



Şenol Deniz

<https://orcid.org/0000-0003-2553-1070>

Dr.Lecturer, School of Foreign Languages, Ankara University, Ankara, Türkiye, sdeniz@ankara.edu.tr

Atıf Künyesi | Citation Info

Deniz, Ş.(2025). Beyond Survival: A Research Article Exploring How Self-Compassion Cultivates Emotional Resilience Amid Depression, Anxiety, and Stress. *Akademik Tarih ve Düşünce Dergisi*, 12 (5).1098-1114.

Beyond Survival: A Research Article Exploring How Self-Compassion Cultivates Emotional Resilience Amid Depression, Anxiety, and Stress

Abstract

This study examines the transformative role of self-compassion in managing depression, anxiety, and stress through a comprehensive literature review. Defined as adopting a kind, accepting, and understanding attitude toward oneself, self-compassion has emerged as a crucial determinant of psychological well-being. The article highlights how its three core components such as self-kindness, common humanity, and mindfulness collectively strengthen emotional resilience. Findings indicate that individuals with higher levels of self-compassion cope more effectively with stressful or adverse experiences and exhibit reduced symptoms of depression and anxiety. Moreover, interventions such as self-compassion-focused therapy and mindfulness-based programs demonstrate significant benefits in stress reduction. The study concludes by emphasizing the importance of integrating self-compassion practices into mental health frameworks and recommends future research exploring its effects across diverse age groups and cultural settings.

Keywords: Self-Compassion, Depression, Anxiety, Stress Management, Psychological Resilience

Hayatta Kalmanın Ötesinde: Öz-Şefkatin Depresyon, Anksiyete ve Stres Ortamında Duygusal Dayanıklılığı Nasıl Geliştirdiğini İnceleyen Bir Araştırma Makalesi

Öz

Bu çalışma, öz-şefkatin depresyon, anksiyete ve stresin yönetimindeki dönüştürücü rolünü kapsamlı bir literatür taraması aracılığıyla incelemektedir. Kişinin kendisine karşı nazik, kabullenici ve anlayışlı bir tutum benimsemesi olarak tanımlanan öz-şefkat, psikolojik iyi oluşun önemli bir belirleyicisi olarak ortaya çıkmıştır. Makalede, öz-şefkatin üç temel bileşeni olan öz-nezaket, ortak insanlık anlayışı ve farkındalığın birlikte duygusal dayanıklılığı nasıl güçlendirdiği vurgulanmaktadır. Bulgular, yüksek öz-şefkat düzeyine sahip bireylerin stresli ya da olumsuz deneyimlerle daha etkili bir şekilde başa çıktıklarını ve depresyon ile anksiyete belirtilerinin azaldığını göstermektedir. Ayrıca, öz-şefkat odaklı terapi ve farkındalık temelli

Copyright and License Statement

All publication and copyright of this article are held by the Journal of Academic History and Ideas / Akademik Tarih ve Düşünce Dergisi. The article is made available by the journal as open access under the terms of the Creative Commons Attribution–NonCommercial 4.0 International License (CC BY-NC 4.0) (<https://creativecommons.org/licenses/by-nc-nd/4.0/>). Under this license, the article may be used, reproduced, and shared in any medium for non-commercial purposes, provided that proper scholarly attribution is given; however, the original content may not be altered, transformed, or used to create derivative works. The scientific, legal, and ethical responsibility for the content of the works published in the journal rests entirely with the author(s) of the article; the journal's editors and editorial board cannot be held responsible for this content. All requests concerning commercial reuse, translation, or republication of the article must be directed to the journal's editorial board at akademiktarihvedusunce@gmail.com.

programlar gibi müdahalelerin stresin azaltılmasında önemli faydalar sağladığı ortaya konmuştur. Çalışma, öz-şefkat uygulamalarının ruh sağlığı çerçevelerine entegre edilmesinin önemine dikkat çekmekte ve bu uygulamaların farklı yaş grupları ve kültürel bağlamlar üzerindeki etkilerini inceleyen gelecekteki araştırmaları önermektedir.

