

**RESEARCH PAPER**

Relationship of Big Five Personality Traits in Self-Compassion among Young Adults

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ABSTRACT

The aim of the current study was to explore the role of big five personality traits (openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism) with self-compassion among young adults. Individuals need to identify their personality traits to find their purpose in life. It is well known that personality traits predict consequential outcomes. The cross-sectional research design was used in the current study. A proposed sample of 387 (both male and female) of age 18 to 25 belonging to general population of Islamabad and Rawalpindi was selected through purposive sampling. Big five personality (OCEAN) was used to measure the personality traits. Self-compassion scale will be used to measure the self-compassion. The interpretation of the current study findings was done through SPSS utilizing descriptive analysis and correlational analysis. Findings of the current study indicated that people who have positive personality traits like openness to experience, conscientiousness, extraversion and agreeableness is significantly positively correlated ($p^{**} < .01$) with self-compassion and neuroticism is significantly negatively correlated ($p^{**} < .01$) with self-compassion among young adults. The sample of the study is limited to only twin cities of Pakistan. So future researchers can replicate this study with a more diverse sample from different cities in Pakistan to obtain more generalizable results.

Keywords: Personality Traits, Openness To Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism, Self-Compassion, Young Adults

Introduction

Difficulties and hardships are the part of one's life which cannot eliminate fully but can cope up with them by being mindful about the situation and by giving oneself a margin of being human. Low times are part of common shared human experiences but how one deal with them whether positively or negatively is the main thing which needs to be focus on. Different people use different problem-solving techniques some face them and accept them while others use the defense mechanism of avoidance and repression. Those who accept the problems and do critical analysis in order to find the solution of that specific problem and accept the problem and fight against it in a healthy manner by being compassionated towards one own-self are less prone to develop the mental illness as they are better able to manage the problems effectively while those who don't confront the problem and avoid it and consider themselves weak are more prone to experience mental as well as physical distress (Arslan, 2016).

The purpose of the current study is to identify the role of personality traits (Openness to experience, conscientiousness, extraversion, agreeableness, neuroticism) in self-compassion among young adults. Individuals need to identify their personality traits to find their purpose in life. It is well known that personality traits predict consequential outcomes. People who score high on personality traits such as conscientiousness and

emotionally stable people are less prone to develop stress and negative emotions as compared to those who score low on conscientiousness (Soto, 2016). Personality traits are relatively stable characteristic of individuals which has a strong impact on various domains of life, such as it was found that an increase in conscientiousness and a decrease in neuroticism has been associated with good psychological well-being as not being neurotic leads to less negative emotions. Personality traits play a crucial role in understanding psychological well-being because they shape how individuals think, behave, respond emotionally, and cope with challenges.

Recent studies have shown that positive personality traits can greatly affect a person's mental health, and overall life satisfaction. The relationship between personality and psychological well-being is complex, with traits such as conscientiousness, emotional stability (or low neuroticism), extraversion, agreeableness, and openness to experience being especially impactful. (Wright et al., 2015). Self-compassion is seen as exceptionally beneficial self-attitude in several studies because of its favorable correlation with numerous dimensions of psychological well-being. Self-support helps individuals find their strengths when facing difficulties in life. However, studies have suggested that self-compassion might boost one's sense of self-worth and decrease one's desire to remedy their faults (Baker & McNulty, 2011).

Self-compassion has become an important factor in enhancing psychological well-being, acting as a protective buffer against various mental health issues like stress, anxiety, and depression. The connection between self-compassion and psychological well-being is supported by several key mechanisms, including emotional regulation, resilience, and a decrease in harmful self-criticism. Individuals who practice self-compassion are better equipped to manage negative emotions such as sadness, frustration, and disappointment. Rather than suppressing or avoiding these feelings, they confront them with acceptance and understanding. This approach to emotional regulation fosters psychological resilience, enabling individuals to cope more effectively with distressing emotions (Kelly & Du Mont, 2019).

By responding to negative experiences with kindness and care, they can lessen the intensity of these emotions, leading to greater psychological stability. High levels of self-compassion correlate with reduced self-criticism and rumination, both of which can harm mental health. Those who embrace self-compassion are more inclined to treat themselves with understanding, especially during tough times, instead of resorting to harsh self-judgment. This decrease in self-criticism contributes to improved self-esteem, enhanced emotional well-being, and greater resilience, as individuals are less likely to feel overwhelmed by feelings of inadequacy or failure (Neff & Germer, 2021).

