

Self Compassion and Resilience among Young Adults of J & K During Covid-19 Pandemic

Karuna Gupta¹, Tina Sharma², Dharvinder Singh^{3*}

ABSTRACT

The objective of the present study was to determine whether there was a relationship between self compassion and resilience among young adults during COVID-19 pandemic. The study also aimed to find out the effect of age and gender on self compassion and resilience among young adults. A purposive sampling was employed to select the sample of 200 participants between the age group of 18-24 years. Self Compassion Scale-Short-Form (SCS-SF) (Rae et al., 2011) and Brief Resilience Scale (Smith et al., 2008) were administered to the participants. The results indicated that there was a significant positive relationship between self compassion and resilience among young adults. Further analysis showed that there was no significant effect of age and gender on self compassion and resilience among young adults.

Keywords: COVID-19, Self Compassion, Resilience, Young Adults

The pandemic of COVID-19 posed a different range of challenges and adjustment for the entire world. Many countries had to take harsh steps to safeguard the life of their citizens and for that they imposed complete lockdown on their citizens, just like India. Lockdown created many challenges and uncertainty in the life of entire population of the country. They all were bound to live inside their houses and unable to socialize even with their close friends due to social distancing. The word social distancing itself is a challenge for everyone because human being is a social animal. All these challenging situations created many mental health problems (stress, anxiety, fear, anger, depression etc.) among many individuals. Lately, people have started paying adequate amount of attention towards psychological well being and also taking help from mental health professionals to resolve their concerns obstructing their mental health. In this uncertain situation where the entire world's population is trying to adjust with the new normal, it has also challenged self compassion and resilience of every individual and therefore it is important to study effect of pandemic on such attributes of human psyche.

¹Lecturer, Department of Psychology, University of Jammu, Jammu & Kashmir, India

²Lecturer in Education, Dogra College of Education, Jammu & Kashmir, India

³Lecturer, Department of Psychology, University of Jammu, Jammu & Kashmir, India

*Corresponding Author

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Self compassion is a process of understanding individual against different troubles or failures, without criticizing or judging themselves. With self compassion, individual see all occasion experienced as life processes that must be lived (Neff & McGehee, 2010).

Self compassion was characterized as a capacity to hold one's feeling of suffering with a feeling of warmth, connection and concern (Neff & McGehee, 2010) or capacity that individual could be merciful to themselves (Hefferman, Quinn Griffin, McNulty & Fitzpatrick, 2010). It came out from Buddhist psychology (Neff, 2003) but it was not applied for Buddhism only. It has been investigated in psychological research for a longer time (Persinger, 2012). In Buddhism compassion is viewed as an approach to help individual train their mind in order to improve prosperity and cultivate enlightenment. The compassionate perspective on themselves and others that an individual develops enables them to cope with troublesome feelings and difficulties with greater awareness and understanding (Pauley & McPherson, 2010). The value of compassion on psychological and actual wellbeing has proliferated research studies over the last 25 years and the construct of compassion has been broken into three fundamental zones —compassion we experience for others, compassion we experience from others and self compassion. (Gilbert, 2014).

The majority of the burgeoning studies on self compassion consolidate the theoretical meaning of self compassion proposed by Neff (2003) consisting of three main elements; self-kindness, common humanity and mindfulness. Self kindness is depicted as the capacity to show kindness to oneself instead of criticism, self uncertainty and judgment. Common humanity is acknowledgment and comprehension of common human experience (not unique to self), including acceptance of suffering in the face of disappointment and the capacity to manage unmet expectations with compassion and understanding. Mindfulness is a way of acceptance when experiencing painful emotions and thoughts instead of over identifying with them and being able to hold them in awareness. Mindfulness fosters a flexible thought process that is not affected by personal views but allows for a non-judgmental acknowledgment of feelings and mental states (Neff, 2012).

The term resilience means an individual's ability to overcome adversity and continue his or her normal development. Resilience is the way toward adjusting admirably even with adversity, trauma, tragedy, threats or significant source of stress-such as family and relationship problems, serious health problem or workplace and money related stressors. It means "bouncing back" from difficult experiences. Resilience is generally thought of as a "positive adaption" after stressful or unfavorable circumstances. Resilience is a quality that affects an individual's ability to cope with tension. Resilience is both the limits of individual to explore their way to the psychological, social, cultural and physical resources that sustain their prosperity and their ability individually and collectively to negotiate for these resources to be provided in culturally significant way (Unger, 2008). Resilience is situational and response of individual to various stresses does not stay same forever (Rutter, 1981).

