

Self-Esteem and the Big Five Factors of Personality as a Predictor of Self Compassion A Field Study on A Sample of The Students of Faculty of Education, Damascus University

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Abstract

This research aimed at identifying the nature of the relationship between Self Compassion and each of Self-Esteem and The Big Five Factors Of Personality on the one hand, and determining the contribution of each of Self Esteem and The Big Five Factors of Personality in the prediction of prediction of Self Compassion on the other for university students .The sample consisted of (132) students of Psychology Department in the Faculty of Education, Damascus University, including (45) males and (87) females. Self Compassion Scale, (Neff, 2003), translated and prepared by the researcher, Self Esteem Scale which was prepared by Al Shenawi (1998), and Inventory of The Big Five Factors of Personality which was prepared by Melhem (2009) was used in this research.

Using the correlation coefficient and multiple regression analysis, the results showed that there were positive significant relationships between the grades of students in the self compassion and each of self Esteem, Extroversion, openness to Experience, Agreeableness, and Conscientiousness. And There were negative significant relationship between the grades of students in the Self Compassion and Neuroticism, The analysis regression also revealed that there are significant contribution of variance of Self Esteem, Agreeableness, and Conscientiousness in Self Compassion.

Key words: Self Compassion, Self Esteem, Personality Traits, Extroversion, Neuroticism, Openness To Experience, Agreeableness, and Conscientiousness.