

Research Paper

Big Five Personality Traits and Self-Compassion as Predictors of Resilience among Young Adults

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ABSTRACT

Using a sample of 83 individuals, the present research investigated the predictive impact of self-compassion and the Big Five personality traits on resilience in young adults. Resilience, self-compassion, and personality traits were evaluated using standardized tools such the Brief Resilience Scale (BRS), the Self-Compassion Scale (SCS), and the Big Five Personality Inventory. Neuroticism was found to be a significant negative predictor of resilience ($\beta = -.455, p < .001$), while extraversion was found to be a significant positive predictor ($\beta = .190, p = .042$). Furthermore, agreeableness and resilience were strongly correlated negatively ($\beta = -.263, p = .003$). However, resilience was not substantially predicted by self-compassion, conscientiousness, or openness. The overall regression model explained 45.1% of the variance in resilience and was statistically significant ($R^2 = .451, p < .001$). These findings suggest that personality qualities, especially neuroticism and extraversion, are important in understanding resilience in young people, even though self-compassion and some personality traits may have distinct effects in different cultural and contextual circumstances. The study highlights the importance of distinctive personality qualities in promoting the psychological well-being and adaptive functioning of young adults.

Keywords: Resilience, Big Five Personality Traits, Self-Compassion, Young Adults

People face a range of stressful circumstances and difficulties in daily life that necessitate ongoing adjustment. People react to these challenges in very different ways, though. While some people are able to handle such circumstances with more compassion, patience, and emotional balance, others have a tendency to become excessively judgmental of themselves and emotionally upset. Self-compassion, or how people relate to themselves when they are struggling or failing, is a key component in explaining this difference. Self-compassionate people are more adept at controlling their negative emotions, preserving psychological stability, and developing healthy coping mechanisms.

Along with that, personality qualities have a significant impact on how people view and respond to stressful situations. Different personality traits impact behavioural inclinations, mental patterns, and emotional reactions, all of which have an impact on how well a person handles difficulties. When coupled, personality and self-compassion greatly influence a person's ability to deal with hardship. This skill, which shows the potential to constructively

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adapt and bounce back from challenging life circumstances, is usually referred to as resilience.

Beginning in the 1970s, Norman Garmezy is regarded as one of the earliest and most important scholars to present and examine the idea of resilience in psychology. “Resilience is our ability to bounce back from life’s challenges and unforeseen difficulties, providing mental protection from emotional and mental disorders” – Michael Rutter (1985)

In the middle of the 20th century, the psychological understanding of resilience started to take shape. Early research in this field mostly examined children who, despite growing up in challenging circumstances such as poverty, maltreatment, or parental mental illness, demonstrated healthy psychological and social adaptation (Werner, 1982; Rutter, 1987).

This brought up the crucial question: Why do some people overcome difficulties in life while others do not? Researchers like Emmy Werner and Norman Garmezy began looking into what was then a mostly unknown field: the processes and protective factors that allow people to successfully adapt in the face of hardship. Research on resilience began with this (Garmezy, 1974; Werner, 1989).

While resilience emphasizes the capacity to adjust in the face of hardship, more recent studies have focused on the significance of internal psychological mechanisms that support this adaptability. Among these, self-compassion has come to be recognized as an important factor affecting emotional health.

We must first define compassion in order to define self-compassion. In fact, the two are identical. Compassion is an attitude that can be applied to any living thing, including ourselves, another person, a group of people, a society, animals, the environment, etc. It encompasses a certain combination of feelings, ideas, intentions, desires, drives, and behaviours. As a result, when we discuss self-compassion, we are making it clear that this mindset is focused on ourselves. These modules mainly rely on the knowledge and writings of Paul Gilbert and Kristen Neff, two major experts in the field of developing self-compassion to enhance mental health and well-being.

