Implementation of Apostle Paul's Exhortation on Living with Compassion Based on Galatians 6:1–10 for Students at SMP BOPKRI Godean Yogyakarta in the Academic Year 2024/2025

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Abstrak: Didasarkan pada pengamatan yang dilakukan oleh peneliti di tempat penelitian, ditemukan beberapa peserta didik yang belum maksimal memberikan hidupnya untuk peduli kepada sesama, hal tersebut dikarenakan berbagai alasan, beberapa siswa merasa bahwa tindakan peduli kepada sesama belum menjadi prioritas dalam hidupnya. untuk mengetahui besarnya Implementasi Nasihat Rasul dan mengetahui dimensi yang lebih dominan menentukan terimplementasinya Nasihat Rasul tentang hidup peduli. Hasilnya pengujian hipotesis pertama dilakukan dengan rumus *Confidence Interval* pada taraf signifikansi 5% diperoleh 161,8583 – 168,9917. Angka Lower Bound dan Upper Bound tersebut berada pada kategori interval sedang sehingga dapat disimpulkan bahwa Implementasi nasihat rasul tentang hidup peduli berdasarkan Galatia 6:1-10 bagi peserta didik di SMP BOPKRI Godean Yogyakarta ada pada kategori "sedang". Kedua, dari Dari tabel rekapitulasi regresi linier setiap dimensi exogenous variabel dengan endogenous variable (Y) di atas diketahui bahwa kontribusi terbesar didapatkan dari dimensi Memperhatikan Diri Sendiri (D1) dengan nilai koefisien korelasi 0,935 dan koefisien determinasi 0,875 atau kontribusi sebesar 87,5% dalam membentuk Implementasi nasihat rasul tentang hidup peduli berdasarkan Galatia 6:1-10 bagi peserta didik di SMP BOPKRI Godean Yogyakarta (Y). Untuk D2 memiliki konstribusi sebesar 86,5%. Hipotesis pertama menunjukkan bahwa tingkat Implementasi n kategori Sedang, dan yang diajukan ada pada kategori sedang. Hasil pengujian terhadap hipotesis kedua menunjukkan bahwa dimensi yang dominan menentukan implementasi nasihat rasul tentang hidup peduli berdasarkan Galatia 6:1-10 bagi peserta didik di SMP BOPKRI Godean Yogyakarta adalah Memperhatikan Diri Sendiri.
Kata Kunci : *Nasihat, Hidup Peduli Lingkungan, SMP BOPKRI*

Abstract: Based on the observations conducted by the researcher at the research site, it was found that several students had not yet maximized their efforts in living a caring life toward others. This was due to various reasons, as some students felt that caring for others was not yet a priority in their lives. The study aimed to determine the extent of the implementation of the Apostle's exhortation and to identify the dominant dimension that most influences the implementation of the Apostle's exhortation on living with compassion. The results of the first hypothesis test, conducted using the Confidence Interval formula at a 5% significance level, obtained a range of 161.8583–168.9917. This Lower Bound and Upper Bound fall within the medium interval category, thus it can be concluded that the implementation of the Apostle's exhortation on living with compassion based on Galatians 6:1–10 among students at SMP BOPKRI Godean Yogyakarta falls into the "moderate" category. Second, from the linear regression recapitulation table of each exogenous variable dimension with the endogenous variable (Y), it is known that the greatest contribution comes from the dimension *Self-Awareness* (D1), with a correlation coefficient of 0.935 and a coefficient of determination of 0.875, or a contribution of 87.5% in shaping the implementation of the Apostle's exhortation on living with compassion based on Galatians 6:1–10 among students at SMP BOPKRI Godean Yogyakarta (Y). Dimension D2 contributed 86.5%. The first hypothesis showed that the level of implementation was in the "moderate" category. The results of the second hypothesis test indicated that the most dominant dimension determining the implementation of the Apostle's exhortation on living with compassion based on Galatians 6:1–10 among students at SMP BOPKRI Godean Yogyakarta was *Self-Awareness*.
Keywords: Exhortation, Compassionate Living, SMP BOPKRI

INTRODUCTION

Advice is a teaching or a good lesson delivered through reminders and gentle rebukes. Thus, advice refers to the moral values contained in a story or teaching, given to someone to help them become better. Advice may take the form of guidance, warnings, or corrections that aim to direct a person in living their life.[1] The Apostle Paul gave strong advice to the congregation in Galatia, who had begun to follow false teachings that emphasized the importance of the Law, especially circumcision, as a requirement for salvation.[2] He stressed that salvation is attained only through faith in Jesus Christ, not by works of the Law.