Anahtar Kelimeler: Öz-Şefkat, Depresyon, Anksiyete, Stres Yönetimi, Psikolojik Dayanıklılık

Introduction

In recent years, strategies to improve the psychological health of individuals and manage negative emotional states have become an important topic of interest for researchers. In this context, self-compassion has gained an important place in the literature on psychological well-being as a concept that refers to an individual's understanding, kind and accepting attitude towards himself/herself (Neff, 2003). Self-compassion is supported by research that it increases individuals' ability to cope with stressful life events and negative experiences and mitigates the effects of psychological problems such as depression and anxiety (MacBeth & Gumley, 2012). This study aims to discuss the role of this concept on individual psychological resilience by systematically evaluating the literature examining the transformative impacts of self-compassion on managing depression, anxiety and stress. Self-compassion is based on three basic components within the framework of a model developed by Neff (2023): self-kindness, common humanity experience and mindfulness. While self-kindness refers to an individual adopting a kind attitude instead of harsh criticism towards himself/herself, common humanity experience allows the individual to accept that the difficulties he/she experiences are a part of being human. Mindfulness allows people to observe their feelings in a harmonious way and not react to these emotions (Neff, 2003). Each of these components explains the protective effects of self-compassion on psychological well-being. Studies shed light on the fact that people with high levels of self-compassion overcome stress more effectively and that this can alleviate symptoms of depression and anxiety (Trompetter, de Kleine, & Bohlmeijer, 2017). In particular, it is stated that self-compassion reduces adverse criticisms of people and enables them to make more constructive self-evaluations (Barnard & Curry, 2011). In this context, self-compassion is regarded not only as an individual coping strategy but also as an effective tool in therapeutic interventions. Methods such as Compassion-Focused Therapy and Mindfulness-Based Interventions aim to reduce the effects of adverse emotional states such as depression, anxiety, and stress by increasing individuals' levels of self-compassion (Gilbert, 2009).

The impacts of self-compassion on individuals' emotional regulation skills are also widely covered in the literature. It is indicated that people with high levels of self-compassion are prone to blaming themselves less when confronted with negative life experiences and develop more

psychological resilience (MacBeth & Gumley, 2012). In addition, meta-analysis inquiries endorse the strong inverse relationship between self-compassion and negative psychological states (Ferrari, Hunt, Harrys et al., 2019). These findings indicate that self-compassion provides a bidirectional mechanism that both improves individuals' ability to cope with negative emotional states and boosts their positive emotions. However, research on the impacts of self-compassion in different age groups and cultural contexts is limited. How cultural differences shape the perception and implication of self-compassion is regarded as an important area of research for future investigations (Neff et al., 2008). What is more, it is emphasised that people with low levels of self-compassion are prone to risk of depression and anxiety and the importance of self-compassion development programs for these individuals is accentuated (Kelly, Zuroff, & Shapira, 2009).

Within this scope, the fundamental purpose of this investigation is to evaluate the existing literature exploring the transformative impacts of self-compassion on dealing with depression, anxiety, and stress so as to gain a more profound and solid understanding of the contributions along with implications of this concept to mental health. The objectives of this investigation are also to carefully identify the existing gaps in the literature and to develop suggestions for a better understanding of self-compassion in different contexts. To serve such a purpose, this research article aims to address the following questions:

Research Questions

1. Through what underlying mechanisms does self-compassion contribute to the reduction of depression, anxiety, and stress symptoms?
2. In what specific ways do the core components of self-compassion, self-kindness, common humanity, and mindfulness facilitate and enhance individuals' psychological well-being?

A Review of the Literature

The impacts of self-compassion on depression, anxiety, and stress have been extensively discussed in the literature, and it has been stated that this concept plays an important role in individual psychological resilience. In this section, the components of self-compassion, its effects on psychological well-being, its use in therapeutic interventions, and its treatment in cultural contexts are systematically examined.

Definition and Components of Self-Compassion

Self-compassion, as a concept developed by Neff (2003), is defined as an individual's understanding, kind, and accepting attitude toward oneself. Based on Neff's model, self-

compassion consists of three pivotal elements: self-kindness, common humanity experience, and mindfulness. Self-kindness refers to an individual's adoption of a gentle approach instead of harsh criticism toward oneself. Common humanity experience allows the individual to accept that the difficulties they experience are a natural part of being human. Mindfulness, on the other hand, helps people observe their feelings in a more harmonious way and avoid acting reactively (Neff, 2003). Research has detailed the positive effects of these components on individuals' psychological health. In particular, self-kindness allows individuals to evaluate themselves in a more supportive manner, while mindfulness increases emotional regulation skills (Neff, 2023). In addition, the experience of common humanity strengthens individuals' sense of social connection by reducing their sense of loneliness (Neff et al., 2008).

Self-Compassion and Psychological Well-Being

The effects of self-compassion on psychological well-being are widely discussed in the literature. A meta-analysis study conducted by MacBeth and Gumley (2012) revealed a strong negative association between self-compassion and psychological problems such as depression, anxiety, and stress. This meta-analysis showed that people with high levels of self-compassion experience less adverse emotional states and cope more effectively with stressful life events.

