



A study on self compassion and life satisfaction among youths

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Abstract

The purpose of the study was to examine the relationship between Self- Compassion and Life Satisfaction among Youths. A snowball sample of 220 participants consisted males (77) and females (143) from urban (161) and rural (59) domicile and from students (144), working professionals (58), and both student & working (18) individuals were considered for the study. Self-Compassion Scale - Short Form (SCS-SF) (Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D., 2011) and Satisfaction with Life Scale (SWLS) (Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S., 1985) [5] were used for gathering the data. The results were analyzed using Pearson Product Movement Correlation. The result of the study indicated, self- compassion has highly significant positive correlation with life satisfaction among youths. The study also involved gender, domicile and occupation for each of the variables. Limitations of the study and suggestions for further studies were discussed.

Keywords: Self-compassion, life satisfaction, gender, domicile and youths

Introduction

Self Compassion

Self-compassion can be defined as a self attitude of being kind, empathetic and accepting oneself during the difficult times and understanding that committing mistakes is the part of human nature.

Life Satisfaction

Life satisfaction is the subjective perception of one's overall happiness and fulfillment attained by individual life goals, expectations and accomplishments.

Rationale of the present study

Being kind and compassionate can make an individual feel good and help other people. Self- compassion has the ability to increase motivation, can assist to face obstacles in a healthier way and help to embrace oneself. Previous studies have shown that people with self- compassion are less likely to be critical of them, depressed or anxious, and more satisfied with their lives, have better physical and mental health, and have stronger relationships. Studies had conducted on a particular population like nursing students, nurses, doctors, gay men, and others. There are very few investigations had done on this subject among normal population.

Self- compassion and life satisfaction seem to be decreasing in today's youth; criticizing, blaming, being so harsh on them, poor psychological wellbeing, less satisfied with the life. Thus, it is important to know the present scenario of this by conducting an empirical research on youths.

Review of Literature

The extensive review of previous studies have found significant positive correlation between self compassion and life satisfaction as self compassion increases life satisfaction also increases between the gender, across the various cultures and populations.

Methodology

Aim

To study the relationship and gender difference in the level of self-compassion and life satisfaction among youths.

Objectives

1. To study the relationship between self-compassion and life satisfaction among youths.
2. To study the gender (male and female) difference in the level of self- compassion and life satisfaction among youths.

Hypotheses

1. There is no significant relationship between self-compassion and life satisfaction among youths.
2. There is no significant gender (male and female) difference in the level of self- compassion among youths.
3. There is no significant gender (male and female) difference in the of life satisfaction among youths.

Variables

Self- Compassion

Life Satisfaction

Procedure

The data was collected through Google Forms to reach more participants. The data was collected through snowball sampling method by using standardized questionnaire. Before the collection of data, the investigator has taken consent from each individual by explaining the purpose of the study. Investigator assured them that the response would be kept confidential.

Research Tools

Self-Compassion Scale-Short Form (SCS-SF) (Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D., 2011)

This short form scale contains 12 of original 26 SCS items. It is a self- reporting tool and can be administered to individual and to the group. It is five pointed likert scale, from almost never=1 to almost always=5.

Reliability and Validity

It has high reliability; internal consistency, with Cronbach's alpha >.86 and a near perfect correlation with the long form

SCS ($r > .97$), when looking at overall self-compassion scores. However, reliability of the subscales is lower (r is ranging from .54 to .75), because each subscale only contains two items.

The test has discriminative validity.

Scoring

To compute total self-compassion score, first reverse score the negative subscale items- self-judgment, isolation, and over-identification. Then take the mean of each subscale, and compute a total mean (the average of the six subscale means). Interpret the result by using below norm.

- 1.0-2.49 Low self-compassion
- 2.5-3.5 Moderate self-compassion
- 3.51-5 High self-compassion

Satisfaction with Life Scale (SWLS) (Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S., 1985) [5]

It is a self-reporting tool and has five items. It can be administered to individual and to the group. It is seven-pointed Likert scale, from strongly disagree=1 to strongly agree=7.

Reliability and Validity

This scale has high reliability; internal consistency, with an alpha of 0.87 and test-retest reliability, with a correlation of 0.82 across a two-months time period.

The test is valid.

Scoring

The total score is the sum of scores given by the examinee for the five item response. Each item is rated on 7-point scale ranging from 1 to 7. The maximum score is 35. Higher the score, higher the level of satisfaction with life.

Table 4.2: Mean (M) Standard Deviation (SD) and significant p value between gender (male & female) and domicile (urban & rural).

Variables	Gender and Domicile	N	Mean (M)	Std. Deviation (SD)	t	df	P
Self compassion	Male	77	3.4199	.45892	3.047	218	.003
	Female	143	3.1946	.55427			
Self compassion	Urban	161	3.2645	.57165	-.219	125.614	.771
	Rural	59	3.2855	.41354			
Life satisfaction	Male	77	23.70	5.528	-1.016	218	.311
	Female	143	24.52	5.768			
Life satisfaction	Urban	161	24.29	5.927	.009	213	.993
	Rural	59	24.28	4.704			

The hypothesis stating that, there is no significant difference between genders (male and female) in self-compassion among youths was tested employing independent sample t test. The p value is .003, which is significant. Hence, the null hypothesis is rejected.

The hypothesis stating that, there is no significant difference between genders (male and female) in life satisfaction among youths was tested employing independent sample t test. The p value is .311, which is not significant. Hence, the null hypothesis is accepted.

The hypothesis stating that, there is no significant difference between domicile (urban and rural) on self-compassion among youths was tested employing independent sample t test. The p value is .771, which is not significant. Hence, the null hypothesis is accepted.

There is no significant difference between domicile (urban and rural) on life satisfaction among youths was tested employing independent sample t test. The p value is .993,

- 31-35 Extremely satisfied
- 26-30 Satisfied
- 21-25 Slightly satisfied
- 20 Neutral
- 15-19 Slightly dissatisfied
- 10-14 Dissatisfied
- 5-9 Extremely dissatisfied

Statistical Technique

Pearson’s Coefficient of Correlation
Independent Sample “t” test

Result and Discussion
Correlation

Table 4.1: Pearson’s Coefficient of Correlation on self-compassion and life satisfaction among youths.

	Self compassion	Life satisfaction
Self compassion	1	.378**
Life satisfaction	.378**	1

**Correlation is significant at the 0.01 level (2-tailed).

The hypothesis states that, there is no significant relationship between self-compassion and life satisfaction among youths was tested using the Pearson’s Coefficient of Correlation. The study has indicated a significant relationship at 0.01 levels. There is a highly significant positive relationship between Self-compassion and Life Satisfaction among youths; hence the null hypothesis is rejected.

Independent Sample ‘t’-test

which is not significant. Hence, the null hypothesis is accepted.

Limitations of the study

Certain limitations of this study might influence the results.

- Samples included only within a state.
- Samples were collected in a wider population that is normal youth, not any specific group.
- The data was collected only through self-report measures, which could lead to subjective bias.
- The data were collected through Google forms, not directly.

Acknowledgments

The authors appreciate all the people who have contributed for the successful completion of the study.

Conflict

The author(s) declared no conflict of interest.

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