The Role of Self-Compassion Components on Prediction Procrastination and Depression in Students

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ABSTRACT: The aim of the present research was the role of Self-compassion to predict the procrastination in students. The sample consisted of 288 subjects that selected with Multistage randomly and cluster-based Morgan sampling in high school of Nowshahr, Iran. The instrument employed in this research was self-compassion, depression and procrastination questionnaires. Results indicated that there is no significance relationship between Self-compassion, procrastination and depression. In addition, Self-compassion components can predict procrastination and depression in students.

INTRODUCTION

Self-compassion is defined as a healthy sense of self-acceptance, indicates the acceptance and adoption of unpleasant aspects of life and self and Include caring and compassionating of self in the face of Perceived difficulties and failures. Self-compassion means emotional acceptance of what happens in a moment in human. When talking about compassionate of people toward each other, this subject is considered evident. But about Self-compassion concept, it is different. At first glance, Self-compassion and compassion for others seems a little more complicated.in fact, it is no difference between Self-compassion and compassion for others (Germer, 2009).

According to Neff (2003) Self-compassion involves interaction among the following three components that can be useful for:

A) Self-kindness vs. self-judgment (which tend to have a vision for their care compared to judgments about their traumatic judgment).

B) Common humanity versus isolation (feeling that sometimes, all men may fail and because of this failure should not be discontinued relationships with others).

C) Mindfulness versus over identification (being aware of the current experiences, in a way that, it would not be under the extreme influence of certain emotions), (Raes, 2010).

Self-compassion requires that when a person suffer, fail, or feel inadequate, rather than flagellating himself with self-criticism, and be kind, warm and understanding toward himself (Neff, 2010).

Common humanity involves recognizing that the human condition is imperfect. With self-compassion, however, we take the stance of a compassionate "other" toward ourselves, allowing us to adopt a broader perspective on ourselves and our lives. When individuals feel compassion for others, they allow themselves to be touched by another's experience of suffering. When this occurs, feelings of kindness and caring for the person's welfare spontaneously arise. So that when faced with difficult life experiences instead of not reaching to pick their ideal angry, they tend to be treated with kindness (Sbarra et al., 2012).

One of the variables associated with self-compassion studies have been considered recently, is procrastination. For example Neff et al. (2005) suggest that self-compassion may be effective in coping and adaptive behavior in the field of education which is required to enjoy learning. Procrastination as a common and serious problem, affect not only on mental health but also physical health and well-being (Siros, 2007). Results showed that this structure explain cognitive, emotional and motivational factors (Rebetez et al., 2015) and has adverse effects on human performance (De Paola and Scoppa, 2014). In fact, procrastination is described as lack of self-regulation and desire to delay or avoid doing unnecessary assignments to be completed. Procrastination is a barrier to academic achievement, as with stress and negative consequences in the lives of students, led to reduce the quality and quantity of educational achievement (Akinsola et al., 2007; Tan et

al., 2008; Meirav and Goroshit, 2012). Based on the research findings, procrastination in school centers is increasing. The results of Steel (2007) show that the prevalence of procrastination in universities is about 85 to 95 percent and approximately 70 percent of the students are complaining of procrastination, chronically.

Karami (2009) in studying prevalence of procrastination showed that 61 percent of the students are suffering from procrastination. This Habit is joint with delay in work or responsibility and thus bring bad consequences. Although there may not be negative consequences of this habit in daily life, but the losses arising from the prevalence of this treatment among people of different groups is considerable and this this matter prevent such behavior manifests (Karami, 2009).

Studies showed that, self-compassion is associated with procrastination. Williams, Stark and Foster (2008) studied the impact of self-compassion on procrastination. Results indicate that procrastination is largely associated with lower levels of self-compassion. Alexander (2011), by studying the impact of self-compassion on procrastination showed that self-compassion has a Moderator role on procrastination scores. The results of Siros research (2013) showed that self-compassion is a moderator between procrastination and stress. Depression with symptoms such as low self-esteem, loss of motivation, difficulty in concentrating and making decisions, fear of failure, humiliation and low scores, has an important role on procrastination. Depression is the most common mood disorder and major depression and emotional disorders in century. Depression is a psychological response to biological stress of life (Mehryar, 2003). This disorder affects important aspects of people's lives, and includes: depressed mood, loss of interest and pleasure, nutrition, and sleep problems, difficulty concentrating and making decisions, and decreased psychomotor activity (Psychiatric Association of America, 2013). So depression can be related to procrastination (Beck et al., 1998; Steel, 2007). Karami (2009) investigated the relationship between depression and procrastination and showed that the procrastination of students is related with depression.