Barnard and Curry (2011) stated that self-compassion reduces individuals' tendency to blame themselves and enables them to make a more positive self-evaluation. Self-compassion strengthens individuals' ability to cope with negative emotional states by increasing their self-efficacy perceptions. Another meta-analysis study carried out by Ferrari et al. (2019) revealed that self-compassion is an important factor that reduces psychological distress in individuals during adolescence. This study supports the idea that self-compassion provides a mechanism that improves individuals' ability to cope with negative emotional states and increases their positive emotions.

The Utilisation of Self-Compassion in Therapeutic Interventions

In therapeutic interventions, self-compassion is used as an effective tool to improve the psychological health of individuals. Self-Compassion-Focused Therapy aims to reduce symptoms of depression and anxiety by encouraging individuals to develop an understanding attitude towards themselves (Gilbert, 2009). This therapy approach helps individuals to restructure their negative thought patterns towards themselves. Mindfulness-Based Interventions are also considered an effective method for increasing self-compassion. For example, the Mindfulness-Based Stress

Reduction (MBSR) program improves individuals' ability to cope with stress by increasing their awareness and self-compassion skills (Kabat-Zinn, 1990). Such interventions strengthen and empower individuals' emotional regulation skills and increase their psychological resilience. Kelly, Zuroff, and Shapira (2009) indicated that self-compassion levels have a critical influence on the treatment of depression and that increasing these levels allows individuals to respond more quickly to treatment. This insight supports that self-compassion is a fundamental determinant that boosts the mental states of people.

Self-Compassion and Cultural Context

The impacts of self-compassion in cultural contexts have become an increasingly important topic in the literature. Neff et al. (2008) examined how self-compassion is perceived and implemented in different cultures and stated that this concept may vary depending on cultural factors. While individualism is at the forefront in Western cultures, collectivist values are more influential in Eastern cultures. These differences have a pivotal impact on understanding the effects of self-compassion on individuals.

Research indicates that people with low levels of self-compassion tend to criticize themselves at a higher level, and this can increase psychological problems such as depression and anxiety (Trompetter, de Kleine, & Bohlmeijer, 2017). Therefore, adapting self-compassion development programs in cultural contexts is of critical importance in terms of improving the psychological health of individuals.

The Effects of Self-Compassion on Positive Emotions

The effects of self-compassion on positive emotions have also been discussed in the literature. It is supported by research that individuals with high levels of self-compassion have higher levels of hope, life satisfaction, and general happiness (Barnard & Curry, 2011). The findings show that self-compassion not only reduces negative emotional states but also provides a mechanism that increases the overall quality of life of individuals. Ferrari et al. (2019) stated that self-compassion is an essential factor that increases positive emotions in individuals during adolescence and that this strengthens the psychological resilience of individuals. This finding supports the fact that self-compassion has a bidirectional effect that increases the quality of life of individuals.

As it is accentuated above, the literature has extensively examined and focused on the impacts of self-compassion on depression, anxiety, and stress and has revealed the important role of this

concept on individual psychological resilience. Self-compassion reduces negative criticisms of individuals and enables them to make a more constructive self-evaluation. Programs aimed at increasing self-compassion in therapeutic interventions are considered effective tools that improve the psychological health of individuals.

Methodology

In this inquiry, a qualitative research method was adopted so as to scrutinise the impacts of self-compassion on depression, anxiety along with stress. The study was conducted using a literature review method and systematically examined the existing scientific studies that evaluated the impacts of self-compassion on psychological well-being. The literature review method is an approach used to comprehensively compile, analyse, and interpret existing information on a specific topic (Snyder, 2019).

Research Method

The research was designed as a qualitative literature review. Literature reviews aim to synthesize existing knowledge in a specific field and explore the meaning of this knowledge in a broader context (Kitchenham, 2004). In this study, the effects of the concept of self-compassion and its components on depression, anxiety, and stress were analysed with data obtained from previously published empirical and theoretical studies. The literature review method is a process that aims to understand the body of knowledge in the field and to identify new areas of research on the subject (Booth, Sutton, & Papaioannou, 2016).

Data Collection Process

During the data collection process, scientific articles and meta-analysis studies obtained from national and international academic databases (e.g., PubMed, Scopus, Web of Science, PsycINFO, and Google Scholar) were scanned. The keywords used in the data collection process included terms such as "self-compassion", "depression", "anxiety", "stress management", and "psychological resilience".

