

**Self-compassion, Interpersonal Difficulties and Mental Health Problems
in University Students**



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DECLARATION

I, Ms. **AtiaBatool** ID: **1500614616** Student of **MS Clinical Psychology** in the subject of **Clinical Psychology session**, hereby declare that the matter printed in the thesis title **Self-compassion, Interpersonal Difficulties and Mental Health in University Students** 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 etc in Pakistan or abroad.

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CERTIFICATE OF APPROVAL

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Dedication

I want to dedicate my present study to MawoodMunji, my mother,

Who inspired me and to all the readers of my research.

Abstract

The current study explored the manifestation and expression of self-compassion and its impact on the interpersonal relationship and mental health in university students. The indigenous scale of self-compassion was developed in this study. The sample size was consisted of 400 female and male students; with the age range of 18-30 years ($M=22.23$, $SD=2.60$), in equal proportion from Bs four years' programs. The sample was selected through multistage sampling technique from both government and private universities of Lahore. Self-compassion, interpersonal difficulty and student problems checklist were given to university students. Factor analysis of self-compassion scale indicated three factors including as Mindfulness, Self-kindness and Spirituality. The present study investigated that, self-compassion inversely associated with mental health problems and interpersonal difficulties in university students. Regression analysis revealed that self-compassion and interpersonal difficulties were significant predictor of mental health problems in university students. The results were discussed in the terms of gender differences, demographic variables and implication for counseling services.

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Introduction

University life is crucial period, where the individuals having greater sense of responsibilities, while they are executing their autonomy. It is period of developing self, pursuing and establishing the career and starting family and striving for social and academic recognition. University years are more demanding and challenging and university students have great pressure from society and their families to compete in academically and economically (Parker, Summerfield, Hogan,&Majeski, 2004). It is time of social comparison in the domains of physical health, having financial resources, academic and professional successes. Entering university is transition experience for many students, may encounter emotional, behavioral and social challenges and difficulties (Enochs&Renk, 2006). University students may experience many difficulties in academic domain such as poor grades, or academic achievement, work load, unhealthy competition, comparison difficulties in comprehension, managing time for studies and social life (Halualani, Chitgopeka, Morrison, & Dodge, 2004).