

Self - Compassion: A Key to Security-Insecurity, Health and Happiness

Manshi Pahuja* and Jyotsana**

Abstract

Self-compassion is considered as an essential human asset especially when faced with the difficulties of life because it encompasses qualities of kindness, equanimity, feelings of inter-connectedness and helping individuals to find hope and meaning. Thus, the current study looked at the association of self-compassion with security–insecurity, health and happiness. The construct of self-compassion inculcates a person to remain kind towards oneself in the situation of pain or failure; perceive their own experiences as a component of the larger human experience; and holding hurtful thoughts and feelings in balanced awareness. The present study was conducted on 125 students from various schools of Haryana having age range from 17 to 19 who completed the self-compassion scale, security-insecurity scale, P.G.I. health questionnaire and subjective happiness scale. Correlation technique was employed to analyze the data. Findings revealed that self kindness, common humanity, and mindfulness are positively correlated to feeling of security, health and happiness. Self-judgment, isolation and over identification are found to be negatively related to feeling of security, health and happiness. Increased self-compassion has been found to predict enhanced feeling of security, psychological health and happiness and decreased feeling of insecurity.

Keywords: Self-Compassion, Security-Insecurity, Health, Happiness.

*Research Scholar, Department of Applied Psychology, GJUS&T, Hisar

**Professor and Chairperson, Department of Applied Psychology, GJUS&T, Hisar