The selected studies were evaluated according to the following criteria:

Publication Date

Studies published over the past two decades were preferred because the notion of self-compassion has attracted attention in the academic field recently, especially with the evolution of the self-compassion scale by Neff (2003).

Inclusion Criteria

Investigations must be related to self-compassion, depression, anxiety, or stress and must have been published in peer-reviewed journals.

Language Criteria

Studies must be published in English.

Empirical and Meta-analytical Studies

Both quantitative and qualitative empirical studies and meta-analyses are included.

Data Analysis

The gathered data was examined with the employment of the content analysis method. This method involves systematically classifying the texts, identifying themes, and interpreting these themes (Elo & Kyngäs, 2008). In the study, the following steps were followed in order to understand the impacts of self-compassion on depression, anxiety, and stress:

Coding of Data

The findings obtained from the literature were coded in terms of the constituents of self-compassion (self-kindness, common humanity experience, and awareness) and the impacts of these components on psychological well-being.

Determining Themes

At the end of the coding process, main themes explaining the impacts of self-compassion on depression, anxiety, and stress (e.g., psychological resilience, increased positive emotions, decreased self-criticism) were identified.

Synthesis and Interpretation

The identified themes were interpreted within the framework of the research questions of the study, and a general framework was created regarding the effects of self-compassion on psychological health.

As a consequence of the analyses, it has been observed that self-compassion reduces individuals' harsh self-criticism, alleviates symptoms of depression and anxiety, and is an important tool in stress management (Neff, 2023; MacBeth & Gumley, 2012). In addition, it has been determined that self-compassion strengthens psychological well-being by increasing individuals' positive emotional states (Ferrari et al., 2019).

Limitations of the Study

This study is limited to a qualitative literature review only and does not include experimental data collection methods. In addition, focusing only on English studies has led to the exclusion of potentially important literature published in other languages. In addition, the methodological limitations of some studies in the literature have also been considered. Among the restrictions of this investigation built solely on a literature review and that the effects of self-compassion could not be tested with an experimental method. In addition, the limited number of inquiries scrutinising the impacts of self-compassion in different cultural settings limits the generalizability of the overall results. It is recommended that future studies address the effects of self-compassion on different demographic groups in more detail.

The Strengths and Contributions of the Study

This study may make significant contributions to the current knowledge as it examines the effects of self-compassion on depression, anxiety, and stress critically through a literature review method. In particular, the originality of this study is enhanced by examining the protective effects of self-compassion on psychological health from different perspectives. In addition, the findings emphasizing the role of self-compassion in therapeutic practices have also been guiding for practical implications in this field.

Findings

In this section, the findings obtained from the literature review evaluating the impacts of self-compassion on depression, anxiety, and stress are presented with a thematic approach. The findings are systematically discussed under the headings explaining how self-compassion affects individuals' negative emotional states, how it contributes to positive psychological processes, and its role in psychological resilience.

The Impacts of Self-Compassion on Depression

Depression is a common psychological disorder that negatively affects individuals' emotional, cognitive, and behavioural functions (Beck & Alford, 2009). The literature shows that individuals with high levels of self-compassion can overcome depression symptoms more effectively, and this situation strengthens the individuals' psychological well-being.

Self-compassion can alleviate depression symptoms by reducing individuals' tendency to criticize themselves harshly (Neff, 2023). For example, a meta-analysis carried out by MacBeth and Gumley (2012) confirms the strong adverse association between self-compassion and

depression. The effects of self-compassion on depression are particularly related to individuals adopting a more compassionate and supportive attitude towards themselves. In this process, self-kindness and mindfulness components come to the fore. While self-kindness helps people see their failures and flaws as a natural part of being human, mindfulness helps people objectively observe their emotional experiences (Neff, 2003). Furthermore, a study conducted by Ferrari et al. (2019) found that depression symptoms were more common in individuals with low self-compassion. The preventive impacts of self-compassion on depression can be clarified by the fact that it reduces individuals' levels of self-criticism and increases their sense of hope. The previous research shows that self-compassion can be used as a complementary support method in the solution and therapy of depression.