Compassion is rooted in empathy. Empathy, in this sense, is the human ability to see the world from another person's perspective.[3] Compassion goes further by considering the needs of others and taking concrete actions to meet those needs. Therefore, compassion is an attitude that demonstrates empathy and concern, involving awareness of others' needs and prioritizing them in decisions and actions. It helps build positive relationships based on mutual support.[4]

The benefits of living compassionately form the foundation of healthy and meaningful relationships. By showing care, people build trust, respect, and affection with others, becoming more empathetic, sensitive, and responsible, thus creating a spirit of mutual assistance.[5] Christian life is reflected in an attitude that demonstrates care toward fellow human beings. Every person who has believed in Jesus Christ must be able to involve themselves and take part in living compassionately, becoming a blessing to others and helping those in need. Indeed, every believer who knows Christ in their life is called to serve others, trusting that God works through and blesses His people wherever they may be.[6]

To dedicate oneself to living compassionately means to display care both for oneself and for others.[7] When God's people live in compassion toward others, they become better at understanding and sharing in the experiences of others. A caring attitude helps the congregation build stronger and more meaningful relationships with one another. Caring for oneself is also an important part of improving quality of life. Some people believe that the

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[1] Lene Arnett Jensen, *Handbook of moral development*, *Journal of Moral Education*, 2015, XLIV <https://doi.org/10.1080/03057240.2015.1053738>.

[2] I Ordering Paul, "Paul ' s Epistle to the GALATIANS," *Word Journal Of The International Linguistic Association*, 15.1 (2003), 18–23.

[3] Lisa Wagner and Willibald Ruch, "Displaying Character Strengths in Behavior Is Related to Well-Being and Achievement at School: Evidence from Between- and Within-Person Analyses," 2021, 1–56.

[4] Sean P Collins dkk., "The Gospel In Galatians," 2021, 167–86.

[5] Bachtiar Annas Imanuddin, "Society 5 . 0 Implementation of Teacher Development Policy in Indonesia," 8.1 (2024), 166–75.

[6] London Robert Scott, "a Commentary on St . Paul ' S Second Epistle To the."

[7] Amirhossein Peyvandi dkk., "Privacy-preserving federated learning for scalable and high data quality computational-intelligence-as-a-service in Society 5.0," *Multimedia Tools and Applications*, 81.18 (2022), 25029–50 <https://doi.org/10.1007/s11042-022-12900-5>.

one most responsible for caring about themselves is none other than themselves, rather than relying solely on the concern of others.[8]

In the *Kamus Besar Bahasa Indonesia* (KBBI), the term *peduli* (care) is a verb meaning to heed, pay attention, or give regard. The word is also closely tied to personal emotions and needs.[9] Tronto defines care as reaching out to something beyond oneself. Care is often associated with warmth, positivity, meaningfulness, and relationships.[10] Swanson defines care as one way of maintaining relationships with others, in which others feel a sense of commitment and personal responsibility. In essence, everyone can care for others, though not all fully understand the meaning of living compassionately. Living with care is one of the fruits of the Spirit, demonstrating that a believer has experienced true freedom. Believers must devote their lives to caring both for themselves and for others, which is reflected in a selfless, grateful lifestyle.[11] This mirrors God's own care for humanity, shown through actions that bring goodness.

Therefore, as Scripture teaches: *"Whenever we have the opportunity, let us work for the good of all, especially for those in the household of faith."* To reap eternal life, one must not sow in the flesh, which is self-indulgence, but in the Spirit, which means living out the new life given by the Lord.

