

## THE ROLE OF SELF-COMPASSION IN PSYCHOLOGICAL CONDITIONS: NARRATIVE LITERATURE REVIEW IN INDONESIAN RESEARCH PARTICIPANTS

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### ABSTRACT

**Keywords:** self-compassion; psychological aspect; narrative literature review; Indonesian participant.

Self-compassion is a person's way of loving themselves and accepting themselves. Self-compassion is also a concept of kindness to oneself, especially in times of difficulty or failure. This research method uses a qualitative approach, namely a narrative literature review. There are ten references indexed in the Google Scholar database with a publication range from 2018 to 2023. The references used are research using Indonesian participants. The focus of the discussion is related to self-compassion. This research shows that the role of self-compassion in daily life influences many psychological aspects of various individual characteristics. Several variables are often associated with self-compassion, namely depression, loneliness, well-being, stress, social support, and self-regulation. It is hoped that further research can examine more deeply and broadly the role of self-compassion in various individual characteristics.



### Introduction

Self-compassion is an individual's way of continuing to do good despite being in unpleasant conditions. Someone who has self-compassion will have greater awareness and often have more positive health (Bluth & Neff, 2018). Self-compassion has a good function in helping individuals survive stressful or stressful conditions. Self-compassion can be considered as a self-resource capable of helping to handle difficult situations, deal with negative emotions, and avoid excessive poor self-identification (Ewert et al., 2021). Through self-compassion, a person will love and cherish himself with what he has but do not forget to also realize what must be improved (Riany & Ihsana, 2021).

Indicators of the formation of self-compassion according to Neff (2003), namely self-kindness, self-judgment, humanity (common humanity), feelings of isolation (isolation), mindfulness (mindfulness), and overidentification (overidentification). Self-kindness is a condition when one still loves oneself even though you are experiencing unpleasant conditions. A person who has self-kindness will understand his pain and failure and that the condition is a process in life that can be passed. Self-assessment in self-compassion is a condition when a person can criticize or judge himself to be an evaluation of what he already has and positive things that can be improved. Meanwhile, humanity is an understanding that everyone can experience various difficult times. In the aspect of feeling isolated, an example is the feeling that someone has when they feel alone and dragged on by mistakes made themselves. Furthermore, in the aspect of excessive

thought identification is when someone feels overwhelmed by negative thoughts and emotions that arise (Cleare, Gumley, Cleare, & O'Connor, 2018).

Several studies that use Indonesian translate that self-compassion is self-compassion (Erismadewi, Swedarma, & Antari, n.d.). (Ayulanningsih & Karjuniwati, 2020) research revealed that there is a correlation between self-compassion and subjective well-being with divorced parents. Furthermore, in the results of research by (Pratiwi, Dahlan, & Damaianti, 2019), self-compassion is related to positive thoughts related to oneself, especially in the study discussing body image.

Based on this explanation, this study aims to explore self-compassion and its relationship with other psychological variables more deeply. Researchers also focused on analyzing articles discussing self-compassion that specifically used Indonesian participants.

### **Research Methods**

Self-compassion is an individual's way of continuing to do good despite being in unpleasant conditions. Someone who has self-compassion will have greater awareness and often have more positive health (Bluth & Neff, 2018). Self-compassion has a good function in helping individuals survive stressful or stressful conditions. Self-compassion can be considered as a self-resource capable of helping to handle difficult situations, deal with negative emotions, and avoid excessive poor self-identification (Fourianalistyawati, Uswatunnisa, & Chairunnisa, 2018). Through self-compassion, a person will love and cherish himself with what he has but do not forget to also realize what must be improved.

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Based on this explanation, the purpose of this study is to explore more deeply self-compassion and its relationship with other psychological variables. Researchers also focused on analyzing articles discussing self-compassion that specifically used Indonesian participants.

### Results and Discussion

In this narrative literature review research, several research articles were found about self-compassion. The analysis focused on research conducted on Indonesian participants. The results of the analysis obtained by the researcher are described in the following table:

Author (Year)	Heading	Method	Sample	Instrument	Result
Ausie & Poerwandari (2021)	The role of loneliness and self-compassion as predictors of depressive symptoms in college students	Quantitative, multiple regression analysis	401 students residing in the Jabodetabek area	6-Item De Jong Gierveld Loneliness Scale, Self-Compassion Scale – Short Form, & Patient Health Questionnaire – 9	Loneliness and self-compassion significantly predict depressive symptoms. Self-compassion significantly reduces symptoms of depression.
Fourianalistya wati dkk. (2018)	The Role of Mindfulness and Self Compassion toward Depression among Pregnant Women	Quantitative, correlation analysis, multiple regression analysis	121 women who are pregnant with the age of more than 18 years and domiciled in the Jabodetabek area	The Five Facets of Mindfulness Questionnaire (FFMQ), Self-Compassion Scale (SCS), & Edinburgh Postnatal Depression Scale (EPDS)	Self-compassion secara keseluruhan juga ditemukan berkontribusi signifikan dalam memprediksi depresi.
Kotera dkk. (2022)	Mental well-being of Indonesian Students: Mean Comparison with UK students and relationships with self-	Quantitative, correlation analysis, regression, and mediation	156 Indonesian students and 145 UK students	Short Warwick–Edinburgh Mental Wellbeing Scale, Self-Compassion Scale–Short Form, Utrecht Work Engagement Scale	Self-compassion is the strongest predictor of mental well-being.