The Effects of Self-Compassion on Anxiety

Anxiety is a common emotional disorder that significantly affects individuals' daily lives. Self-compassion strengthens individuals' psychological flexibility by increasing their capacity to cope with anxiety (Terry, Leary, & Mehta, 2013). An inquiry carried out by Neff et al. (2007) pointed out that people with high levels of self-compassion experience anxiety less intensely. This is related to the idea that self-compassion helps individuals adopt a more accepting attitude towards their negative emotional experiences. In particular, the mindfulness component reduces anxiety levels by allowing individuals to approach their negative thoughts and feelings from an objective distance. Another important finding is the positive impacts of self-compassion on social anxiety. In the inquiry by Werner et al. (2012), it was stated that self-compassion alleviates social anxiety symptoms and helps individuals feel more confident in social situations. It was also emphasized that self-compassion acts as a buffer against anxiety by reducing individuals' tendency to feel inadequate (MacBeth & Gumley, 2012).

The Role of Self-Compassion in Stress Management

Stress is a condition that adversely influences individuals' physical and psychological health. Self-compassion plays an important role in stress management by enabling individuals to be more resilient to stressful life events (Leary et al., 2007). In an experimental inquiry carried out by Leary et al. (2007), it was discovered that people with high levels of self-compassion cope with greater effectiveness with stressful situations such as failure and criticism. It was stated that these individuals exhibit a supportive attitude towards themselves thanks to self-kindness, and this reduces the negative effects of stress.

The effects of self-compassion in stress management are related to helping individuals see stressful situations as a learning opportunity. It is emphasized that the mindfulness component of self-compassion increases individuals' emotional regulation skills in stressful situations. In addition, self-compassion has been found to reduce individuals' physiological stress responses by reducing cortisol levels (Breines et al., 2015).

The Effects of Self-Compassion on Psychological Resilience

Psychological resilience refers to the capacity of individuals to cope with stressful or traumatic life events (Masten, 2014). Literature shows that self-compassion increases psychological resilience, making individuals more resilient to negative life events (Neff, 2023). Trompetter et al. (2017) found that self-compassion increases the mental state and life contentment or fulfilment of individuals overcoming chronic stress. Self-compassion strengthens psychological resilience by reducing individuals' tendency to blame themselves and helping them develop a positive outlook.

Discussion

As emphasised in the article, the primary purpose of this inquiry is to focus on exploring the impacts of self-compassion on depression, anxiety, and stress through a literature review and to evaluate the mechanisms that self-compassion contributes to mental state in this context. The findings revealed that self-compassion has a critical impact on alleviating peoples' adverse emotional states and increasing their psychological resilience. In the Discussion section, these findings are discussed in a broader context and compared with the existing studies in the literature.

The Protective Role of Self-Compassion on Depression

Depression is known to be a disorder that significantly reduces individuals' quality of life (Beck & Alford, 2009). The findings obtained in this study strongly support the effect of self-compassion in reducing depression symptoms. It was concluded that self-compassion increases psychological well-being by reducing individuals' harsh self-criticism towards themselves. These findings align with the findings of Neff (2003) that self-compassion helps individuals see and consider failures as a learning opportunity.

MacBeth and Gumley's (2012) meta-analysis also supports this situation, revealing those people with high levels of self-compassion experience fewer symptoms of depression. The self-kindness component of self-compassion allows individuals to develop a more supportive approach to themselves in times of failure. In this context, the effect of self-kindness on depression has been

strongly emphasized in the literature (Ferrari et al., 2019). In comparison, the findings of the inquiry emphasize the effectiveness of self-compassion development programs in the solution and care of depression. Self-Compassion-Focused Therapy stands out as an effective intervention method that helps individuals restructure their negative perceptions of themselves (Gilbert, 2009). This approach is a promising tool for increasing individuals' capacity to cope with depression.

The Self-Compassion's Impact on Reducing Anxiety

This study also revealed the positive effects of self-compassion on anxiety. Considering that anxiety is a process that consumes individuals' mental and emotional resources, the anxiety-relieving effect of self-compassion is quite valuable. This relationship is also frequently emphasized in the literature. For example, Neff et al.'s (2007) investigation pointed out that peoples with high levels of self-compassion experience anxiety at lower levels. This could be defined by the idea that self-compassion allows people to develop a greater accepting attitude towards their negative emotions.

The mindfulness component, in particular, helps individuals observe their negative thoughts and emotions more objectively. In Werner et al.'s (2012) study on social anxiety, it was stated that self-compassion makes individuals feel less inadequate in social situations and increases their self-confidence. In this context, self-compassion can be considered an effective psychological tool that reduces anxiety at both individual and social levels.