RESEARCH METHODOLOGY

The research requires a step-by-step process to analyze the collected and presented data. This section should be considered alongside data collection and review.[12] Data cannot be properly collected without prior analysis, and this part not only outlines the statistical data analysis to be conducted but also the procedures to be applied, namely within a quantitative descriptive research design.[13]

Based on the above description, data analysis is essential in research to verify whether the collected data are valid or not, and to ensure that the findings can be published.

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[8] Suyadi dkk., "Academic reform and sustainability of Islamic higher education in Indonesia," *International Journal of Educational Development*, 89 (2022), 102534 <https://doi.org/10.1016/j.ijedudev.2021.102534>.

[9] Kathryn Ecclestone dan Lydia Lewis, "Interventions for resilience in educational settings: challenging policy discourses of risk and vulnerability," *Journal of Education Policy*, 29.2 (2014), 195–216 <https://doi.org/10.1080/02680939.2013.806678>.

[10] Murni, "Perkembangan fisik, kognitif, dan psikososial pada masa kanak-kanak awal 2-6 tahun," III, 19–33.

[11] N. C. Carnes dkk., "How morality signals, benefits, binds, and teaches," *Journal of Experimental Social Psychology*, 101.August 2021 (2022), 104313 <https://doi.org/10.1016/j.jesp.2022.104313>.

[12] Eva Latifah, *Metodologi Penelitian* (Yogyakarta: Grass Media Production, 2012).

[13] Imam Santoso dan Harries Madiistriyatno, *METODOLOGI PENELITIAN KUANTITATIF*, *Universitas Nusantara PGRI Kediri* (Kota Tangerang: Indigo Media, 2021), 01.

In this study, the researcher employs a quantitative research method. Quantitative research is a systematic investigation of components, phenomena, and their interrelationships. It relies on data to test a hypothesis.[14]

Data collection was carried out using a Likert scale and processed through several statistical tests using SPSS 25 software. The tests applied include instrument validity and reliability tests, as well as normality testing. For hypothesis testing, the Confidence Interval formula at a 5% significance level was used, along with the regression significance test (F-test).[15]

RESULT AND DISCUSSION

Based on the data collected from the research conducted by distributing questionnaires to the sample, the researcher obtained data using a Likert scale as the measurement tool. The scale was assigned quantitative values: score 1 = strongly disagree; score 2 = disagree; score 3 = neutral; score 4 = agree; and score 5 = strongly agree. After distributing the questionnaire to a total of 40 respondents, they completed the instrument, which consisted of 40 statements. The data collected using this measurement tool are as follows:

The Implementation of Paul's Advice on Caring for Life Based on Galatians 6:1–10 among Students of SMP BOPKRI Godean Yogyakarta

Statistics

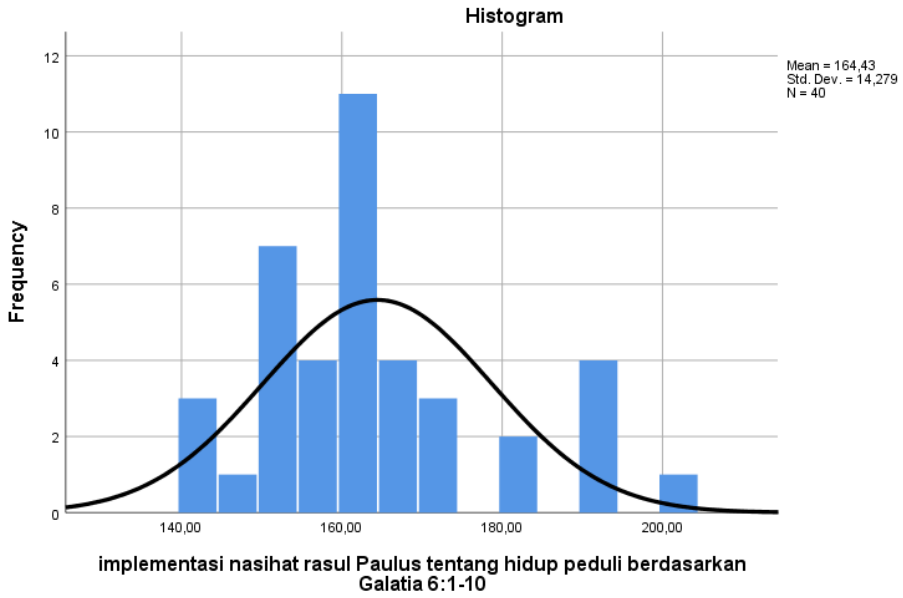
implementasi nasihat rasul Paulus tentang hidup peduli berdasarkan Galatia 6:1-10

