

The Relationship between the Personality Traits and Self-Compassion with Psychological Well-Being in Iranian College Students

Authors : Abdolamir Gatezadeh, Rezvan K. A. Mohamamdi, Arash Jelodari

Abstract : It has been well established that personality traits and self-compassion are associated with psychological well-being. Thus, the current research aimed to investigate the underlying mechanisms in a collectivist culture. Method: One hundred and fifty college students were chosen and filled out Ryff's Psychological Well-Being Scale, the NEO Personality Inventory, and Neff's Self-Compassion Scale. Results: The results of correlation analysis showed that there were significant relationships between the personality traits (neuroticism, extraversion, agreeableness, and conscientiousness) and self-compassion (self-kindness, isolation, mindfulness, and the total score of self-compassion) with psychological well-being. The regression analysis showed that neuroticism, extraversion, and conscientiousness significantly predicted psychological well-being. Discussion and conclusion: The cultural implications and future orientations have been discussed.

Keywords : college students, personality traits, psychological well-being, self-compassion

Conference Title : ICCCD 2018 : International Conference on Cross-Cultural Design

Conference Location : Kuala Lumpur, Malaysia

Conference Dates : December 05-06, 2018