

Self-Compassion and its relation to some Personality Traits for a Sample of students*

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Abstract

The present study aims: 1- to examine the relationship between the Self- compassion and personality traits as measured by a list of five factors of personality to determine gender differences (male and female) in self-compassion 3- to determine specialty differences (literary, scientific) in self-compassion

The sample consisted of (184) university students. Participants were 184, (53%) females, and (47%) male, with an average age of (22.36), selected from the Humanities (88), science (96) in King Khalid University.

The tools were Neff's self –compassion scale, and a list of five factors of personality.

The study showed the following results: in correlation analysis there were positive significant relationship between the positive dimensions of Self-compassion (self-kindness, common humanity, and Mindfulness), and personality traits (Openness to Experience, agreeableness, extroversion, and conscientiousness), with a negative relationship between self-judgment, common humanity versus isolation, and mindfulness versus over-identification. It also had a significant negative association with negative affect and neuroticism. The results showed that self-compassion was more evident for

*For the paper in Arabic see pages (17-56)

females than males and that heronry college students showed than self- Compassion more then college students of science. The results also showed that there is interaction between sex and specialization and Self-Compassion. The study concluded by a set of proposals and recommendations on the variance in positive self-compassion beyond that which is attributable to personality.