Literature Review

Past studies have shown a significant relationship between personality traits with self-compassion. Even the Big Five personality model also shows that various traits of personality have a meaningful relation with self-compassion. As personality traits are an important predictor of human behavior, it's not surprising to find that self-compassion has a direct positive relation with agreeableness while has a direct negative relation with neuroticism. (Arslan, 2016; Oral & Arslan, 2017). The research by Oral and Arslan (2017) examined how self-compassion, extraversion, and self-forgiveness are interconnected. They found that extraversion, a major aspect of the Big Five personality traits, is positively linked to self-forgiveness. Specifically, individuals with higher extraversion scores traits that include sociability, optimism, and assertiveness tended to show greater levels of self-compassion. This relationship suggests that those with extraverted characteristics are more likely to treat themselves with kindness and understanding when they encounter personal flaws or mistakes. The study highlighted the importance of positive personality traits like

extraversion in building emotional resilience, which is essential for psychological well-being and personal development.

However, extraversion, openness to experience, and conscientiousness which are also considered major personality traits are positively associated with self-forgiveness so it can be concluded from their study that the more a person will have self-compassion and extraversion, likely they will be to forgive themselves which ultimately result in self-improvement. Individuals who have neurotic personalities are emotionally unstable have negative affectivity are found to have low self-compassion. Such individuals are found to evaluate themselves negatively criticize themselves during their stressful time and treat themselves with less kindness (Kotera et al., 2018).

Openness to experiences encompasses day dreaming, preference to the beauty and engaging in purposeful activities. This trait is a strong indicator of overall psychological well-being, which includes aspects like life satisfaction, emotional regulation, and personal growth. Individuals who score high in openness typically show greater flexibility in their thinking, a readiness to explore new possibilities, and a heightened level of emotional intelligence. A person who receives high openness to experiences is likely to come up with new ideas, appreciate educational activities, and be a dreamy eccentric (Pasule & Little, 2018).

Conscientiousness which is characterized by being organized and disciplined shows mixed findings in association with self-compassion. According to some studies, conscientiousness is positively related to self-compassion as such individuals utilize self-compassion as a strategy to achieve their goals and improve their well-being (Sirois & Hirsch, 2019). While some research indicates a positive connection between conscientiousness and self-compassion, other studies reveal more intricate and varied findings, suggesting that the relationship is shaped by additional factors. For instance, study done by Thrackel et al. (2016) finds that the correlation between self-compassion and conscientiousness personality trait which is portrayed by being organized, well disciplined, ambitious towards achieving their goals is not that simple as such individuals are more likely to develop unachievable goals and high standard for themselves without considering whether they have sufficient resources and capacity to achieve them as they have a mindset to accomplish their duties may struggle with developing empathetic and kind attitude towards themselves. This suggests that conscientious people might be more self-critical, particularly in situations where they do not achieve their high personal standards.

Additionally, Thrackal et al. pointed out that elements like perfectionism, self-criticism, and emotional regulation could influence the relationship between conscientiousness and self-compassion, adding to its complexity. In summary, while conscientious individuals may display traits that could promote self-compassion, their inclination toward self-imposed pressure and high achievement standards can sometimes obstruct their ability to treat themselves kindly during times of failure or imperfection. Openness to experience which includes characteristics like curiosity, creativity, and being open-minded is found to have a direct relationship with self-compassion as such people are nonjudgmental towards others and engage themselves in positive activities. Such people tend to embrace their imperfections in a less criticizing way and take lessons from their failures (Rowe et al., 2019).

Agreeableness which includes the traits of having altruism and cooperative is also found to have a strong positive relation with self-compassion. Such individuals are more likely to exhibit compassion towards others and themselves so one can predict that the more the agreeableness in people the more they will be likely to treat themselves in a caring manner as such people have inherited kindness and empathetic nature (Williams et al., 2021). Those who are high in agreeableness often display a positive and nurturing attitude not only towards others but also towards themselves. This natural tendency for empathy and

understanding helps build healthy relationships and promotes self-compassion, enabling agreeable individuals to handle their own mistakes and shortcomings with kindness instead of harsh self-criticism. The study emphasizes that the caring and empathetic nature directed towards others also leads to a gentler and forgiving attitude towards oneself, which contributes to improved emotional well-being and resilience (Tackett et al., 2020). According to Zhao & Wang (2023), higher agreeableness tends to be linked to a lowered capacity for self-compassion and is particularly pronounced because of people's increased disposition to be very self-critical and to set aside their need for self-preservation in regard to others. From these findings, it can thus be said that while agreeableness is associated with positive interpersonal behavior, it subtracts from being kind and gracious to oneself. It provides evidence that higher scorers on the agreeableness scale are more empathetic and cooperative but perhaps carry more guilt and shame when they feel that they have not met the expectations of others, which may also lead to low levels of self-compassion, as their concern towards others may override self-kindness.