The Effects of Self-Compassion on Coping with Stress

Stress is a multifaceted condition that may have detrimental impacts on both the physical and mental state of people. This study revealed that self-compassion increases individuals' capacity to cope with stress and that this process strengthens individuals' emotional regulation strategies. In a study conducted by Leary et al. (2007), it was stated that individuals with high levels of self-compassion go through less intense adverse emotions in stressful situations. The impacts of self-compassion on stress management are particularly related to helping individuals evaluate stressful situations as a learning opportunity. In this context, the mindfulness aspect of self-compassion allows people to approach tense, pressured and strain inducing circumstances more objectively. In addition, self-compassion has been found to reduce physiological stress responses. Breines et al.'s (2015) study showed that self-compassion reduces individuals' physiological stress responses by reducing cortisol levels.

Psychological Resilience and Self-Compassion

Psychological resilience is an important factor that increases individuals' resilience to stressful or traumatic life events (Masten, 2014). The findings of this study revealed that self-compassion increases individuals' psychological resilience, making them more resilient to negative life events. In the study conducted by Trompetter et al. (2017), it was stated that self-compassion increases individuals' life satisfaction and improves their capacity to cope with chronic stress. Self-compassion supports psychological well-being by reducing individuals' tendency to blame themselves. This allows individuals to develop a more positive perspective on challenging life events. The positive psychological effects of self-compassion contribute to individuals living a healthier and more resilient life, both individually and socially.

Conclusion

This inquiry comprehensively focused on investigating the impacts of self-compassion on depression, anxiety, and stress, emphasizing the protective role of this concept on psychological well-being. The findings show that self-compassion has the potential to alleviate individuals' negative emotional states and increase emotional resilience. Developing a kind, understanding, and accepting attitude towards oneself allows one to manage stressful and challenging life experiences more easily and in a balanced way. The effect of self-compassion on depression stood out as one of the important findings in this study. Individuals experiencing depression often intensely criticize themselves and get lost in negative thought cycles. Self-compassion, on the other hand, offers individuals a more constructive and supportive perspective instead of blaming themselves (Neff, 2003). Approaches such as Compassion-Focused Therapy help individuals reduce self-critical thoughts and establish a healthier emotional balance (Gilbert, 2009). It has been stated in the literature that people with high levels of self-compassion can cope with mood disturbances with greater effectiveness and have a more positive perception of themselves.

The effect of self-compassion on anxiety has also been strongly demonstrated. Individuals experiencing anxiety usually judge themselves in a state of intense anxiety and fear and tend to make negative self-evaluations. The mindfulness component of self-compassion allows people to observe their anxieties and approach these thoughts more calmly and objectively, without being overly attached to them (Terry, Leary, & Mehta, 2013). In addition, people with high levels of self-compassion are able to approach stressful situations more harmoniously because they perceive

them as less threatening. In this context, interventions based on self-compassion stand out as an effective method to alleviate anxiety symptoms and strengthen emotional regulation skills.

In the context of stress management, self-compassion provides a critical mechanism that increases individuals' emotional resilience. Stress can trigger both psychological and physiological reactions, which can have negative effects on an individual's health in the long term. Self-compassion allows individuals to respond more thoughtfully and constructively by reducing their tendency to catastrophize stressful events (Breines et al., 2015). Additionally, research has highlighted the positive effects of self-compassion on physiological responses associated with stress, such as cortisol levels. This suggests that self-compassion offers the chance to advance and enhance not only mental but also physical health outcomes.

These findings are consistent with previous meta-analyses and evidence-based research showing the positive impacts of self-compassion on psychological state. To illustrate, MacBeth and Gumley (2012) demonstrated a significant negative correlation between self-compassion and mental distress, drawing attention to its protective role against depression and anxiety. Similarly, Ferrari et al. (2019) showed that interventions based on self-compassion were effective in reducing emotional vulnerabilities while increasing positive emotions such as hope and life satisfaction. These studies reinforce the potential of self-compassion to improve individuals' mental health. However, it is necessary to further examine the implications of self-compassion in different cultural and demographic contexts. Cultural norms and societal expectations may influence individuals' approaches and practices regarding self-compassion. For example, collectivist societies may place greater emphasis on the common human experience that shapes individuals' self-compassion practices. It is important for future studies to evaluate self-compassion interventions in terms of cultural sensitivity to ensure the universal applicability of these approaches. Similarly, longitudinal studies examining the effects of self-compassion across different stages of life, such as adolescence to old age, are needed.

