The relationship between self-compassion, academic hope and depression in a sample of high and low academic achievement students in secondary schools in Damascus Governorate

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Abstract

The research aims to explore the predictive ability of the relationship between self-compassion, academic hope and depression among a sample of high and low academic achievement students in secondary schools in Damascus Governorate. The sample consisted of (330) students of some secondary schools at Damascus Governorate, by (150) male (180) female, including (252) scientific students, and (78) literary students. The researchers used: Aself-compassion scale, academic hope and depression scale.

The results showed a positive relationship between self-compassion and academic hope ,negative relationship with psychological depression, also results showed statistically significant differences between high and low academic achievement favor low achievement in self-compassion and depression, and favor high achievement in academic hope, in addition the results showed statistically significant differences between males and females in favor to females in the study variables, and no statistically significant differences between literary and scientific students in self-compassion, statistically significant differences in academic hope and depression in favor to females, also the interaction of sex and academic specialization play an important role in self -compassion.

Keywords: Self compassion, academic hope, depression, high and low academic achievement students, secondary school students.