Evidences show that people who have higher self-compassion, experience less depression and rumination challenging tasks (Neff, 2003). Pauley and Mc Pherson (2010) studied experience and sense of compassion and self-compassion in patients with depression, the results of this study showed that participants act with kindness and compassion by having two main features, they reported that self-compassion in relation to their experiences is important and useful. Although participants believed that self-compassion was important in relating to their

experiences, it is difficult for them because of their perception of the experience of illness and mental disorder. This has a negative effect on their ability to self-compassion. Raes (2010), states that self-compassion is predictive for depression, anxiety and rumination. In another study, Raes (2011) studied self-compassion effect on depressive symptoms in a non-clinical sample. The results showed that self-compassion as a potentially important factor for the protection and conservation problems of depression. Yamaguchi et al. (2014) in studying the effect of self-control thoughts, self-critical and self-compassion among 1,200 graduates and 420 students at Kyoto University in Japan found that self-compassion is along with less severe depressive symptoms Brown et al. (2014) studied the role of Self-compassion in daily functioning and depressive symptoms of 206 women 40 to 60 years old, who had recently uncomfortable experience. The results showed that self-compassion has a direct effect on depressive symptoms. Basharpour and Isazadegan (2012) found that Self-compassion is negatively correlated with depression and 16 percent of the variance is expected in depression in non-clinical samples and students through self-compassion components.

So, self-compassion requires that, when a person damage, failure or feel incompetence stopped the suffering endured rather than ignore or criticized, would be kind to himself understand himself (Neff, 2010). The evidence shows that self-compassion is a positive force and positive human qualities such as kindness to his generosity, dignity, empathy and a sense of unity with others to bring and helps when dealing with difficult people to hope and meaning in their life and loving life again (Neff, 2003). By considering the strong components of cognitive self-compassion and the fact that procrastination affect, self-distraction, impulsivity, self-control and organizational behavior and foster individuals as passive lazy, passively led to growth tend to delay in them (Mohammad Amini, 2013) and the lack of a full study on the in country, the importance of relationship between procrastination and depression is necessary. This study aimed to investigate the role of self-compassion and depression in students is predicted procrastination.

MATERIAL AND METHODS

The method of this study is descriptive .The sample consisted of 288 boy students that selected with Multistage randomly and cluster-based Morgan sampling in high school of Nowshahr, Iran. From 9 school, 6 school were selected randomly, and among the school classes that in average had 25 students, from each school 2 class were considered. To gather

required data, self-compassion, depression and procrastination questionnaires were used:

A- self-compassion scale: this scale has 26 items which are answered by 5 Likert scale (from almost never to almost always). The scale has 6 subscales (self- kindness, self-judgment, the common feature of human, isolation, mindfulness, extreme sympathy). The reliability value of scale is 0.93 (Neff, 2003). In Neff and et al.'s study (2008) Cronbach's alpha coefficient of this scale in Thailand and Taiwan 0.86 and in the US 0.95. In Iran, Cronbach's alpha coefficient for this questionnaire after the validity through judgment of 3 different experts was between 0.61 to 0.89 (according to Basharpoor et al., 2012). Cronbach's alpha coefficient of this scale in the present study is 0.81.

B-Beck's Depression Questionnaire: The questionnaire developed and validated by Aaron Beck (1968), has 21 questions and is suitable for people over 13 years. Total scores can fluctuate from zero to 63. In this scale of the scores between 9-0 indicate normal symptoms, scores between 10-19, indicate mild depression, scores between 29-20 indicate moderate depression symptom and scores 30 and higher, is considered severe depression (Ganji, 1999).

In the present study, the total scores and academic performance subscales, relationship with peers and family relationships and household tasks had negative correlation with the Beck Depression Inventory in the present study, In the present study, Cronbach's alpha coefficients 0.73 and consistency tests based on parallel test was 0.75.