Kristen Neff defines compassion as: “the recognition and clear seeing of suffering...feelings of kindness for people who are suffering, so that the desire to help – to ameliorate suffering – emerges... recognizing our shared human condition, flawed and fragile as it is” (Neff, 2011, p10)

Similarly, Paul Gilbert defines compassion as: “a basic kindness, with a deep awareness of the suffering of oneself and of other living things, coupled with the wish and effort to relieve it” (Gilbert, 2009, p. xiii)

You will notice that these definitions emphasise four key things, Self-compassion includes awareness of one’s suffering, normalising pain as a universal experience, showing kindness toward oneself, and working toward alleviation of distress. Doing all four of these things for ourselves when we are having difficulties is what self-compassion is all about. That is, being conscious of our own suffering, whatever it may be. Realizing that, despite how difficult it is to feel this grief, we are not alone and that it is a common human experience rather than a sign of weakness. It then entails applying compassion and kindness to ourselves, just as we should to a loved one who is going through a difficult time. Lastly, concentrating our

attention and efforts on ways to alleviate our own suffering and overcome the challenge we are facing.

Individual variations in self-compassion could be impacted by personality characteristics. When someone asks us to describe them, we would probably think of a few characteristics of such person, such as being tall, gregarious, well-groomed, and self-reliant, among others. It indicates that we are describing a characteristic of an individual. In a limited sense, we can judge someone based just on their characteristics, but personality influences all facets of human existence. Therefore, personality is the culmination of an individual's physical, social, moral, intellectual, emotional, and character traits, which manifest as attitudes, aspirations, habits, and temperaments.

The Latin word "persona," which meaning "dress" or "mask," is the source of the English term "personality." Greeks would don persona to participate in a play. However, it has a limited interpretation because it only explains outward characteristics and ignores interior qualities.

The dynamic structure of those psychophysical systems within an individual that defines his particular adaptation to his surroundings is his personality. (Allport, 1961, p. 28)

Sir Francis Galton, a British scientist, is credited with being the first to think about using language sampling to create a thorough taxonomy of human personality traits in 1884. The lexical hypothesis is the notion that this might be feasible. The lexical hypothesis, which contends that language contains the most significant personality traits, is the source of the Big Five model. Building on previous lexical work, Raymond Cattell reduced thousands of descriptors to 16 personality characteristics. These elements ultimately clustered into five global features, which some refer to as the "original Big Five." In the 1980s, Paul Costa Jr. and Robert R. McCrae created the NEO model, which began with three factors and grew into the widely recognized Five Factor Model (FFM), while John M. Digman and associates combined data from earlier studies and confirmed five major features. With the addition of "Agreeableness" and "Conscientiousness" in 1992, the NEO PI became the NEO PI-R, a Big Five tool. The factors that are currently most frequently utilized have their names established by this. The "Five Factor Model" (FFM) is the name given by the NEO maintainers to their model. There are six secondary facets for each NEO personality dimension. Research that categorized comparable human behavioural patterns into five main personality dimensions led to the development of the Big Five personality traits. These characteristics explain how people feel, think, and act in various contexts. The term "neuroticism" describes emotional instability as well as a propensity for stress and worry. Sociability, self-assurance, and vivacious behaviour are examples of extraversion. Creativity, curiosity, and receptivity to novel concepts are all reflected in "Openness to Experience". Kindness, empathy, and collaboration with others are linked to "agreeableness". The term "conscientiousness" describes accountability, self-control, and orderly conduct. When combined, these characteristics aid in comprehending individual variations in behaviour and personality.

Resilience, personality, and self-compassion are closely related psychological concepts that affect a person's mental health and capacity to handle difficulties. While self-compassion enables people to treat themselves with care and understanding during trying times, personality factors influence how people think, feel, and react to stressful situations. Together, these elements support resilience, which is the capacity to adjust, bounce back, and develop in the face of hardship. Positive personality qualities and higher levels of self-

compassion are frequently associated with improved stress management and increased resilience in the face of adversity.

