



## INVESTIGATING PREDICTIVE ROLE OF SELF-COMPASSION ON SOCIAL SELF-EFFICACY

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### Abstract

The purpose of this study is to examine predictive role of self-compassion on social self-efficacy. Participants were 299 university students (151 women, 148 men; M age= 21.6 yr.). In this study, the Self-compassion Scale and the Social Self-efficacy Scale were used. The relationships between self-compassion and social self-efficacy were examined using correlation analysis and multiple regression analysis. In correlation analysis, self-kindness, common humanity, and mindfulness factors of self-compassion were found positively and self-judgment, isolation, and over-identification factors of self-compassion were found negatively related to social self-efficacy. According to regression results, social self-efficacy was predicted negatively by isolation and over-identification. Further self-kindness, common humanity, and mindfulness predicted social self-efficacy in a positive way. Self-compassion has explained 58% of the variance in social self-efficacy. The results were discussed in the light of the related literature and dependent recommendations to the area were given.

**Key Words:** Self-compassion, social self-efficacy, multiple regression analysis.