Relationship Between Self Efficacy, Self-Compassion, and Psychological Well Being of Youth

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ABSTRACT: The aim of this research is to investigate the influence of self-efficacy on mental health outcomes by examining the relationship between self-compassion and psychological well-being. This study aims to explore how self-efficacy influences self-compassion and psychological well-being in youths. The hypothesis posits that there is a significant positive relationship between self-efficacy, self-compassion, and psychological will being. This research emphasizes the age group of 18-25 years, and the sample would be collected from the same age range including different cultural backgrounds, gender. The design used would be correlational research. Data was collected using establish assessment tools like general self-efficacy scale, self-compassion scale, and psychological wellbeing scale. According to the result there is a significant positive correlation between self-efficacy, self-compassion, psychological wellbeing among youth proving the hypothesis as correct. These findings highlight the importance of incorporating belief in one's ability and self-compassion as an important aspect for promoting resilience and positive mental health outcomes in youth populations. The implication of this research extends to both theoretical and practical understanding highlighting the critical role of these constructs in youth wellbeing.

KEYWORDS: Belief, Influence, Mental health, psychological wellbeing, Self-compassion, Self-efficacy, Youth.

I. INTRODUCTION

Albert Bandura coined the term Self Efficacy in the 1960s. He was a Stanford psychology professor with expertise in developmental and educational psychology. Self-Efficacy is a person's particular set of beliefs that determine how well one can execute a plan of action in prospective situations (Bandura, 1977). To put it in more simple terms, self-efficacy is basically a person's belief in their ability to succeed or complete task or achieve a specific goal. Self-efficacy can also be understood as a perception of your own ability to achieve a goal. These beliefs play a vital role in determining how a person thinks, behaves, and feels. It also lays the foundation for motivation and well-being, which impacts the behaviour and psychological states of a person. According to Bandura, self-efficacy is part of the self-system comprised of a person's attitudes, abilities, and cognitive skills. This system plays a major role in how we perceive and respond to different situations. Self-efficacy is an essential part of this self-system. There are four major influences on self-efficacy: Mastery of experiences, social role model, Social Persuasion, Emotional and physiological states.

Self-Compassion

Self-Compassion, a distinct yet very related concept to Self-Efficacy which refers to treating oneself with the same kindness, care, and love with which we treat others. Kristin Neff gives this concept. Self-compassion is a healthy approach to dealing with personal suffering, irrespective of its origins, be it failure, uncertainty, or life challenges. It involves accepting oneself fully, including acknowledging limitations and imperfections as part of the human condition. Practicing self-compassion means treating oneself with care and kindness, akin to being a supportive friend during tough times. It helps individuals navigate through painful emotions such as sadness, depression, anxiety, anger, and shame. The true test of self-compassion lies in being gentle with oneself even when feeling inadequate or unworthy. Self-compassion entails extending the same kindness and understanding to oneself that one would offer to others facing similar struggles. Instead of resorting to harsh self-criticism, individuals cultivate an attitude of kindness and support towards themselves amidst failures, mistakes, or challenges. Research indicates that self-compassion serves as a crucial coping mechanism, contributing to improved physical and mental well-being. It fosters motivation for personal growth and goal attainment, driven not by a sense of inadequacy but by genuine care and a desire for happiness. Self-compassion comprises three key elements: self-kindness (treating oneself with understanding and

warmth), common humanity (recognizing that suffering is a universal human experience), and mindfulness (maintaining a balanced perspective without overly identifying with one's thoughts or experiences). By practicing self-compassion, individuals can alleviate stress, reduce self-criticism, and enhance overall health and well-being. It empowers individuals to embrace their imperfections and failures with a sense of peace and self-acceptance.

