

The predictive role of the self-compassion on psychological vulnerability in Turkish University Students

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Abstract

The purpose of this study is to examine the predictive role of the self-compassion on psychological vulnerability. Participants were 281 university students (156 women, 125 men). In this study, the Self-compassion Scale and the Psychological Vulnerability Scale were used. The relationships between self-compassion and psychological vulnerability were examined using correlation analysis and multiple regression analysis. In correlation analysis, self-kindness, common humanity, and mindfulness factors of self-compassion were found negatively and self-judgment, isolation, and over-identification factors of self-compassion were found positively related to psychological vulnerability. According to regression results, psychological vulnerability was predicted positively by self-judgment, isolation, and over-identification. Further self-kindness, common humanity, and mindfulness predicted psychological vulnerability in a negative way. Self-compassion has explained 56% of the variance in psychological vulnerability. The results were discussed in the light of the related literature and dependent recommendations to the area were given.

Keywords: *Self-compassion, psychological vulnerability, multiple regression analysis*