C- Takman's Procrastination Questionnaire: the questionnaire, the first time in 2001 designed, implemented and normalized by David Takman at the University of Toronto, Canada to assess students Procrastination. The questionnaire consists of 16 multiple questions and is scored objectively, and persons response to one of four options. Replies scored to the 1-2-3-4, Twelve questions are scored directly and four questions (7 -12-14- 16) are scored upside down. Getting high scores on this scale indicate high Procrastination (Karami, 2009). In the research by Austin and Phillips (2001) on a sample of 630 students of Louisiana university, correlation coefficient of 0.64 was reported for Takman's Procrastination Question-naire (Karami, 2009).

RESULTS

As previously stated, the aim of this study was to investigate the role of self-compassion in predicting depression & procrastination in the students; the results are presented in the following. The data in Table 1 shows the Mean and Standard deviation of self-compassion (6.45, 32.14), depression (59.10, 05.5) and procrastination (81.35, 69.6).

Table 2 shows the Correlation coefficients of self-compassion and its components, depression and procrastination in the students. As can be seen, There is not significant relationship between self-compassion with depression (r=0.024) and procrastination (r=-0.109). But There is significant & negative relationship between self- kindness (r=-0.147) common human features (r=-0185) and Mindfulness (r=-0.25) and there is significant & positive relationship between self-judgment (r=0.306), isolation (r=0.184) and extreme sympathy (r=0.275) with depression. And there is significant & positive relationship between self-judgment (r=0.153), isolation (r=0.204) and extreme sympathy (r=0.125) with procrastination.

In table 3, the effect of each component of self-compassion on the variance of depression predictor variable, and depression as a criterion variable in the regression equation was analyzed and characterized by regression analysis. Results of Analysis of variance and regression parameters are presented between Mean score of depression with self-compassion components. Based on the results, amount of observed f is significant (p<0.01).

Table 3 shows according to predictability of self-kindness, two percent of the variance in depression is explained by components of self-kindness. As can be seen, self-kindness with the negative form (B=-0.147) can predict changes in depression. According to predictability of self- judgment, 11 (eleven) percent of the variance in depression via self-judgment is explained. As can be seen, self- judgment (B=0.306) can predict changes in depression. With regard to the predictability of the common features of the human component, 16 (sixteen) per cent of the variance in depression could be explained by common human features. As can be seen, the negative form of common human features (B=-0.209) can predict changes in depression. According to predictability of isolation, 17 (seventeen) percent of the variance in depression through isolation is explained. As can be seen, the isolation (B=0.119) can predict changes in depression. According to predictability of mindfulness component, 20 (twenty) percent of the variance in depression is explained by mindfulness. As can be seen, mindfulness as negative form (B=-0.206) can predict changes in depression. 21 (twenty-one) percent of the variance in depression could be explained by extreme sympathy. As can be seen, the extreme sympathy (B=0.142) can predict changes in depression.

Table 1. The Mean and Standard deviation of self-compassion, depression and procrastination

Variable		index		
		SD	X	N
Self-compassion	Self- Kindness	3.24	9.98	288
	Self-Judgment	3.6	7.83	288
	The Common Feature Of Human	3.34	7.49	288
	Isolation	2.66	6.15	288
	Mindfulness	3.09	8.17	288
	Extreme Sympathy	2.93	5.97	288
	Total	14.32	45.6	288
Depression		5.05	10.29	288
Procrastination		6.69	35.81	288

Table 2. Correlation coefficients of self-compassion, depression and procrastination

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*$P<0.05$; **$P<0.01$; ***$P<0.001$

Table 3. Analysis of variance and multiple variable regression of depression and self-compassion by entering method

Variable	Predictor Variables	index	SS	df	ms	F (P)	R	R2	SE	B	Beta	T (p)
Depression	Self- Kindness	Regression	593.06	1	593.07	7.3 (0.007)	0.147	0.02	0.053	0.144	-0.147	-2.7 (0.007)
		Remaining	26970.09	287	81.23							
		Total	27563.16	288								
	Self-Judgment	Regression	3171.11	1	1585.55	21.52 (0.000)	0.339	0.11	0.13	0.771	0.306	5.91 (0.000)
		Remaining	24392.05	287	73.69							
		Total	27563.16	288								
	Common Human Features	Regression	4348.35	1	1449.45	20.6 (0.000)	0.397	0.16	0.139	-0.57	-0.209	-4.09 (0.000)
		Remaining	23214.81	287	70.39							
		Total	27563.16	288								
	Isolation	Regression	4645.63	1	1161.4	16.67 (0.000)	0.411	0.17	0.196	0.406	0.119	2.06 (0.04)
		Remaining	22917.53	287	69.67							
		Total	27563.16	288								
	Mindfulness	Regression	5472.79	1	1094.56	16.25 (0.000)	0.446	0.2	0.173	-0.607	-0.206	-3.5 (0.0010
		Remaining	22090.37	287	67.35							
		Total	27563.16	288								
	Extreme Sympathy	Regression	5817.6	1	969.6	14.58 (0.000)	0.459	0.21	0.193	0.439	0.142	2.28 (0.02)
		Remaining	21745.56	287	66.5							
		Total	27563.16	288								