Psychological Well Being

Psychological well-being is the condition of a mentally healthy person who demonstrates a variety of beneficial mental health traits, such as active environmental adjustment and personality coherence (Shek, 1992). It refers to an individual's complete or overall state of mental health that includes positive emotions (happiness), life satisfaction, personal growth, autonomy, and purpose in life. In addition to their physical health, a person's psychological health is crucial. Additionally, it is crucial to understand that most adults with good psychological wellbeing typically acquired it during their adolescent years. The transitional stage between the physical and psychological growth of a person from puberty to adulthood makes this time particularly important (Barbara and Philip, 2001). When a person reaches this age, they tend to be more self-aware, self-conscious, and concerned with their identity. They also think about their life's direction and choose the friends and peers they want to hang out with. All of these contribute significantly to the development of a person's psychological well-being. Wellbeing can also be interpreted as the capacity to cope and handle with the day-to-day stressors of life, realize our own abilities, develop skills to maintain relationships. There are six components of psychological well-being according to Carol Ryff that is, Autonomy, Environmental mastery, Self-acceptance, Positive relations with others, Purpose in life, Personal growth.

Mental Health

Mental Health is a state of overall wellbeing and not just the absence of mental disorders. A good mental health enables one to cope with the stressors of life, have healthy relationships, function well, being aware of their abilities. Mental Health includes our emotional, psychological, and social well-being. It also affects how we think, feel, and behave and cope with stress and make decisions in day-to-day life. Mental health exists on a spectrum, where different individuals experience fluctuations in their mental wellbeing over time factors responsible can be genetic, environment, life events and subjective experiences. Self-efficacy, self-compassion and psychological wellbeing are essential elements of mental health which contribute to overall mental wellness, resilience, and healthy coping mechanisms, all of them playing crucial roles in promoting positive outcomes. Self-efficacy and self-compassion are key determinants of psychological well-being, as they contribute to adaptive coping strategies, positive self-regard, and effective emotion regulation. Individuals with elevated levels of self-efficacy and self-compassion are better equipped to navigate life's challenges, maintain a positive outlook, and cultivate fulfilling relationships and experiences. Self-compassion is associated with lower levels of depression, anxiety, and stress, as well as greater emotional resilience and well-being. Individuals who practice self-compassion are more likely to respond to their own suffering with warmth and understanding, rather than self-criticism or judgment. This compassionate self-attitude can buffer against negative emotions and promote a sense of inner peace and acceptance, even in the face of challenging circumstances. Individuals with elevated levels of psychological well-being are more likely to experience positive emotions, maintain fulfilling relationships, and pursue meaningful goals and activities. They also tend to cope more effectively with adversity and experience greater levels of life satisfaction and fulfilment.

In summary, self-efficacy, self-compassion, and psychological well-being are interconnected constructs that mutually reinforce one another, fostering resilience and flourishing in individuals' lives. By cultivating beliefs in their own capabilities, responding to challenges with self-compassion, and nurturing positive psychological well-being, individuals can enhance their ability to thrive and lead fulfilling lives.

II. REIEW OF LITERATURE

This review of literature delves into the intricate correlation between self-efficacy, self-compassion, and outcomes related to mental health. This review of literature has 15 research articles which was thoroughly read and analysed, this review offers a thorough overview of how individuals' confidence in their abilities (self-efficacy) intersects with their attitudes towards themselves (self-compassion) to impact various aspects of mental well-being. This ROL starts with Bandura's influential work on self-efficacy, which lays the foundational basis for understanding its impact on human functioning Then we have Neff's research on self-compassion as a major element of psychological flourishing. Meta-analyses conducted by Muris and Petrocchi, MacBeth and Gumley, and Zessin, Dickhäuser and Garbade present a synthesized perspective on the intricate relationship between self-compassion and psychopathology, elucidating the nuanced effects of different components of self-compassion on outcomes related to mental health. Additionally, studies conducted by Schwarzer and Hallum, Terry, Leary, and Mehta, Sirois and Rowse, and Mosewich et al. offer practical implications for self-compassion in various contexts such as work-related stress, college admissions, chronic disease management, and athletic performance. Furthermore, studies conducted by Raes, Neff and Germer, and Trompetter et

al. provide empirical evidence supporting the effectiveness of interventions promoting self-compassion in fostering psychological well-being and resilience. Through meticulous analysis and summarising, the goal of this review is to advance our understanding of the underlying relationship between self-efficacy, self-compassion, and outcomes related to mental health, thereby informing future research and strategies for interventions aimed at enhancing psychological well-being.