The goal of the current study is to comprehend the psychological elements that enable young adults to deal with stress and obstacles in life. It emphasizes on how individual variances in personality and the capacity to treat oneself with compassion and understanding in trying circumstances may improve adaptability, emotional fortitude, and adversity recovery.

LITERATURE REVIEW

Resilience has gained considerable attention in positive psychology due to its significant role in helping individuals adapt to stress, adversity, and challenging life experiences. Finding the psychological elements that support resilience has drawn more attention from researchers, especially when it comes to young adults who deal with a variety of emotional, social, and intellectual challenges. Self-compassion and personality qualities have been identified as significant factors that may impact a person's ability to deal with challenges and preserve psychological well-being. The present chapter covers prior empirical studies connected to the Big Five personality traits, self-compassion, and resilience in order to give a theoretical and research foundation for the current analysis.

Campbell-Sills et al. (2006) investigated the relationship between resilience, personality traits, coping styles, and psychiatric symptoms among college students. The study used the Connor–Davidson Resilience Scale (CD-RISC), NEO Five Factor Inventory (NEO-FFI), Coping Inventory for Stressful Situations (CISS), and Brief Symptom Inventory (BSI). The findings revealed that resilience was negatively associated with neuroticism and positively associated with extraversion and conscientiousness. Furthermore, task-oriented coping was positively related to resilience and mediated the relationship between conscientiousness and resilience, whereas emotion-oriented coping was linked to lower resilience. The study also demonstrated that resilience moderated the relationship between childhood emotional neglect and current psychiatric symptoms.

Neff and McGehee (2010) examined self-compassion among adolescents ($N = 235$) and young adults ($N = 287$) to understand its relationship with psychological well-being. The findings revealed that self-compassion was strongly associated with greater well-being in both adolescents and young adults. The study also identified family and cognitive factors as important predictors of self-compassion. Furthermore, self-compassion partially mediated the relationship between these factors and well-being, suggesting that individuals with higher self-compassion are better able to cope with negative self-perceptions and life challenges. The authors concluded that self-compassion may serve as an effective intervention target for promoting psychological adjustment and resilience among young people.

Joseph and Henry (2018) conducted a cross-sectional study to examine the relationship between the Big Five personality traits and psychological resilience among 397 Caribbean secondary school adolescents. Pearson Product Moment Correlation and Stepwise Multiple Regression analyses were used to analyse the data. The findings revealed that conscientiousness, agreeableness, openness to experience, and extraversion were positively associated with psychological resilience, whereas neuroticism showed a significant negative relationship with resilience. Furthermore, the Big Five personality traits jointly explained 32.4% of the variance in psychological resilience ($R^2 = .324$). Conscientiousness emerged as the strongest predictor of resilience, followed by agreeableness, neuroticism, and openness

to experience, while extraversion did not contribute significantly. The authors concluded that healthy personality characteristics play an important role in enhancing adolescents' psychological resilience.

Lajunen, Adonis, Giagkou, and Sullman (2026) examined the role of self-compassion in the relationship between resilience and negative affect, including stress, anxiety, and depression, among 494 adults from the general population. The participants completed the Depression Anxiety Stress Scale-21 (DASS-21), the Self-Compassion Scale (SCS), and the Brief Resilience Scale (BRS). The findings indicated that higher resilience was associated with lower levels of negative affect, while self-compassion was significantly related to both resilience and negative affect. Mediation analyses further revealed that self-compassion partially explained the relationship between resilience and emotional distress. The authors concluded that self-compassion may enhance psychological well-being by indirectly influencing resilience and reducing negative emotional experiences.

Overall, the reviewed research indicates that resilience is significantly shaped by personality qualities and self-compassion. Previous studies have consistently shown that extraversion, conscientiousness, agreeableness, and openness are generally positively correlated with resilience, while neuroticism is adversely correlated with resilience. Similarly, self-compassion has been demonstrated to promote psychological well-being and resilience either directly or indirectly through emotional regulation and coping strategies. The results, however, are not totally consistent among studies, especially when it comes to the predictive function of particular personality traits and self-compassion in various cultural and developmental contexts. Furthermore, little study has looked at how self-compassion and the Big Five personality traits affect resilience in young people from India.