N	Valid	40
	Missing	0
Mean		164,4250
Median		163,0000
Mode		164,00
Std. Deviation		14,27906
Range		58,00
Minimum		142,00
Maximum		200,00
Sum		6577,00

From the table above, it is shown that the score for the implementation of Paul's advice on caring for life based on Galatians 6:1–10 among the students of SMP BOPKRI Godean Yogyakarta, based on the responses of 40 participants, produced the following statistical results: mean = 164.4250; median = 163.0000; mode = 164.00; standard deviation

[14] Fausiah Nurlan, "Metodologi Penelitian Kuantitatif," in *ParePare: CV. Pilar Nusantara*, 2019.
[15] Sugiyono, *Metode Penelitian Kualitatif, Kuantitatif dan RnD* (Bandung: Alfabeta, 2019).

= 14.27906; range = 58.00; minimum score = 142.00; maximum score = 200.00. The total score obtained was 6577.00. The detailed frequency distribution is presented in the following chart.



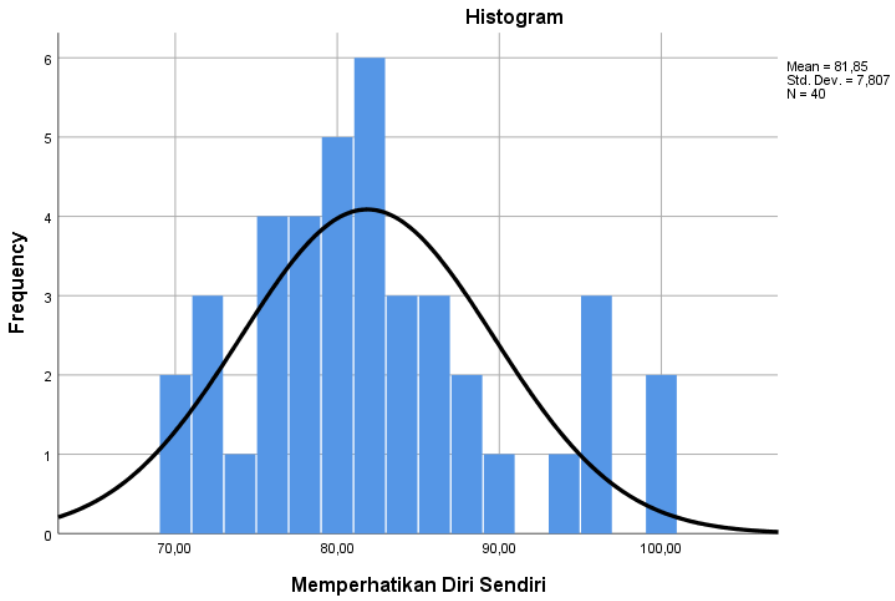
Dimension of Self-Care (D1)

Statistics

Memperhatikan Diri Sendiri

N	Valid	40
	Missing	0
Mean		81,8500
Median		81,0000
Mode		81,00
Std. Deviation		7,80713
Range		30,00
Minimum		70,00
Maximum		100,00
Sum		3274,00

From the table above, the score for the dimension of self-care, based on the responses of 40 participants, shows the following results: mean = 81.8500; median = 81.0000; mode = 81.00; standard deviation = 7.80713; range = 30.00; minimum score = 70.00; maximum score = 100.00. The total score obtained was 3274.00. The detailed frequency distribution is presented in the following chart.



