

**PROGRAM STUDI DIII KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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**Pengaruh Terapi *Self-Compassion* Terhadap Stres dan Regulasi Emosi
pada Remaja Di SMPN 13 Pekanbaru**

XIV +128 Halaman+ 35 Tabel + 16 Lampiran

ABSTRAK

Remaja rentan mengalami stress akibat tuntutan akademik, sosial dan perkembangan psikologis yang dapat memengaruhi regulasi emosi. Terapi *self-compassion* merupakan salah satu intervensi yang dapat membantu mengatasi masalah tersebut. Penelitian ini bertujuan untuk mengetahui pengaruh terapi *self-compassion* terhadap tingkat stres dan regulasi emosi pada remaja di SMP Negeri 13 Pekanbaru. Penelitian ini menggunakan desain *quasi experimental* dengan pendekatan pretest-posttest control group design. Sampel penelitian berjumlah 90 responden yang terdiri atas 45 kelompok intervensi dan 45 kelompok kontrol dengan teknik purposive sampling. Instrumen yang digunakan adalah *Perceived Stress Scale* (PSS) dan *Emotion Regulation Questionnaire* (ERQ). Analisis data menggunakan uji *Wilcoxon Signed Rank Test*, *Paired Sample t-test*, *Mann Whitney U Test*, dan *Independent Samples t-test*. Hasil penelitian menunjukkan terdapat perbedaan yang bermakna pada perubahan tingkat stres ($p = 0,001$) dan regulasi emosi ($p < 0,001$) antara kelompok intervensi dan kelompok kontrol. Disimpulkan bahwa terapi *self-compassion* berpengaruh terhadap penurunan tingkat stres dan peningkatan regulasi emosi pada remaja di SMP Negeri 13 Pekanbaru.

Kata kunci: *self-compassion*, tingkat stres, regulasi emosi, remaja.

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The Effect of Self-Compassion Therapy on Stress and Emotion Regulation
among Adolescents at SMPN 13 Pekanbaru

XIV + 128 Pages + 35 Tables + 16 Appendices

ABSTRACT

Adolescents are vulnerable to stress arising from academic, social, and psychological developmental demands, which can affect emotion regulation. Self-compassion therapy is an intervention that can help address these issues. This study aimed to determine the effect of self-compassion therapy on stress levels and emotion regulation among adolescents at SMP Negeri 13 Pekanbaru. A quasi-experimental design with a pretest-posttest control group approach was employed. The study sample consisted of 90 respondents—divided into an intervention group (n=45) and a control group (n=45)—selected using purposive sampling. The instruments used were the Perceived Stress Scale (PSS) and the Emotion Regulation Questionnaire (ERQ). Data analysis involved the Wilcoxon Signed-Rank Test, Paired Sample t-test, Mann-Whitney U Test, and Independent Samples t-test. The results showed significant differences in the changes in stress levels ($p = 0.001$) and emotion regulation ($p < 0.001$) between the intervention and control groups. It is concluded that self-compassion therapy influences the reduction of stress levels and the improvement of emotion regulation among adolescents at SMP Negeri 13 Pekanbaru.

Keywords: *self-compassion*, stress levels, emotion regulation, adolescents.