Objective

To identify the relative contribution of each Big Five personality trait and self-compassion in predicting resilience among young adults in India.

Hypothesis

Big Five personality traits and self-compassion do not significantly prediction resilience among young adults.

Sample

The sample for the present study comprised 83 young adults (male and female) aged 18 years and above. The participants were selected using a convenience sampling technique. The BigFive Personality Inventory (BFI), the Self-Compassion Scale–Short Form (SCS-SF), and the Brief Resilience Scale (BRS) were administered for data collection.

Tool

- **NEO Five-Factor Inventory (NEO-FFI):** The NEO Five-Factor Inventory (NEO-FFI) developed by Costa and McCrae (1992) was used in the present study to assess personality traits. The inventory is a short form of the NEO Personality Inventory-Revised (NEO-PI-R) and consists of 60 items measuring five dimensions of personality, namely Neuroticism, Extraversion, Openness, Agreeableness, and Conscientiousness, with 12 items for each dimension. The instrument uses a five-point Likert response format. The NEO-FFI has demonstrated adequate internal consistency and construct validity across different populations. Murray et al. (2003) reported satisfactory internal reliability, while Saucier (1998) found the model of the

thirteen subscales derived from the Big Five dimensions to be reliable. Test-retest reliability over periods of up to 30 months has also been reported to be significant, supporting the stability and validity of the scale.

- **Self-Compassion Scale–Short Form (SCS-SF):** The Self-Compassion Scale–Short Form (SCS-SF) developed by Raes, Pommier, Neff, and Van Gucht (2011) was used in the present study to measure self-compassion. The scale consists of 12 items representing six dimensions, namely self-kindness, self-judgment, common humanity, isolation, mindfulness, and over-identification. Responses are recorded on a five-point Likert scale ranging from 1 (Almost Never) to 5 (Almost Always). The negative items, including self-judgment, isolation, and over-identification, are reverse scored. The SCS-SF demonstrated good internal consistency with Cronbach's alpha coefficients greater than .86 across different samples. The short form showed a near-perfect correlation ($r \geq .97$) with the original 26-item Self-Compassion Scale, indicating strong validity. Confirmatory factor analyses also supported both the six-factor structure and a higher-order self-compassion factor.
- **Brief Resilience Scale (BRS):** The Brief Resilience Scale (BRS) developed by Smith, Dalen, Wiggins, Tooley, Christopher, and Bernard (2008) was used in the present study to assess resilience among young adults. The scale consists of six items that measure an individual's ability to bounce back or recover from stress and adversity. Responses are recorded on a five-point Likert scale ranging from 1 (Strongly Disagree) to 5 (Strongly Agree). Items 2, 4, and 6 are reverse scored before computing the total resilience score. The Brief Resilience Scale has demonstrated high internal consistency, with Cronbach's alpha values ranging from .80 to .91 across diverse populations. Test-retest reliability coefficients of .69 over one month and .62 over three months have also been reported. The scale possesses strong construct validity and a stable unidimensional factor structure, making it a reliable and valid measure of resilience.

RESULT

Table 1. Descriptive Statistics

Variable	Mean	Std. Deviation	N
Resilience	18.92	4.440	83
Neuroticism	35.71	6.173	83
Extroversion	40.24	5.494	83
Openness	37.02	4.425	83
Agreeableness	37.31	4.234	83
Conscientiousness	43.65	5.886	83
Self-Compassion	38.22	6.768	83

The descriptive statistics for each study variable are shown in **Table 1**. Resilience had a mean score of 18.92 (SD = 4.440). The Big Five personality traits included mean scores of 35.71 (SD = 6.173) for neuroticism, 40.24 (SD = 5.494) for extraversion, 37.02 (SD = 4.425) for openness, 37.31 (SD = 4.234) for agreeableness, and 43.65 (SD = 5.886) for conscientiousness. Self-compassion had a mean score of 38.22 (SD = 6.768). All characteristics were tested among 83 young adults, and the results show moderate variability in participant answers.

