

**Self-compassion, Difficulties in Emotion Regulation and Mental
Health Problems in Caregivers of Orphanages**



Participant's Name: Tayyba Tahir

Participant ID: S2016146022

Supervisors' Name: Sara Subhan

Institute of Clinical Psychology

University of Management and Technology Lahore

2018

DECLARATION

I, Ms. **Tayyba Tahir** ID: **S2016146022** Student of **MS Clinical Psychology** in the subject of **Clinical Psychology Session 2016-2018**, hereby declare that the matter printed in the thesis **Self-compassion, Difficulties in Emotion Regulation and Mental Health Problems in Caregivers of Orphanages** is my own work and has not been printed, published and submitted as research work thesis or publication in any form in any university, research institution such as in Pakistan or abroad.

Dated: 18.04.2018
Deponent

Signature of

Certificate of Approval

Accepted by the Faculty of the Institute of Clinical Psychology, School of Social Sciences & Humanities, University of Management and Technology, Lahore in partial fulfillment of the requirements for the degree of MS in Clinical Psychology

Supervisor

Prof. Dr. -----.

External Examiner

Prof. Dr.

Director

Deponent

Date: _____

DEDICATION

To my Late Father

You are gone but your belief in me has made this journey possible

Acknowledgement

Thank you so much Allah Almighty for what I thought, and what I still think, and always will, and for giving me strength to complete this task. I would pay gratitude to my Parents, as its mine obligatory duty and immense pleasure, my mother for being so supportive and a helping figure throughout my life especially for sending me Lahore for studies.

I was waiting for the day to write this line when I could pay Regard to my Thesis Supervisor '**Miss Sara Subhan**' Thank you for your guidance, friendship, and even for your discipline. Wherever I may go in my life, I will always remember that I had an excellent guide in the form of a teacher, You. As in Holy Quran Allah said! "**وَالْأُمَمَاتُ لِلرَّحْمَةِ وَالرَّحِيمِ**", you always did so to me; I never came back empty handed from you. My heartily thankfulness for the founders of **ICP, Dr. Zahid Mahmood & Dr. Sadia Saleem**, both of you had been so supportive and ever welcoming for resolving every issue; as well I am very grateful to all the staff of ICP.

I firmly believed that 'Biology is the least which links us' yeah! Thank you my siblings for your trust in me, your support and funny questions and your ever availability especially '**Rumeesa**' everyone who have sister like you need no Good Luck wishes. My very special gratitude to my friends '**Nida, Noor Zainab & Haleema** you all were there to wipe my tears on my each down and celebrate my each Up, Thank you girls.

Table of Contents

		Page No
	Acknowledgements	i.
	Abstract	ii.
	List of Tables	iii.
	List of Appendixes	iv.
Chapter I	Introduction	1
	Implications of the current research	7
	Aims	8
	Objectives	8
Chapter II	Review of literature	10
	Rational of the research	27
Chapter III	Method	29
	Research design	29
	Sampling strategy (Inclusion and exclusion Criteria)	29
	Participates	30
	Measures	30
	Ethical consideration	32
	Procedure	
Chapter IV	Results	34
	Sample description	34
	Hypothesis testing	35
	Summary of results	44
Chapter V	Discussion	45
	Suggestions for further research	48
	Conclusion	48
	References	50

List of Tables

Table No	Page
No	
Table	
1.....	35
Means, Standard Deviations of Age, Working Hours, Working Experience and Dependent Participants (N= 100)	
Table	
2.....	36
Frequency and Percentage of Demographic Characteristics of Participants (N=100)	
Table	
3.....	37
Cronbach Alpha of Self-compassion Scale, Difficulties in Emotion Regulation Scale, Depression, Anxiety and Stress Scale.	
Table	
4.....	38
Mean, Standard Deviation, and Inter-Factor Correlation of Self-compassion Scale, Difficulties in Emotion Regulation Scale, Depression, Anxiety and Stress Scale.	
Table	
5.....	39
Hierarchical Regression Analysis of Self-compassion, Difficulties in Emotion Regulation and Metal Health Problems (N=100)	
Table	
6.....	40
Mean, Standard Deviation, t and p values, Cohen's d on Age Groups	

Table**7..... 41**

Mean, Standard Deviation, t and p value Scores, Cohen's d on Working Experience
Years of Participant

Table**8..... 42**

Mean, Standard Deviation, t and p value Scores, Cohen's d on Working Hours

Table**9..... 43**

Mean, Standard Deviation, t and p value Scores, Cohen's d on Dependent

Lists of Appendices

A: Plagiarism Report

B: Permission Letters for Data Collection

C: Indigenous Scale of Self-compassion (SCS)

D: Difficulties in Emotion Regulation Scale (DERS)

E: Depression, Anxiety and Stress scale (DASS)

Abstract

The current study is an attempt to explore the relationship of self-compassion, difficulties in emotional regulation and mental health problems in caregivers of orphanages. The research was carried out in II phase i.e. pilot study and finally main study. The data was collected from the institutional orphanages through Purposive Sampling and cross sectional research design was used. The measures of the current study comprised of self-compassion Scale (SCS) (Batool & Jabeen, 2017), Difficulties in Emotional Regulation (DERS) (Gratz, & Roemer, 2014) and Depression, Anxiety and Stress Scale (DASS) (Lovibond 1995; Brown et al., 1997). The results showed highly negative significant relationship of self-compassion and mental health and difficulties in emotional regulation have highly negative significant relationship with depression, anxiety and stress. In cultural context, the finding of the study revealed that caregivers of younger age are more self-compassion, have less emotional difficulties and have less mental health.

Chapter I

Introduction

A universal belief and explanation is that an “orphans” is a child whose biological parent are no more. Unites National International children’s Emergency funds (UNICEF) characterized "orphan is a kid who lost single or the two guardians" (UNICEF, 2016). A word orphan is a cause from Greek word "Orphanos" a child whom guardians are dead or have neglected him or her" (Robert, 2014). In Bostowana an orphan is one who is under 18 and whose biological parent are dead (Skinner, 2004). In Islamic law a word "Yatim" is utilized for the orphans which importance is single or forlorn (Funaysan, 2008). The UNICEF detailed that those orphans’ children whose father are dead there are getting by with their mom and whose mother are dead they have surviving father. In any case, some other circumstance the greater part of the orphans lived in the institutional shelter under the supervision of caregivers and roughly more than one million kids are living institutional halfway houses (UNICEF, 2009). The fundamental caregiver figure is characterized as a man who originates from the casual emotionally supportive network, regardless of whether it is a relative or a companion who commits an extensive piece of his or her an opportunity to achieving undertakings identified with the care of the patients over the traverse of no less than a month and a half and without paid remuneration (Dwyer, Lee, & Jankowski, 1994; Wilson, 1989). Not at all like formal emotionally supportive network administrations gave by proficient, prepared, representatives, regularly paid for their work. They can help physically and sincerely by the assistance of social help. It is imperative that they are sufficiently solid to hold up under the whole circumstance independent from anyone else alone.