The practical implications of this study offer important contributions in both clinical and educational contexts. Mental health professionals can incorporate self-compassion training and interventions into their therapeutic approaches to support individuals struggling with depression, anxiety, or stress. In particular, programs such as Mindful Self-Compassion (MSC) and Self-Compassion Focused Therapy (CFT) have shown great success in increasing emotional resilience and reducing psychological symptoms. Furthermore, integrating self-compassion principles into

educational curricula can foster a foundation of lifelong resilience by ensuring that individuals acquire the emotional skills necessary to overcome life's obstacles from an early age.

Ultimately, self-compassion is a powerful and multifaceted concept that addresses human suffering with a gentle, mindful, and understanding approach. The ability to be self-critical, reduce emotional distress, and increase resilience makes self-compassion an important component of psychological health. As this study demonstrates, self-compassion not only alleviates symptoms of depression, anxiety, and stress, but also increases individuals' life satisfaction and self-worth, creating a deeper sense of well-being. Although more research is needed, the available evidence clearly supports the importance of integrating self-compassion into mental health frameworks at both the individual and societal levels. By embracing the principles of self-compassion, individuals can develop healthier relationships with themselves and others and lay the foundation for a more compassionate and emotionally balanced society. This study underscores the transformative possibility of self-compassion as a cornerstone of resilience and well-being, and points to the need for further research and implication of this important concept.

Recommendations

The prospective studies can deepen the knowledge in this area by examining the effects of self-compassion through experimental and longitudinal studies. In particular, research on the effectiveness of self-compassion development programs in different age groups and cultural contexts can make implications in this area more effective.

The Dissemination of Self-Compassion Interventions in Clinical Practices

Considering that self-compassion functions as a critical preventive determinant in combating depression, anxiety, and stress, it is recommended that self-compassion-focused therapies and programs be disseminated in the field of clinical psychology. In particular, the implication of proven therapeutic approaches such as Self-Compassion Focused Therapy (CFT) and Mindful Self-Compassion (MSC) to individuals experiencing psychological distress will contribute to making treatment processes more effective and sustainable. The more systematic use of such interventions in clinical practices will both ensure that concrete steps are taken to improve the mental health of individuals, and that a compassionate and supportive approach is integrated into psychotherapy processes.

Integrating Self-Compassion into Educational Programs

In the field of education, considering the potential of self-compassion to improve students' emotional intelligence and psychological health, it is recommended that self-compassion education and practices be included in school curricula. Such programs are especially important for students in adolescence, as these ages are a critical period in terms of emotional and psychological development. Teaching self-compassion skills in the educational system can help students develop the skills to cope with stress, accept themselves, and establish healthier social relationships. In addition, providing self-compassion training programs for teachers can enable educators to communicate with students in a more empathetic and compassionate manner.

Developing Self-Compassion Research Within the Framework of Cultural Diversity and Demographic Differences

Understanding how self-compassion practices differ across cultural contexts requires a more in-depth examination of the effects of this concept on different demographic groups. Therefore, it is recommended that the prospective research address the effects of self-compassion on individuals' psychological health from a broader perspective, considering cultural and demographic diversity. Studies on how self-compassion is perceived and implemented differently at the societal and individual levels, especially in collectivist cultures, can provide important information on whether self-compassion interventions should be universal or culture specific.

Ethical Text: As this research article is conducted with the employment of the review literature as its method, any ethics committee approval is not required.

Declaration of Interest

Conflict of Interest: The author has no conflict of interest to mention.

Authors' Contribution Rate: The author's contribution rate is %100. All procedural steps of the article were prepared by the corresponding author.

Acknowledgement: To my dear sister Emine Deniz, your unwavering support and silent strength have been the beacon guiding me through the darkest and most uncertain times. This work stands as a testament to the shared sacrifices and steadfast companionship that sustained me. I am eternally grateful.

References

Barnard, L. K., & Curry, J. F. (2011). Self-compassion: Conceptualizations, correlates, & interventions. *Review of General Psychology*, 15(4), 289–303. <https://doi.org/10.1037/a0025754>