A study done by Ehret et al., (2018) shows that a high level of neuroticism is also associated with less self-compassion which is why such people tend to treat themselves harshly with little or no kindness which ultimately results in anxiety and emotional instability as they face struggle to treat themselves with compassion. Individuals having extroverted personalities are found to have self-compassion as such people have traits of sociability, and positive affect, and often experience positive emotions. They acquire social support and focus more on positivity and less on negativity which results in them finding it easier to be kind not only towards and but also to themselves (Sirois et al., 2019). Costa & McCrae (2021) conducted a longitudinal study in order to examine how neuroticism is related to self-compassion at different life stages. The study found that individuals with high neuroticism scores often reported higher self-compassionate behaviors in relation to negative emotional experiences as they use it as a strategy to overcome their negative emotions. According to their findings neurotic individuals may have a greater need for self-compassion as a coping mechanism against emotional turmoil as neurotic people may have to use self-compassion to regulate their vulnerability in a better-manner, so a positive relationship can be developed between the variables, they neurotic people might utilize self-compassion as an emotional regulation to help them calm their emotional dysregulation.

Costa et al. (2020) also found in one of their studies that individuals who are social and energetic which are the characteristics of extroverted people are more likely to have self-compassion as compared to those who are introverted. Studies indicate that extraverts generally report higher happiness and life satisfaction than their introverted peers. These behaviors are closely tied to psychological well-being, which encompasses emotional stability, life satisfaction, and a positive sense of self. Their sociable nature allows them to create strong social networks, which serve as a vital source of emotional support. These connections enable extraverts to manage stress more effectively and provide a sense of belonging, both of which play a crucial role in enhancing psychological well-being (Tackett et al., 2022). Even though self-compassion is linked to higher extroversion, openness to experience, industriousness, and most commonly, lower neurotic tendencies study found that self-compassion is an important predictor of outcomes like life satisfaction and mental well-being (Neff et al., 2018). Outside these personality characteristics, constructive resolution is important. In comparison to negative affectivity, self-compassion is more focused on strategy which uses neuroticism as a more general disparity in emotional responses, whereas self-compassion offers distinct "strategies for coping with negative thoughts and desires" (Pfattheicher et al., 2017) such as self-kindness and mindfulness practice. The emphasis was on how people's self-compassion connects to their individual coping methods and personality objectives.

Researchers have found gender differences in the relationship between personality traits, self-compassion, and self-resilience. Women generally scored higher than men on

agreeableness and neuroticism. These differences affect their self-compassion and personal development. For example, higher agreeableness among women may enhance their self-compassion and seek personal development through social support which ultimately results in self-improvement. However, higher neuroticism in women may affect self-compassion and personal development as such personality can become hinderance for overall positive growth (Vianello, Righetti, & Orton, 2023). Efforts to improve are beneficial. However, men may experience less self-compassion due to cultural norms that emphasize trust and self-reliance (Wang, Liu, & Yang, 2022). Mental development in adults occurs in a series of processes that though progressive in nature has some good number of challenges owing to the alters that may be in a physical, psychological, cognitive, and social etc. The attribution of one's egocentric stage to adolescent category is due to the fact that a teen has the developmental problem of thinking that his or her experiences are unlike those of other people's experiences. This attitude complicates the adolescents' ability to appreciate that their issues and pain are issues that many people in the world faced and overcome. Adolescents are also motivated to look for sad pains, worried and failures. The developmental changes of adolescence, and especially in relation to their psychology, may cause internal conflict, i.e., with oneself, as well as external conflict, i.e. with the environment, allowing for the insertion of health information and psychological interventions for teenagers regarding difficulties in speaking (Klinge & Vliet, 2019). The means of developing one's psychological capital is through self-compassion. Compassion terms are self-support to assist and hence look for hope and inner strength when confronted with the adversities in life. Self-pity is an argument of the socially endorsed behavior of people, particularly successful failures and sad people with discussions of proper self-abuse. Self-identification settles down at the objectives, which are applied at the psychosexual development phase of early adulthood. Young people can use self-compassion by helping them to put their mistakes or failures in a proper context and then offering them care and compassion (Kaplan & Saccuzzo, 2017).

