

## ABSTRACT

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**The Role of Self-Compassion on Quality of Life in adolescents whose Parents Divorced; Dr. Riana Sahrani, M. Si., Psychologist & Agustina, M.Psi., Psychologist. Study Program S-1 Psychology, Tarumanagara University, (i-x, 62 Pages, P1, L1-L35)**

In 2013, Indonesia was the highest ranked of divorce issues in asia pacific and based on the data of Mahkamah Agama that the divorce cases Indonesia increased 3 percent each year 2014-2016. Therefore, shows increasingly the population of child who eperienced parental the impact of the divorce. The impact affects the quality of life on life. The purpose of this study is to determine the role of self-compassion of Quality of Life in adolescents whose parents divorced. The purpose of this study is to determine the role of self-compassion to Quality of Life in adolescents whose parents divorced. In this study, there are 263 data subjects who experienced parental divorce by using purposive sampling technique. The results showed that the existence of a significant positive role of self-compassion on quality of life 37.7%. The results of linear regression on each dimension of self-compassion, all the three have a significant positive role to the quality of life. Self-kindness is the most important dimension to the quality of life adolescents whose parents divorced, followed by the dimension of mindfulness. The last, common humanity is the dimension who has lowest role between the two other dimensions.

Keywords: self-compassion, quality of life, adolescents, and divorced parents