutually supportive relationships, gain warmth, accept behaviors that show affection, and are open to parents. Individuals who can do and feel these things tend to have self-compassion higher. Meanwhile, individuals who live with "cold" and often critical parents tend to have self-compassion the lower one. The above description is supported by previous research conducted by Aziz (2018) which shows that there is a positive relationship between parental affection and self-compassion, every aspect of parental affection contributes to student self-compassion. The results of the study revealed that the higher the parental affection, the higher the parental affection for students. Conversely, the lower the parental affection, the lower the self-compassion in students.

Acceptance of the hypothesis in this study obtained the coefficient of determination (R^2) of 0.165, the perception of parental affection contributes to the effectiveness of 16.5% of the variable self-compassion and the remaining 83.5% is influenced by other factors not examined in this study. These other factors include gender, personality, age, and culture.

Table 1. Categorization of Self-Compassion Scale Scores

| Category | Guidelines | Score | N | Percentage |
|----------|--|------------------|-----|------------|
| High | $X \geq \mu + 1. \sigma$ | $X \geq 69$ | 13 | 12,7 % |
| Medium | $(\mu - 1. \sigma) \leq X < (\mu + 1. \sigma)$ | $46 \leq X < 69$ | 84 | 82,4 % |
| Low | $X < \mu - 1. \sigma$ | $X < 46$ | 5 | 4,9 % |
| | | Total | 102 | 100% |

Note :

X = Subject Score

M = Hypothetical Mean

Σ = Hypothetical Standard Deviation

Table 1 shows the data based on the results of the study, on the variable self-compassion late adolescence who show they are in the high category of 12.7% (13 subjects) with a score of self-compassion greater than 69. According to Hidayati (2015) the characteristics of individuals with self-compassion that is, being able to accept oneself, both strengths and weaknesses, being able to accept mistakes or failures as a common thing that is also experienced by other people, and having an awareness of the connection between everything. The medium category is 82.4% (84 subjects) with a score of self-compassion greater than 46 and less than 69. According to Mackintos (in Prastya et al., 2020) people who have self-compassion Medium have characteristics, namely, tend to have a fairly high self-esteem, and can accept mistakes and shortcomings. The low category is 4.9% (5 subjects) with a score of self-compassion less than 46. According to Fitriani (2019) individuals with self-compassion Low scores have characteristics, namely, tend to be insecure, have high stress levels, attack and judge themselves harshly for their shortcomings and failures, and only focus on self-imperfection.

Table 2. Categorization of Perception Scale Scores on Parental Affection

| Category | Guidelines | Score | N | Percentage |
|----------|--|--------------------|-----|------------|
| High | $X \geq \mu + 1. \sigma$ | $X \geq 144$ | 48 | 47,1 % |
| Medium | $(\mu - 1. \sigma) \leq X < (\mu + 1. \sigma)$ | $104 \leq X < 144$ | 51 | 50 % |
| Low | $X < \mu - 1. \sigma$ | $X < 104$ | 3 | 2,9 % |
| Total | | | 102 | 100% |

Note :

X = Subject Score

M = Hypothetical Mean

Σ = Hypothetical Standard Deviation

Table 2 show the categorization of the perception variable towards parental affection is, the high categorization is 47.1% (48 subjects) with a score of the Perception Scale of Parental Affection greater than 144. Based on the online news media report Liputan6.com published on June 11, 2014, states that the characteristics of individuals who have a high perception of parental affection will lead to positive perceptions, namely, feeling affectioned and cared for, not feeling worried in dealing with a problem, being able to regulate emotions in themselves very well, having empathy, and having a sense of belonging openness to discuss with parents (Perwira, 2014). Medium categorization is 50% (51 subjects) with a score of the Perception of Parental Affection Scale greater than 104 and less than 144. Individual characteristics who have moderate perceptions of parental affection will feel that their parents are sufficient to meet their needs and feel they have received services. Medium low categorization of 2.9% (3

subjects) with a score of the Perception of Parental Affection Scale greater than 104. Individual characteristics who have a low perception of parental affection will lead to negative perceptions, namely, feeling unworthy of affection. Affection from parents even yourself and can not trust others.

Based on various exposures of research results, it can be concluded that there is a positive relationship between perceptions of parental affection and self-compassion in late adolescence in Yogyakarta. Thus, it can be interpreted that the higher the perception of parental affection, the higher it is self-compassion in late adolescence, on the contrary, the lower the level of perception of parental affection, the lower it is self-compassion in late adolescence.

CONCLUSION

The present study focuses on the correlation between perception of parents affection and self-compassion. The study showed, there is a positive correlation between perception of parents affection and self-compassion in late adolescence in Yogyakarta. This shows that the higher the perceived level of parental affection, the higher the self-compassion in late adolescence tends to be. On the other hand, the lower the perceived level of parental affection, the lower the self-compassion in late adolescence tends to be.

From the study results of categorization can be seen that the majority of subjects in this study have a perception of parental affection in the medium category and self-compassion moderate, meaning that most of the subjects in this study perceive that they receive parental affection and have self-compassion. Therefore, late adolescent who have self-compassion in the high and medium categories are suggested to be able to maintain and develop their self-compassion, for example by participating in self-compassion training. Late adolescence in lower categories, also need to re-evaluate how to have attitudes and behavior by developing the ability to think about loving yourself, accepting your shortcomings, not judging yourself for your imperfections, and should be able to stay on good terms with their parents to streng self-compassion.

Based on the results of this study, the effective contribution of parental affection to self-compassion is 16.5%, so there are many other factors that are considered to have an effect on self-compassion in late teens. Therefore, future studies should recommended to conduct further research by paying attention to other factors that influence the self-compassion. These other factors include gender, personality, age, and culture.

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