Table 2. Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.672	.451	.408	3.416

a. Predictors: (Constant), self-compassion, openness, agreeableness, extroversion, Conscientiousness, neuroticism

The model description of the multiple regression analysis performed to investigate the predictive role of self-compassion and the Big Five personality traits on resilience in young adults is shown in **Table 2**. A moderate to strong link between the predictors and resilience is indicated by the obtained correlation coefficient ($R = .672$). According to the coefficient of determination ($R^2 = .451$), neuroticism, extroversion, agreeableness, openness, conscientiousness, and self-compassion accounted for 45.1% of the variance in resilience.

The adjusted R^2 value of .408 shows that the model was still able to explain 40.8% of the variance in resilience after controlling for the number of factors. The standard error of estimate was 3.416, suggesting an adequate level of forecast accuracy.

The results show that self-compassion and the Big Five personality traits jointly accounted for 45.1% of the variance in resilience, indicating that individual personality qualities are significant in understanding resilience in young people. More than half of the variance, however, could not be explained, suggesting that resilience may also be influenced by additional psychological, social, and environmental factors.

Table 3. ANOVA^a

Source	Sum of Squares	df	Mean Square	F	Sig.
Regression	729.733	6	121.622	10.425	< .001
Residual	886.676	76	11.667	—	—
Total	1616.410	82	—	—	—

The multiple regression model's ANOVA results are shown in **Table 3**. The findings indicated that the entire regression model was statistically significant, $F(6, 76) = 10.425$, $p < .001$. This suggests that resilience in young people was significantly predicted by the Big Five personality traits and self-compassion taken together. Therefore, the regression model was proven to be an excellent fit for explaining variations in resilience in the present experiment.

Table 4. Coefficients^a

Model	Unstandardized Coefficients B	Std. Error	Standardized Coefficients Beta	t	Sig.
(Constant)	25.839	7.700	—	3.356	.001
Neuroticism	-.327	.082	-.455	-3.966	<.001
Extroversion	.153	.074	.190	2.064	.042
Openness	.149	.086	.149	1.737	.086
Agreeableness	-.276	.091	-.263	-3.031	.003
Conscientiousness	-.001	.071	-.001	-0.010	.992
Self-Compassion	.089	.076	.135	1.166	.247

Big Five Personality Traits and Self-Compassion as Predictors of Resilience among Young Adults

The regression coefficients for the factors that predict young adults' resilience are shown in **Table 4**. The data demonstrated that neuroticism was a substantial negative predictor of resilience ($\beta = -.455$, $p < .001$), but extraversion was a significant positive predictor ($\beta = .190$, $p = .042$). Additionally, agreeableness was found to be a significant negative predictor of resilience ($\beta = -.263$, $p = .003$). However, openness ($\beta = .149$, $p = .086$), conscientiousness ($\beta = -.001$, $p = .992$), and self-compassion ($\beta = .135$, $p = .247$) did not substantially predict resilience. Thus, among young people in the current study, neuroticism, extraversion, and agreeableness were revealed to be important predictors of resilience.

Table 5 Confidence Intervals and Collinearity Statistics for Predictors of Resilience

Model	Lower Bound	Upper Bound	Tolerance	VIF
(Constant)	10.503	41.175	—	—
Neuroticism	-.491	-.163	.549	1.823
Extroversion	.005	.301	.853	1.172
Openness	-.022	.320	.985	1.015
Agreeableness	-.457	-.095	.958	1.044
Conscientiousness	-.142	.140	.821	1.218
Self-Compassion	-.063	.240	.537	1.863