Dimension of Caring for Others (D2)

Statistics

Memperhatikan Sesama

N	Valid	40
	Missing	0
Mean		82,5750
Median		81,5000
Mode		79,00[a]
Std. Deviation		7,50346
Range		33,00
Minimum		67,00
Maximum		100,00
Sum		3303,00

Multiple modes exist. The smallest value is shown

From the table above, the score for the dimension of caring for others, based on the responses of 40 participants, shows the following results: mean = 82.5750; median = 81.5000; mode = 79.00 (although several mode values appeared, the smallest one was reported); standard deviation = 7.50346; range = 33.00; minimum score = 67.00; maximum score = 100.00. The total score obtained was 3303.00.

Analysis Requirement Tests

The analysis requirements are procedures that must be carried out and fulfilled so that the conclusions drawn from the regression analysis can be justified, provided that the assumptions of the analysis are met. The regression analysis requirements include validity testing, reliability testing, and normality testing. The details are as follows:

Instrument Validity Test

The validity test is used to measure the construct developed by the researcher. According to Sasmoko, the term "construct" refers to something that cannot be directly measured but can be explained through observable effects. The calculation was carried out using the Pearson correlation formula with the assistance of SPSS 25 software. The critical r value for n = 40 was set at 0.312 with a significance level of 0.05 (two-tailed). From the validity test of the 40 items of the endogenous variable, conducted using SPSS 25 software with the Pearson correlation formula, it was found that all 40 items were declared valid because the calculated r values were greater than the critical r value.

Reliability Test

A reliable instrument is one that, when used repeatedly to measure the same object, produces consistent data, demonstrating its dependability as a measurement tool. The reliability level of the instrument was calculated using Cronbach's Alpha with the assistance of SPSS 25, after excluding any invalid items.

Case Processing Summary

		N	%
Cases	Valid	40	100,0
	Excluded[a]	0	,0
	Total	40	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
,898	40

From the reliability test of the endogenous variable using SPSS 25 with Cronbach's Alpha, it was found that responses from all 40 participants were declared 100% valid in the questionnaire data collection. Furthermore, the 40 valid items produced a reliability coefficient of 0.898, which indicates that the items are highly reliable and can be confidently used as a research instrument.

Normality Test of Variables D1 and D2

The normality test was conducted to determine whether the residual values studied were normally distributed. A residual value is considered normally distributed if the significance value in the normality test using SPSS 25 is greater than 0.05. The results are as follows:

One-Sample Kolmogorov-Smirnov Test

		Memperhatikan Diri Sendiri	Memperhatikan Sesama	implementasi nasihat rasul Paulus tentang hidup peduli berdasarkan Galatia 6:1-10
N		40	40	40
Normal Parameters[a,b]	Mean	81,8500	82,5750	164,4250
	Std. Deviation	7,80713	7,50346	14,27906
Most Extreme Differences	Absolute	,143	,109	,162
	Positive	,143	,109	,162
	Negative	-,079	-,079	-,088
Test Statistic		,143	,109	,162
Asymp. Sig. (2-tailed)		,038[c]	,200[c,d]	,010[c]

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

1. The data for variable D1 obtained a significance value of 0.143. Since this value is greater than 0.05, it is considered normally distributed.
2. The data for variable D2 obtained a significance value of 0.109. Since this value is greater than 0.05, it is considered normally distributed.
3. The data for variable Y obtained a significance value of 0.162. Since this value is greater than 0.05, it is considered normally distributed.

Thus, it can be concluded that variables D1, D2, and Y are normally distributed and therefore suitable for analysis using parametric methods.