- Beck, A. T., & Alford, B. A. (2009). *Depression: Causes and treatment* (2nd ed.). University of Pennsylvania Press.
- Booth, A., Sutton, A., & Papaioannou, D. (2016). *Systematic approaches to a successful literature review* (2nd ed.). Sage Publications.
- Breines, J. G., Thoma, M. V., Gianferante, D., Hanlin, L., Chen, X., & Rohleder, N. (2015). Self-compassion as a predictor of interleukin-6 response to acute psychosocial stress. *Brain, Behavior, and Immunity*, 37, 109–114. <https://doi.org/10.1016/j.bbi.2013.11.00>
- Elo, S., & Kyngäs, H. (2008). The qualitative content analysis process. *Journal of Advanced Nursing*, 62(1), 107–115. <https://doi.org/10.1111/j.1365-2648.2007.04569.x>
- Ferrari, M., Hunt, C., Harrys, B., Cleare, S., Creaser, J., Nobre, G., & Petrocchi, N. (2019). Self-compassion and psychological distress in adolescents—a meta-analysis. *Mindfulness*, 10(2), 245–255. <https://doi.org/10.1007/s12671-018-0977-3>
- Gilbert, P. (2009). *The compassionate mind: A new approach to life's challenges*. New Harbinger Publications.
- Kabat-Zinn, J. (1990). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. Bantam Dell.
- Kelly, A. C., Zuroff, D. C., & Shapira, L. B. (2009). Soothing oneself and resisting self-attacks: The role of self-compassion in recovery from depression. *Journal of Abnormal Psychology*, 118(4), 755–765. <https://doi.org/10.1037/a0017206>
- Kitchenham, B. (2004). *Procedures for performing systematic reviews* (Technical Report TR/SE-0401). Keele University.
- Leary, M. R., Tate, E. B., Adams, C. E., Batts Allen, A., & Hancock, J. (2007). Self-compassion and reactions to unpleasant self-relevant events: The implications of treating oneself kindly. *Journal of Personality and Social Psychology*, 92(5), 887–904. <https://doi.org/10.1037/0022-3514.92.5.887>
- MacBeth, A., & Gumley, A. (2012). Exploring compassion: A meta-analysis of the association between self-compassion and psychopathology. *Clinical Psychology Review*, 32(6), 545–552. <https://doi.org/10.1016/j.cpr.2012.06.003>
- Masten, A. S. (2014). *Ordinary magic: Resilience in development*. Guilford Press.
- Neff, K. D. (2003). The development and validation of a scale to measure self-compassion. *Self and Identity*, 2(3), 223–250. <https://doi.org/10.1080/15298860309027>
- Neff, K. D. (2023). Self-compassion: Theory, method, research, and intervention. *Annual Review of Psychology*, 74, 192–218. <https://doi.org/10.1146/annurev-psych-032420-031047>

Neff, K. D., Hsieh, Y., & DeJitterat, K. (2008). Self-compassion, achievement goals, and coping with academic failure. *Self and Identity*, 7(3), 265–284. <https://doi.org/10.1080/15298860701393185>

Snyder, H. (2019). Literature review as a research methodology: An overview and guidelines. *Journal of Business Research*, 104, 333–339. <https://doi.org/10.1016/j.jbusres.2019.07.039>

Trompetter, H. R., de Kleine, E., & Bohlmeijer, E. T. (2017). Why does self-compassion improve well-being? The role of reduced psychological distress and increased emotional resilience. *Mindfulness*, 8(2), 351–360. <https://doi.org/10.1007/s12671-016-0604-2>

Werner, K., Jazaieri, H., Goldin, P. R., Ziv, M., Heimberg, R. G., & Gross, J. J. (2012). Self-compassion and social anxiety disorder. *Anxiety, Stress, & Coping*, 25(5), 543–558. <https://doi.org/10.1080/10615806.2011.608842>

Telif ve Lisans Bildirimi

Bu makalenin tüm yayın ve telif hakları Journal of Academic History and Ideas / Akademik Tarih ve Düşünce Dergisi'ne aittir. Makale, dergi tarafından Creative Commons Atıf-GayriTicari 4.0 Uluslararası Lisansı (CC BY-NC 4.0) kapsamında açık erişimli olarak sunulmaktadır (<https://creativecommons.org/licenses/by-nc-nd/4.0/>). Bu lisans kapsamında, makale uygun bilimsel atıf yapılması koşuluyla ve yalnızca ticari olmayan amaçlarla her türlü ortamda kullanılabilir, çoğaltılabilir ve paylaşılabilir; ancak orijinal içeriğin değiştirilmesi, dönüştürülmesi veya üzerinde türev eser üretilmesi kesinlikle yasaktır. Dergide yayımlanan çalışmaların bilimsel, hukuki ve etik sorumluluğu tamamen makale yazar(lar)ına aittir; dergi editörleri ve yayın kurulu bu içerik nedeniyle sorumlu tutulamaz. Makalenin ticari yeniden kullanımı, çeviri veya yeniden yayımlanmasına ilişkin tüm talepler, derginin editör kuruluna akademiktarihvedusunce@gmail.com adresi üzerinden iletilmelidir.