The 95% confidence intervals and collinearity statistics for the predictor variables used in the multiple regression model are shown in **Table 5**. Resilience was strongly predicted by neuroticism (95% CI = -0.491 to -0.163), extraversion (95% CI = 0.005 to 0.301), and agreeableness (95% CI = -0.457 to -0.095). On the other hand, the confidence intervals for self-compassion (95% CI = -0.063 to 0.240), conscientiousness (95% CI = -0.142 to 0.140), and openness (95% CI = -0.022 to 0.320) included zero, indicating that these predictors were not statistically significant. Additionally, there was no multicollinearity among the predictor variables, as indicated by the tolerance values ranging from .537 to .985 and the VIF values ranging from 1.015 to 1.862.

Table 6. Correlation table

		Resilience	Neuroticism	Extroversion	Openness	Agreeableness	Conscientiousness	Self-Compassion
Pearson Correlation	Resilience	1.000	-.575	.353	.134	-.168	.214	.434
	Neuroticism		1.000	-.328	.021	-.100	-.346	-.651
	Extroversion			1.000	.058	.133	.249	.302
	Openness				1.000	.021	-.008	-.079
	Agreeableness					1.000	.150	.159
	Conscientiousness						1.000	.373
	Self-Compassion							1.000
Sig.	Resilience	.						

Big Five Personality Traits and Self-Compassion as Predictors of Resilience among Young Adults

		Resili ence	Neuroti cism	Extrove rsion	Open ness	Agreeabl eness	Conscientio usness	Self-Compa ssion
(1- tailed)	Neuroticis m	.000	.					
	Extroversio n	.001	.001	.				
	Openness	.113	.426	.300	.			
	Agreeablen ess	.065	.184	.116	.425	.		
	Conscientio usness	.026	.001	.012	.471	.088	.	
	Self-Compassio n	.000	.000	.003	.240	.075	.000	.
N		83	83	83	83	83	83	83

Note. N = 83. $p < .05$. $p < .01$. $p < .001$.

The Pearson correlation coefficients between self-compassion, resilience, and the Big Five personality traits are shown in **Table 6**. The data demonstrated that resilience was strongly and adversely connected with neuroticism ($r = -.575$, $p < .001$), showing that higher levels of neuroticism were associated with poorer resilience. Resilience was strongly and positively linked with extraversion ($r = .353$, $p < .001$), conscientiousness ($r = .214$, $p = .026$), and self-compassion ($r = .434$, $p < .001$), suggesting that those with higher scores on these characteristics tended to report stronger resilience. Nevertheless, there was no statistically significant link found between resilience and agreeableness ($r = -.168$, $p = .065$) or openness ($r = .134$, $p = .113$). There were 83 people in the sample.

The relationships between self-compassion, conscientiousness, agreeableness, and resilience are shown in **Table 6**. The data suggested that resilience was inversely connected with agreeableness ($r = -.168$, $p = .065$), however the connection was not statistically significant. Resilience revealed a substantial positive connection with conscientiousness ($r = .214$, $p = .026$) and self-compassion ($r = .434$, $p < .001$), demonstrating that higher levels of conscientiousness and self-compassion were related with better resilience among young adults. Additionally, agreeableness did not substantially correlate with either conscientiousness ($r = .150$, $p = .088$) or self-compassion ($r = .159$, $p = .075$), while conscientiousness was positively and significantly correlated with self-compassion ($r = .373$, $p < .001$). A sample of 83 people was used for all analyses.

DISCUSSION

The present study aims to evaluate the predictive influence of the Big Five personality traits and self-compassion on resilience among young people. The data revealed that neuroticism was a major negative predictor of resilience, whereas extraversion appeared as a significant positive predictor. While openness, conscientiousness, and self-compassion did not significantly predict resilience, agreeableness was found to be a major negative predictor.