	compassion and academic engagement				
Pratiwi dkk. (2019)	The effect of self-compassion on loneliness in regional college students	Quantitative, simple regression analysis	260 overseas students class of 2018 at the University Indonesian Education	Self-compassion Scale – Short Version & UCLA Loneliness Scale Version 3	<i>Self-compassion</i> significantly contributed 9.6% to loneliness in overseas students.
Renggani dkk. (2018)	Peran self-compassion terhadap psychological well-being pengajar muda in Indonesia teaching	Quantitative, simple regression analysis	60 Young teachers assigned to rural areas	Skala self-compassion disusun oleh peneliti dan <i>psychological well-being scale</i> by Ryff (1989)	<i>Self-compassion</i> affects 62.8% of <i>psychological issues well-being</i> of young teachers.
Riany & Ihsana (2021)	Parenting stress, social support, self-compassion, and parenting practices among mothers of children with ASD and ADHD	Quantitative, MANOVA, regression analysis	34 participants were mothers of ASD children (52%) and 31 participants were mothers of ADHD children (48%)	The Parental Stress Scale, The Multidimensional Scale of Perceived Social Support, The Self-compassion Scale, and the Parent Construct	Self-compassion has a strong association with social support and positive parenting in both ASD and ADHD mothers. Another study found a negative relationship between self-compassion and negative parenting practices in mothers of ADHD children.

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Salsabila & Widyasari (2021)	Mindfulness and academic resilience among unprivileged college students: The mediating role of self-compassion	Quantitative, mediation analysis	131 mahasiswa minimal semester 2	The Mindfulness Attention Awareness Scale (MAAS), The Self-Compassion Scale (SCS), and the Academic Resilience Scale (ARS-30)	Self-compassion sepenuhnya memediasi the relationship between mindfulness and academic resilience among underprivileged students in Indonesia. Mindfulness cannot directly improve participants' academic resilience without the role of self-compassion.
Sugianto dkk. (2022)	Health Self-regulation and Self-compassion as Predictors of COVID-19 Preventive Behavior Indonesia sample	Quantitative, multiple regression analysis	366 participants ranging in age from 17 to 64 years	The Indonesian version of Positive and Negative Affect Schedule (PANAS) & Control Beliefs Inventory (CBI)	Self-compassion and health self-regulation predict COVID-19 prevention behaviors. Higher levels of self-compassion and health self-regulation predict a higher prevalence of COVID-19 prevention behaviors, and vice versa.

Several research articles analyzed illustrate that self-compassion correlates with several psychological variables including loneliness and depression (Ausie & Poerwandari, 2021), mindfulness and depression (Fourianalistyawati et al., 2018), mindfulness and resilience (Salsabila & Widyasari, 2021), mental well-being and

academic engagement (Kotera et al., 2022), and self-regulation (Sugianto, Anna, & Sutanto, 2022).

In line with the results of the analysis that has been done, researchers found self-compassion has a link with symptoms of depression. Research conducted by (Zeller, Yuval, Nitzan-Assayag, & Bernstein, 2015) found the fact that adolescents who have trauma events will have a risk for depression. The condition of adolescents who have self-compassion turns out to be a protective factor for these adolescents not to experience depressive disorders by seeing a decrease in depressive symptoms in several periods of periodic observation. In addition, the results of research by (Zeller et al., 2015) show that it is important for someone to have self-compassion to help themselves in facing difficult times. Realizing that the importance of loving oneself will help one continue to be kind to oneself even in stressful conditions.

In addition to depression variables, studies related to self-compassion are associated with loneliness variables. One of the studies that discusses self-compassion and loneliness is the research of (Liu, Yang, Wu, Kong, & Cui, 2020). In the study, it was found that self-compassion has a relationship and influence in the emergence of loneliness. Self-compassion has a negative influence on loneliness. This negative influence can mean that someone who has high self-compassion tends to be lower.

Furthermore, there is one other interesting topic related to self-compassion. According to (McKay & Walker, 2021), mindfulness and self-compassion have a relationship with developmental indicators in a person. Mindfulness was found to be used to predict psychological well-being and that relationship was mediated by self-compassion. Someone who regularly practices mindfulness turns out to be happier. This is because mindfulness is an activity to give full attention to oneself so that it raises a sense of compassion for oneself. This also affects his psychological well-being.

Other studies explain that self-compassion is closely related to resilience. This statement is supported by research by (Lefebvre, Montani, & Courcy, 2020) which found results that instilling self-compassion is needed to build employee resilience in the workplace. The results of the same study also explain that when self-compassion in each member of the organization is strengthened, it is slowly able to foster resilience in the organization.

Self-compassion also has a significant influence on a person's well-being. According to (López, Sanderman, Ranchor, & Schroevers, 2018), the influence of self-compassion on positive affectation can bring out a sense of emotional warmth and feel understood when someone is in a state of distress. As a complement, a person facing an unpleasant situation needs self-compassion to have resilience while still promoting healthy behaviors aimed at maintaining one's well-being.

Based on the discussion above, researchers can conclude that self-compassion has an important role in affecting several psychological conditions of a person. Self-compassion can be considered an ability that everyone should be able to possess. Self-compassion plays a role in helping a person survive in a bad situation or even an uncomfortable condition. When one realizes that one also needs to feel loved, then one

needs to start by loving oneself. It is hoped that further research can expand studies related to self-compassion on the characteristics of different research subjects and the relationship of self-compassion with other psychological variables. This can add knowledge to the topic of self-compassion, especially research conducted in Indonesia.

### **Conclusion**

Based on the results of the literature review it was found that self-compassion is associated with several psychological variables such as depression, loneliness, well-being, social support, self-regulation, and resilience. Self-compassion has a close relationship with the psychological condition of someone who is going through or has experienced difficult times. Therefore, the study of psychology related to self-compassion is very important to be expanded and deepened. The more people understand the importance of having self-compassion, the more they can deal with stressful situations.

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