Bandura's pioneering work serves as a basis for comprehending self-efficacy theory and its profound impact on human behaviour and actions. By investigating the mechanisms through which self-efficacy beliefs influence various domains of functioning, including mental health, Bandura lays the groundwork for further research in this field. According to bandura people are more prone to succeed if they have high confidence in their abilities.

Neff's pioneering research introduces the concept of self-compassion as a central aspect of psychological well-being and offers an alternative perspective on an individual's relationship with themselves. In her research, Neff explores the role of self-compassion in relieving the negative effects of mental health issues and promoting resilience.

This meta-analysis conducted by Muris and Petrocchi examines the dual nature of self-compassion and its implications for psychopathology. By integrating findings from numerous studies, the meta-analysis highlights the positive and negative aspects of self-compassion influencing mental health outcomes and provides insights into its effects.

Schwarzer and Hallum's research explores the impact of teachers perceived self-efficacy on work stress and burnout, highlighting the significance of self-efficacy beliefs in professional settings. The study provides insights into the mechanisms through which self-efficacy influences outcomes related to mental health in the context of work-related stress.

This study examines the protective role of self-compassion in mitigating negative psychological outcomes during the transition to college. Terry, Leary, and Mehta explore how self-compassion acts as a buffer against homesickness, depression, and dissatisfaction, emphasizing its relevance for promoting psychological well-being among college students.

Sirois and Rowse analyze the significance of self-compassion in the context of chronic illness care, highlighting its role as a coping mechanism in managing long-term health conditions. Through qualitative analysis, the study elucidates how self-compassion influences psychological adjustment and well-being among individuals with chronic illnesses.

This intervention study investigates the effectiveness of a self-compassion intervention among female athletes. Mosewich et al. demonstrate how cultivating self-compassion enhances psychological well-being and performance outcomes in a competitive sports context, emphasizing its potential as a psychological skill training tool.

MacBeth and Gumley's meta-analysis synthesizes findings on the association between self-compassion and psychopathology, providing comprehensive insights into its role as a protective factor against various mental health difficulties. Through rigorous analysis of existing literature, the meta-analysis elucidates the mechanisms by which self-compassion contributes to psychological well-being.

This meta-analysis examines the relationship between self-compassion and well-being across different populations and contexts. Zessin, Dickhäuser, and Garbade provide robust evidence for the positive association between self-compassion and psychological well-being, highlighting its importance for promoting resilience and adaptive coping strategies.

Raes investigates the impact of self-compassion on the development of depression symptoms, emphasizing its preventive potential among non-clinical populations. Through longitudinal analysis, the study highlights how self-compassion acts as a protective factor against the onset of depressive symptoms, underscoring its significance for mental health promotion.

Neff and Germer conduct a pilot study and randomized controlled trial to assess the effectiveness of the Mindful Self-Compassion Program in promoting psychological well-being. Through rigorous experimental design and statistical analysis, the study provides empirical support for the efficacy of self-compassion interventions in enhancing mental health outcomes.

Trompetter, de Kleine, and Bohlmeijer (2017) delve into the underlying mechanisms through which positive mental health functions as a buffer against psychopathology. Specifically, they focus on self-compassion as a resilience

mechanism and adaptive emotion regulation strategy. Through qualitative analysis, the study offers valuable insights into the role of self-compassion in fostering psychological resilience and promoting overall well-being.

Neff, Hsieh, and Dejitterat (2005) examine the role of self-compassion in effectively coping with academic failure, with a particular emphasis on its interaction with achievement goals. Employing quantitative analysis, the study demonstrates how self-compassion acts as a mitigating factor against the negative impact of academic failure on psychological well-being and adaptive coping strategies.

Barnard and Curry (2011) present a comprehensive review encompassing the conceptualizations, correlates, and interventions associated with self-compassion. By synthesizing existing literature, this review sheds light on the various dimensions of self-compassion and its implications for mental health outcomes. Furthermore, it highlights potential avenues for intervention and research in this field.

MacBeth and Gumley (2012) conduct a systematic review and meta-analysis to assess the effectiveness of mindfulness-based therapies in promoting emotional regulation and self-compassion. Through meticulous analysis of intervention studies, the meta-analysis provides empirical evidence supporting the efficacy of mindfulness-based interventions in enhancing self-compassion and psychological well-being.