First Hypothesis Testing

The first hypothesis proposed: *It is assumed that the implementation of Paul's advice on caring life based on Galatians 6:1–10 among students at SMP BOPKRI Godean Yogyakarta is at the Moderate category.*

To answer this hypothesis, the researcher applied three categories of implementation of Paul's advice on caring life based on Galatians 6:1–10 among students at SMP BOPKRI Godean Yogyakarta (Y), namely: (a) Low, (b) Moderate, and (c) High. Data analysis was carried out on the endogenous variable Y using the Confidence Interval formula at a 5% significance level, and the following table was obtained:

Descriptives

			Statistic	Std. Error
implementasi nasihat rasul Paulus tentang hidup peduli berdasarkan Galatia 6:1-10	Mean		164,4250	2,25772
	95% Confidence Interval for Mean	Lower Bound	161,8583	
		Upper Bound	168,9917	
	5% Trimmed Mean		163,8333	
	Median		163,0000	
	Variance		203,892	
	Std. Deviation		14,27906	
	Minimum		142,00	
	Maximum		200,00	
	Range		58,00	
	Interquartile Range		16,25	
	Skewness		,851	,374
	Kurtosis		,308	,733

Based on the table above, the lower bound and upper bound values are 161.8583 – 168.9917. The calculation of category tendency of the variable is as follows:

$$i = \frac{r}{k}$$

Where:

- i = class interval
- k = number of categories
- r = Range (Maximum score – Minimum score) = 58
- k = 3

From the data, the minimum value is 142 and the maximum is 200. Thus, the interval calculation is:

- 142 + 19 = 161 → First interval: 142 – 161

- 161 + 19 = 180 → Second interval: 161 – 180
- 180 + 19 = 199 (rounded to 200) → Third interval: 180 – 200

By analyzing the data using the Confidence Interval at a 5% significance level, the result of 161.8583 – 168.9917 falls within the "Moderate" category. Therefore, the first hypothesis stating that the implementation of Paul's advice on caring life based on Galatians 6:1–10 among students at SMP BOPKRI Godean Yogyakarta is at the "Moderate" category is **accepted**.

Second Hypothesis Testing

The second hypothesis proposed: *It is assumed that the most dominant dimension determining the implementation of Paul's advice on caring life based on Galatians 6:1–10 among students at SMP BOPKRI Godean Yogyakarta Academic Year 2024/2025 is Dimension 1, namely "Self-Awareness."*

Testing of the second hypothesis was conducted using regression significance test (F-reg). Linear regression analysis of each exogenous variable dimension against the endogenous variable was carried out to determine the extent of contribution in shaping the implementation of Paul's advice on caring life. The results are as follows:

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,935[a]	,875	,872	5,11718

a. Predictors: (Constant), Memperhatikan Diri Sendiri

The correlation coefficient (ry1) between Self-Awareness (D1) and Implementation (Y) is 0.935, indicating a very strong positive relationship. The coefficient of determination (r^2x1) is 0.875, meaning Self-Awareness contributes 87.5% to the implementation

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	6956,724	1	6956,724	265,670	,000[b]
	Residual	995,051	38	26,186		
	Total	7951,775	39			

a. Dependent Variable: implementasi nasihat rasul Paulus tentang hidup peduli berdasarkan Galatia 6:1-10

b. Predictors: (Constant), Memperhatikan Diri Sendiri

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	24,403	8,629		2,828	,007
	Memperhatikan Diri Sendiri	1,711	,105	,935	16,299	,000

a. Dependent Variable: implementasi nasihat rasul Paulus tentang hidup peduli berdasarkan Galatia 6:1-10

To predict the contribution of Caring for Others (D2) to the Implementation of Paul's Advice on Caring for Life based on Galatians 6:1–10 among Students of SMP BOPKRI Godean Yogyakarta (Y), the following regression equation was obtained: Y=b+b1D2Y = b + b_1D2Y=b+b1D2 Y=18.316+1.769D2Y = 18.316 + 1.769 D2Y=18.316+1.769 D2

This regression equation indicates that if Caring for Others (D2) increases by one unit, then the average score of the Implementation of Paul's Advice on Caring for Life based on Galatians 6:1–10 (Y) among students of SMP BOPKRI Godean Yogyakarta will increase by 1.769 times from the current condition.

