Function of Subfactors of Self-Compassion on Psychological Outcomes in Korean: A meta-analysis.

SOOBIN KIM, YOUNGSOOK CHONG

Pusan National Unitversity, Busan, Korea, Republic of (South)

_Background and objectives

Self-compassion is a healthy attitude to oneself suggested by Neff(2003). When you are in a perfect storm of life, self-compassion let you treat yourself with three kinds of positive mind and refrain from having three kinds of negative one. The construct of self-compassion involves positive components, namely self-kindness, common humanity and mindfulness and negative components consisted by self-judgement, isolation and over-identification. We conducted meta-analysis to explore relations between subfactors of self-compassion and psychological outcomes and to identify functional differences of positive and negative aspects of self-compassion respectively.

_Methods

A meta-analysis was employed including 26 papers published in Korea that reported on components of self-compassion and their relations to various psychological variables. We used a hierarchical classification to categorize various types of psychological outcomes. A parent category was divided into two: positive and negative psychological variables. The sub category was set as six parts of variables: well-being vs. psychopathology, personal strength vs. personal weakness, good relationship vs. bad relationship. We calculated 392 mean effect sizes using CMA2 software.

_Results

The positive components of self-compassion were positively linked with positive psychological variables(r=.374), while the negative components of self-compassion were positively associated with negative psychological variables strongly(r=.406). Mindfulness as a positive factors of self-compassion had a larger effect size with positive psychological outcomes(r=.448) than self-kindness(r=.368) and common humanity(r=.282), especially, was significantly more powerful relations with personal strength(r=.404) and good relationship(r=.516). Among the negative factors of self-compassion, over-identification reported the largest effect size on negative psychological outcomes(r=.474), and isolation is supposed to hinder well-being(r=-.446) and good relationship(r=-.322) prominently.

_Discussion and conclusion

We found that negative aspects of self-compassion would aggravate negative psychological condition and interrupt positive psychological state, whereas positive aspects of self-compassion would make better positive psychological mind. However, the disadvantage is that positive indicators of self-compassion could not suppress negative psychological mind. Pychologists have argued that positive and negative affect are independent(Diener & Emmons, 1984). This study also implies positive and negative components of self-compassion would have separate mechanism when they effect on positive and negative psychological variables. We suggest that, in further investigations, researchers should consider each subfactors of self-compassion impacting on mental health in different ways.