In conclusion, this comprehensive review of literature tried to understand the intricate relationship between self-efficacy, self-compassion, and mental health outcomes. It offers valuable insights into the deep connection by which all of them are interconnected. From foundational theories to empirical studies and meta-analyses, the reviewed literature emphasizes the importance of nurturing self-efficacy beliefs and cultivating self-compassion as key strategies for enhancing psychological well-being across diverse populations and contexts. By synthesizing evidence from numerous studies, this review informs future research directions and intervention strategies aimed at promoting resilience and adaptive coping strategies for improved mental health outcomes.

III. METHODOLOGY

Objective: Relationship between Self-efficacy, self-compassion, and psychological wellbeing in young adults.

Hypothesis: H1- There is a significant positive relationship between self-efficacy, psychological wellbeing, and self-compassion.

Variable: Self-efficacy, psychological wellbeing, and self-compassion.

Sample Profile: Participants of the present research are a sample size of 100 young adults in the age range of an 18 to 25 studying in diverse universities.

Research Design: Research design used for conducting the study is correlational research and for analysing correlation statistical analysis was used.

Operational Definition: Self-Efficacy - self-efficacy is basically a person's belief in their ability to succeed or complete task or achieve a specific goal in various domains of life, such as academics, work, relationships, or coping with stressors. These beliefs play a vital role in determining how a person thinks, behaves, and feels. It also lays the foundation for motivation and well-being, which impacts the behaviour and psychological states of a person.

Self-Compassion - The ability to treat oneself with kindness, understanding, and acceptance during times of failure, difficulty, or suffering, as opposed to self-criticism or self-judgment. Self-compassion is a healthy approach to dealing with personal suffering, irrespective of its origins, be it failure, uncertainty, or life challenges. It involves accepting oneself fully, including acknowledging limitations and imperfections as part of the human condition.

Psychological well-being - A state of optimal psychological functioning characterized by positive feelings, fulfilment, satisfaction with life. Wellbeing can also be interpreted as the capacity to cope and handle with the day-to-day stressors of life, realize our own abilities, develop skills to maintain relationships.

Assessment Tools:
1.General Self Efficacy Scale - This is a widely used measure of self-efficacy developed by Schwarzer and Jerusalem. It consists of 10 items assessing one's perceived ability to cope with a variety of situations and challenges. Participants rate their agreement with each item on a scale from 1 (not at all true) to 4 (exactly true). The total score is calculated by

finding the sum of all items, which ranges between 10 and 40, with a higher score indicating more self-efficacy. Reliability of this scale is Cronbach's alphas between .76 and .90

2.Self-Compassion Scale - Developed by Kristin Neff, the SCS is a commonly used measure of self-compassion. It consists of 26 items assessing six components of self-compassion: self-kindness, self-judgment, common humanity, isolation, mindfulness, and over-identification. Participants rate their agreement with each item on a scale from 1 (almost never) to 5 (almost always). Subscale scores are computed by calculating the mean of subscale item responses. To compute a total self-compassion score, reverse score the negative subscale items- self judgement, isolation, and over identification (i.e., 1=5; 2=4; 3=3; 4=2; 5=1) - then compute the total mean. Average overall self-compassion scores tend to be around 3.0 on the 1-5 scale where, 1-2.5 self-compassion score indicates you are low in self-compassion, 2.5-3.5 indicates you are moderate, and 3.5-5.0 means you are high.

3.Psychological Well-being Assessment Tool- Psychological Well-being Scale (PWBS) was Developed by Carol Ryff, the PWBS assesses multiple dimensions of psychological well-being. It consists of 18 items grouped into six dimensions: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. Participants rate their agreement with each item on a scale from 1 (strongly agree) to 7 (strongly disagree). Q1, Q2, Q3, Q8, Q9, Q11, Q12, Q13, Q17, and Q18 should be reverse scored. Reverse-scored items are worded in the opposite direction of what the scale is measuring. To calculate subscale scores for each participant, sum respondents' answers to each subscale's items. Higher scores mean higher levels of psychological well-being.

