

## THE INFLUENCE OF THE BIG FIVE PERSONALITY TRAINING ON SELF-COMPASSION IN ELEMENTARY SCHOOL TEACHERS EXTRAORDINARY COUNTRY IN JAKARTA

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### ABSTRACT

This study aims to determine the effect of the big five personality trait on self-compassion on state SDLB teachers in Jakarta. The dependent variable in this study is self-compassion and the independent variable is big five personality trait. This study uses quantitative methods using a questionnaire. The self-compassion scale that was proposed was adapted from the Self-Compassion Scale by Kristin Neff in 2013. The big five personality trait scale was adapted from the journal owned by Neila Ramdhani in 2012. Respondents in this study amounted to 70 SDLB teachers who served in state special schools in Jakarta. Determination of sample using purposive sampling. Hypothesis testing using regression analysis with the help of SPSS 16.0 software. The results of this study indicate that the dimensions of openness to experience, conscientiousness, extraversion and neuroticism do not have a significant influence on the self-compassion of state SDLB teachers in Jakarta.

**Keywords:** Self-Compassion, Personality Trait, Big Five Inventory.