Bluth, Mullarkey and Lathren (2018) found that self compassion was positively related with both curiosity/exploration and resilience and gender moderated the relationship between self compassion and resilience. Hermansyah (2019) conducted a study on self compassion and resilience. The sample comprised of 36 subjects whose parents were divorced in which 8 were males and 28 were females (18-21 years old). Results indicated that there was a significant positive relationship between self-compassion and resilience. Gupta, Singh, Amish and Chauhan (2020) examined the role of self compassion as a resilient factor in psychological distress among the general people during COVID-19 pandemic. Responses

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were obtained from participants (N=390) of India through online Questionnaire by using a cross sectional, correlation design and snowball sampling method. Results showed that self compassion as a resilient factor reduces the psychological distress among general people. Pérez-Aranda et al., (2021) found a significant positive relationship between self-compassion and resilience among 860 Spanish general population.

Hypotheses

On the basis of review of current scenario and previous related literature, we hypothesized that,

- H1 There will be significant relationship between self compassion and resilience among young adults.
- H2 There will be a significant effect of age on self compassion among young adults.
- H3 There will be a significant effect of gender on self compassion among young adults.
- H4 There will be a significant interactive effect of age and gender on self compassion among young adults.
- H5 There will be a significant effect of age on resilience among young adults.
- H6 There will be a significant effect of gender on resilience among young adults.
- H7 There will be a significant interactive effect of age and gender on resilience among young adults.

METHODOLOGY

Participants

The participants of the study comprised of 200 young adults (18-24) of Jammu district. Out of 200 young adults 100 were male young adults and 100 were female young adults i.e., both accounting for 50% of the sample. The data was collected from participants using Google forms through e-mail and social media.

Measures

- **Self compassion scale –short form (SCS-SF)** by Raes et al (2011) was used to assess self compassion among young adults. It is a 12 items scales ranging from 1(almost never) to (almost always). The SCS-SF demonstrated adequate internal consistency (Cranbach's $\alpha \geq .86$ in all sample) and a near perfect correlation with long form SCS ($r \geq .97$ in all sample).
- **Brief resilience scale** by Smith, Dalen, Wiggins, Tooley, Chirstopper & Benard (2008) was used to assess resilience among young adults. It has 6 items ranging from 1(strongly disagree) to (strongly agree). It assesses the ability to bounce back from stress.

Data analysis

Analysis was conducted using IBM SPSS statistics version 20. Pearson product moment correlation was applied to explore the relationship between self compassion and resilience among young adults. Two-way ANOVA was also applied to investigate the interactive effect of gender and age on self compassion and resilience among young adults.

RESULTS AND DISCUSSION

The aim of the present study was to explore the relationship between self compassion and resilience among young adults during COVID -19 Pandemic. Interactive effect of age and gender were also studied with respect to self compassion and resilience among young adults. Pearson product moment correlation method was used to calculate the relationship between

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self compassion and resilience among young adults in COVID-19 pandemic and results are presented in table 1.

Table 1: Correlation between self compassion and resilience among young adults (n=200)

Pearson correlation(r)	Self compassion
Resilience	.21*

*Significant at 0.05 level

Significant positive correlation was found between self compassion and resilience among young adults. In other words, the results suggest that increase in self compassion is accompanied by increase in resilience. The present results are consistent with the findings of Smith (2015) and Fernandes et al (2015) who also found significant positive relationship between self compassion and resilience.

Table 2: Interactive effect of age and gender on self compassion

	Sum of Square	df	Mean Square	F	Sig
Age	53.666	1	53.666	1.844	.176
Gender	18.526	1	18.526	.637	.426
Age*Gender	17.101	1	17.101	.588	.444

No significant effects of age on self compassion were found among young adults. No significant effects of gender on self compassion were also found among young adults. It means both males and females have same level of self compassion. The research of Macedonia (2018) shows that no gender differences were found in self compassion. No significant interactive effect of age and gender were found in self compassion among young adults.

Table 3: Interactive effect of age and gender on resilience

	Sum of Square	df	Mean Square	F	Sig
Age	12.389	1	12.389	.651	.421
Gender	.284	1	.284	.015	.903
Age*Gender	53.091	1	53.091	2.790	.096

No significant effect of age on resilience were found among young adults. No significant effect of gender on resilience were also found among young adults. The present results are consistent with the findings of Sreehari & Nair (2015) who also found no significant effect of gender on resilience among young adults. No significant interactive effects of age and gender on resilience were also found among young adults.

CONCLUSION

On the basis of result, it is concluded that there was significant positive relationship between self compassion and resilience among young adults. No significant interactive effect of age and gender on self compassion and resilience were found among young adults.

The study may help improve the understanding of the psychological impact of exposure to an outbreak like COVID -19, a fast-spreading, life threatening, and infectious disease. It provides some insight to fight or strengthen the individual resources to cope, especially in epidemic and pandemic situations.

The present study has also certain limitations. The sample size of the present study was relatively small. So, the findings may vary for a large sample. In this study only self compassion and resilience were assessed. The present study only includes young adults therefore in further studies, other vulnerable population like aged citizens and adolescent, and school going can also be taken.

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Conflict of Interest

The author(s) declared no conflict of interest.

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