Procedure:
•All the participants were informed via the form generated by Google forms about the purpose of the study and the confidentiality contract.
•Link for the google form was posted on all social media platforms.
•The informed consent and other necessary details like demographic details were obtained from all the participants.
•The survey included three tools: General self-efficacy scale psychological wellbeing scale and self-compassion scale.
•All the participants were instructed to carefully read each question which is being asked and honestly marked the most appropriate response which is valid in their case.
•The time which was required to complete the survey was estimated to be around 15 to 20 minutes.
•The collected data was properly organised and checked for any missing or inconsistent response.
•Proper analysis was done using correlation statistical analysis.
•Based on the findings of the data analysis interpretation of the result and conclusion was formed and then the report was written

IV. RESULTS

Correlations

		Age	TOTAL Self-efficacy	TOTAL Self compassion	PWB
Age	Pearson Correlation	1	.144	.173	.072
	Sig. (2–tailed)		.158	.089	.480
	N	98	98	98	98
TOTAL Self–efficacy	Pearson Correlation	.144	1	.329**	.419**
	Sig. (2–tailed)	.158		<.001	<.001
	N	98	99	99	99
TOTAL Self compassion	Pearson Correlation	.173	.329**	1	.487**
	Sig. (2–tailed)	.089	<.001		<.001
	N	98	99	99	99
PWB	Pearson Correlation	.072	.419**	.487**	1
	Sig. (2–tailed)	.480	<.001	<.001	
	N	98	99	99	99

**. Correlation is significant at the 0.01 level (2–tailed).

After analysing all the data using SPSS software it shows that there is a statistically significant correlation at the 0.01 level (2 tailed) between self-efficacy, self-compassion, and psychological wellbeing among youth. It suggests that there is a positive and meaningful relationship between all variables that is, self-efficacy, self-compassion, and psychological wellbeing. It also indicates that changes in any one variable are associated with changes in the other variables also. Therefore, we can infer that there is a robust and meaningful association between self-efficacy, self-compassion, and psychological wellbeing of youth.

V. CONCLUSION

In conclusion, this study provided valuable insights into the complex interplay of self-efficacy, self-compassion, and psychological well-being in young adults. Through extensive analysis and interpretation of the collected data, several key observations emerged that shed light on the importance of these constructs in shaping individuals' mental health outcomes. First, the results of a correlation analysis using SPSS show a statistically significant correlation at the 0.01 level (2-tailed) between youth self-efficacy, self-compassion and psychological well-being. This significant correlation indicates that higher self-efficacy and self-compassion are associated with better psychological well-being in young adults. The observed associations emphasize the importance of promoting self-belief and developing self-compassionate attitudes and behaviours in promoting positive mental health outcomes. Furthermore, the positive relationship between self-efficacy and psychological well-being is consistent with Bandura's theory of self-efficacy and emphasizes the role of perceived competence in influencing an individual's mental health and resilience. Similarly, the positive correlation between self-esteem and psychological well-being highlights the importance of treating oneself with kindness and acceptance, especially during times of adversity. These results are consistent with Neff's theory of self-compassion, which states that self-compassion promotes emotional resilience and general well-being by buffering against self-criticism and negative affect. Furthermore, the positive correlation between self-efficacy and self-compassion highlights the interconnectedness of these constructs and suggests that fostering belief in one's abilities may promote the development of self-compassion in young adults. Activities aimed at improving self-efficacy may indirectly promote self-compassion, which leads to better psychological well-being. The findings support the hypothesis developed for this study, which suggested a significant positive relationship between self-efficacy, self-compassion, and psychological well-being in young adults. The observed correlations between these variables provide empirical evidence for the hypothesized relationships, indicating that higher self-efficacy and self-compassion are associated with better psychological well-being in young adults. Overall, the results of this study have important implications for youth mental health research and practice. Understanding the mechanisms underlying the relationships between self-efficacy, self-compassion, and psychological well-being can help develop targeted interventions aimed at promoting positive mental health outcomes in young adults. By building self-belief and fostering compassionate attitudes and behaviours, practitioners and researchers can promote resilience, well-being, and overall positive mental health in young adults. Together, this study contributes to understanding the complex relationship between self-efficacy, self-compassion, and psychological well-being and emphasizes the importance of promoting these constructs to promote positive mental health outcomes in young adults.

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