Hypothesis	Proposed Statement	Research Findings
1	It is assumed that the level of implementation of Paul's advice on caring life based on Galatians 6:1–10 among students at SMP BOPKRI Godean Yogyakarta is in the Moderate category.	The level of implementation of Paul's advice on caring life based on Galatians 6:1–10 among students at SMP BOPKRI Godean Yogyakarta is in the Moderate category.
2	It is assumed that the most dominant dimension determining the implementation is D1: Self-Awareness.	The most dominant dimension determining the implementation is indeed D1: Self-Awareness.

Discussion of Research Findings

First, the testing of the first hypothesis using the Confidence Interval formula at a 5% significance level produced a range of 161.8583 – 168.9917. This lower and upper bound falls within the "Moderate" interval category, indicating that the implementation of Paul's advice on caring life based on Galatians 6:1–10 among students at SMP BOPKRI Godean Yogyakarta is at a *moderate* level. Although the hypothesis assumed a moderate category, this result highlights a gap between expectations and the reality of applying the values of care taught by the Apostle Paul.[16]

In Galatians 6:1–10, Paul emphasizes the importance of living in love and caring for others, such as bearing one another's burdens and doing good to all people, especially to fellow believers. However, the implementation of this teaching in students' daily lives may be hindered by various factors. One of them is the lack of deep understanding of the meaning and practical application of these teachings. For instance, the approach to a fellow who errs should be carried out with gentleness and patience, reflecting the fruit of the Spirit in the believer's life. When such understanding is not yet firmly rooted in students, its implementation tends to be less than optimal.[17]

Second, the testing of the second hypothesis through regression analysis revealed that the correlation coefficient (ry1) between Self-Awareness (D1) and the implementation of Paul's advice on caring life based on Galatians 6:1–10 among students (Y) is 0.935, which indicates a very strong influence.[18] Furthermore, the Self-Awareness dimension (D1) contributes 87.5% to the implementation of Paul's advice on caring life. This means that the dominant dimension influencing implementation is indeed Self-Awareness (D1).[19] This finding shows that students are more inclined to understand and practice the values of caring by beginning with self-management, such as awareness of mistakes, personal introspection, and individual spiritual growth.[20]

In Galatians 6:1–4, Paul stresses the importance of restoring others in a spirit of gentleness and self-control: *"If someone is caught in a sin, you who live by the Spirit should*

[16] Fajar Wahyu Nugroho, "Applied Business and Office Administration," 2025.

[17] Sean P Collins dkk., "The Correlation Between Vocabulary Acquisition And Reading Comprehension In Narrative Texts Of Junior High School Students," 2021, 167–86.

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[20] Elise J Dallimore dan Tasha J Souza, *Pedagogical Strategies*, 2001.

restore that person gently.[21] *But watch yourselves, or you also may be tempted."* This verse underlines that care for others must first be grounded in care for one's own condition and integrity.[22]

The significant emphasis on the Self-Awareness dimension may also reflect that students are still in a developmental stage focused on personal character formation.[23] This is supported by Tampubolon's research, which found that spiritual growth among early adolescents tends to be more dominant in personal (internal) aspects than in social (external) aspects, since at this stage students are building their self-identity and personal moral control.

CONCLUSION

First, the results of testing the first hypothesis show that the level of implementation of Paul's advice on caring life based on Galatians 6:1–10 among students at SMP BOPKRI Godean Yogyakarta falls into the *moderate* category, which is consistent with the proposed hypothesis. Thus, the hypothesis is accepted. Based on the analysis using the Confidence Interval at a 5% significance level, the lower and upper bounds of 161.8583 – 168.9917 indicate that the implementation lies within the moderate category interval. Second, the results of testing the second hypothesis show that the dominant dimension determining the implementation of Paul's advice on caring life based on Galatians 6:1–10 among students at SMP BOPKRI Godean Yogyakarta is Self-Awareness. This is in accordance with the proposed hypothesis; therefore, the hypothesis is accepted. Based on the linear regression analysis, it is found that the variable (D1) Self-Awareness has a correlation coefficient of 0.935 and provides the highest contribution, amounting to 87.5%, in shaping the implementation of Paul's advice on caring life based on Galatians 6:1–10 among the students.

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