Table 4. Analysis of variance and multiple Variable regression of procrastination and self-compassion by entering method

Variable	Predictor Variables	index	SS	df	ms	F (P)	R	R2	SE	B	Beta	T (p)
procrastination	self-judgement	Regression	31.298	1	298.31	6.82 (0.004)	0.153	0.03	0.114	0.299	0.153	2.61 (0.009)
		Remaining	12369.74	283	43.7							
		Total	12668.05	284								
	isolation	Regression	592.77	1	296.38	6.92 (0.001)	0.216	0.05	0.168	0.44	0.17	2.62 (0.008)
		Remaining	12075.28	283	42.8							
		Total	12668.05	284								
	extreme sympathy	Regression	592.9	1	197.62	4.6 (0.01)	0.22	0.05	0.173	0.287	0.12	2.02 (0.004)
		Remaining	12075.14	283	42.97							
		Total	12668.05	284								

Table 4 analyzed and characterized the impact of each components of self-compassion on the variance of procrastination as predictor variables and procrastination as criterion variable in the regression equation by regression analysis. Variance results and mean score of procrastination with components of self-compassion was presented. Based on this results amount of observed f is significant (P<0.01).The data of the above table shows that, due to the predictability of self- judgment, three percent of the variance of procrastination is explained by self- judgment. As can be seen, the self- judgment (B=0.299) can predict changes in depression. According to the predictability of isolation, 5 percent of the variance of procrastination is explained by isolation component. As can be seen, the isolation (B=0.17) can predict changes in procrastination. In addition, 5 percent of the variance of procrastination is explained by extreme sympathy. As can be seen, the extreme sympathy (B=0.12) can predict changes in procrastination.

DISCUSSION

The results showed that self-compassion has no significant relationship with procrastination in the students. The obtained results are consistent with the results of other research findings. For example studies done by Kreiger et al. (2012) and Diedrich et al. (2014). In connection with the results we can say that self-compassion by processes that require unanimity is achieved. People, who have less mental health, use less from an important feature that is self-compassion components and can be used in challenging situations. Self-compassion is difficult for people with anxiety and depression because of their perception of the experience of mental illness and lost the ability to self-compassion has negative impact on jobs. The negative components of self-compassion are negatively correlated with procrastination. The obtained findings is consistent with research findings of Iskender (2011), is contrary to the findings of Williams et al. (2008); Sirois and Tosti (2012) and Siros (2013), respectively. The results indicate the predictive ability of procrastination through self-compassion. people who are self-compassion are negative and have more negative judgments about themselves when dealing with tasks and problems of coping strategies and features, such as self-esteem, sense of control over the situation, cognitive styles, focus of control, self-efficacy and ability ,less problem solving. (Flett et al., 2012). another findings of the present study is that, there is not significant relationship between depression and self-compassion, obtained results are consistent with the results of other research findings (eg: Neff (2003), Pauli and McPherson (2010), Kreiger et al. (2012); and Ozyesil and Akbag (2013), Allen and Leary (2010), and Neff and Germer (2012, 2013), Yamaguchi et al. (2014) and Diedrich et al. (2014). In addition, results showed that the negative components of self-compassion that are self-judgment, isolation and sympathy have positive correlation with depression and positive components such as self-kindness, common feature of human and mindfulness are negatively correlated with depression and to some extent predicted it.

CONCLUSION

The results of the predictive ability of depression through the components of self-compassion, show compassion is achieved through processes that require sympathy (Ben Basat and Burnal, 2004. According to the Halifax, 2011). Impact of self-compassion on the reduction of depressive symptoms due to the important components that are used to change behavior. This study had been limited. Some of these limitations are related to the nature of the research project. The study was the correlation between variables in the non-causal relationship. On

the other hand, this study predisposing the way for future research related to variables.

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