The results of this study largely corroborate those of **Campbell-Sills et al. (2006)**, since extraversion emerged as a major positive predictor of resilience while neuroticism shown a

strong negative correlation. These results imply that people who are socially engaged and emotionally secure are better equipped to deal with hardship and adjust to difficult circumstances. Conscientiousness did not, however, significantly predict resilience in the current population, in contrast to the previous study. This could be because of cultural differences, sample characteristics, or the impact of other variables in the regression model. In contrast to Western empirical research (e.g., Joseph & Henry, 2018), agreeableness was found to be a significant negative predictor of resilience ($\beta = -.263$, $p = .003$), whereas conscientiousness ($\beta = -.001$, $p = .992$) and openness ($\beta = .149$, $p = .086$) lacked significant predictive value. The collectivistic and intensely competitive socio-academic environment of India provides the best explanation for these disparities. Highly agreeable people frequently put interpersonal harmony ahead of personal limits in such situations, which results in overaccommodation, emotional tiredness, and ultimately less resilience during difficult times. Similarly, when healthy attentiveness is transformed into perfectionism and persistent anxiety due to severe pressure to reach strict familial and cultural criteria, the usual protective effects of conscientiousness are sometimes countered. Furthermore, rather than serving as a stress-reduction strategy, openness's autonomy and novelty-seeking traits may unintentionally conflict with conventional norms, creating cognitive dissonance. As a result, these characteristics create particular psychosocial challenges for young adults in India rather than directly improving resilience.

The results are different from those of Neff and McGehee (2010), who discovered a high correlation between self-compassion and resilience and psychological well-being in adolescents and young adults. Self-compassion was not found to be a significant predictor of resilience in this study ($\beta = .135$, $p = .247$). This disparity may be related to cultural diversity, the relatively small sample size, or the inclusion of numerous personality factors in the regression model, which may have lessened the unique contribution of self-compassion.

Moreover, self-compassion did not show up as a significant independent predictor in the multiple regression model ($\beta = .135$, $p = .247$), while showing a strong positive association with resilience ($r = .434$, $p < .001$). This discrepancy raises the possibility that the connection between resilience and self-compassion is more complicated and indirect than strictly linear. Self-compassion probably works through mediating pathways, such as buffering negative affect, improving emotion regulation, or encouraging adaptive coping mechanisms, as suggested by Lajunen et al. (2026). The direct predictive power of self-compassion may be statistically overwhelmed in a multiple regression model where variation is shared with dominant, deeply embedded personality factors like extraversion and neuroticism. This emphasizes how it may be used in future resilience models as a moderating or mediating variable rather than as a stand-alone predictor.

Overall, the results indicate that personality qualities, especially neuroticism and extraversion, are significant predictors of resilience in young people, while the impact of other personality traits and self-compassion may fluctuate depending on the cultural and contextual situation.

CONCLUSION

This study investigated the predictive power of self-compassion and the Big Five personality traits on youth resilience. According to the findings, extraversion seemed to be a large positive predictor of resilience, while neuroticism was a major negative predictor. Agreeableness was also found to be a strong predictor of resilience, although in the opposite

way. On the other hand, resilience in the current group was not significantly predicted by openness, conscientiousness, or self-compassion.

Overall, the regression model was statistically significant and explained 45.1% of the variance in resilience, demonstrating that personality traits and self-compassion combined help to understanding resilience among young people. The findings show that emotionally stable and socially outgoing persons are more likely to demonstrate higher levels of resilience while encountering life obstacles and adversity.

While having a positive correlation with resilience, self-compassion did not show up as a significant predictor in the regression analysis, indicating that it may have an indirect impact through coping mechanisms, emotional regulation, or other psychological processes. Similarly, the non-significant effects of openness and conscientiousness imply that the link between personality traits and resilience may vary across different cultural and contextual circumstances.

Overall, the study contributes to a better knowledge of the elements related with resilience among young adults and underscores the role of personality features in supporting adaptive functioning and psychological well-being. To investigate the direct and indirect ways that personality traits and self-compassion affect resilience, new studies with bigger and more varied sample sizes are advised.

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Conflict of Interest

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