Understanding the association of personality traits such as openness to experiences, conscientiousness, extraversion, agreeableness, and neuroticism in self-compassion is a phenomenon worthy enough to focus on as with the increase in awareness of mental health and personal growth it is important to identify how self-compassion can become the significant part of intervention and supportive techniques which can be used to treat various psychological problem (Neff, 2022). The involvement of self-compassion for personal growth makes deeper understanding of how self-compassion can be used an important tool to overcome psychological stress. Self-compassion, being personal development countermeasure for people prone to negative emotional states (Costa et al., 2020). Additionally, previous studies done on the present study topic were conducted in Western culture so the population of the current study is from the general population of Islamabad and Rawalpindi which may also help one to understand the cultural variations in self-compassion and self-resilience practices. Moreover, previous studies have been done on this topic are on clinical population or are on older adults (Smith et al., 2021), so the present study will be done on young adults as this is the age group when one faces many life problems and has to take on many responsibilities such as career development, marriage, and parenthood is taking place which can lead one towards stress if things work not accordingly to one's desire (Brown & Green, 2022).

Material and Method

Research Design

In the current study cross-sectional research was used to examine the role of personality traits in self-compassion among young adults. Current study used a survey method technique which comes from a quantitative approach in order to gather data from the participants.

Sample

The sample was recruited from the general population of Islamabad and Rawalpindi. The sample size of the population was 387 and the age range will be 18-25 years. Along with this sample size purposive sampling was used.

Sampling Selection Criteria

Inclusion Criteria

1. Both male and female from any field was included.
2. The age range of participants was from 18-25 years.
3. Sample formation was minimum intermediate and they understand English.

Exclusion Criteria

1. Individuals who are mentally and physically disable was excluded from the study.
2. Data was not collected from other cities of Pakistan and abroad.

Instruments

Big Five Personality Traits

OCEAN is another name for the Five-Big Inventory. Fiske's initial work in 1949 was elaborated upon by many researchers including Norman (1967), Goldberg (1981), Smith (1967), McCrae & Costa (1997). Openness to experience, conscientiousness, agreeableness, extraverted and neurotic are the five elements that make up this personality type. A Likert 5-point scale is often used to measure personality traits, with responses ranging from 1 (strongly agree) to 5 (strongly disagree). This scale usually includes 44 items aimed at evaluating all five personality dimensions. By using this method, researchers can systematically assess an individual's personality across these broad areas. Jaiswal et al. (2022) report that the internal consistency of this scale is high, with a score of 0.91, suggesting that the items are well-correlated and reliably measure the same construct. Additionally, the alpha reliability of the complete scale, which evaluates the overall consistency in measuring the Big Five traits, falls between 0.79 and 0.83.

Self-Compassion Scale (SCS)

Neff established the self-compassion scale in 2003. Individual variations in self-compassion may be measured using this approach. It assesses self-compassion in individuals based on the 6 dimensions of self-compassion which are mindfulness, self-kindness, self-judgment, over-identification, common humanity and isolation. The scale in question includes 26 items aimed at measuring self-compassion and is designed for individuals aged 18 and older. This age restriction ensures that the tool is used with an appropriate demographic, typically young adults and older individuals, whose responses are more likely to reflect the mature cognitive and emotional traits the scale aims to evaluate. According to Jaiswal et al. (2022), the scale shows excellent internal reliability, with a Cronbach's alpha of 0.92. Moreover, the scale also demonstrates impressive test-retest reliability, with a score of 0.93.

Procedure

The sample consist of young adults both male and female of general population of Islamabad and Rawalpindi. Data was collected from those participants who have minimum intermediate education and can understand English. Before the study begins, participants received a detailed explanation of the research's purpose, procedures, and any potential risks or benefits related to their involvement. This was to ensure they fully understand what

participating entails. Both verbal and written informed consent was collected from each participant to confirm their willingness to take part in the study.

Data Analysis

In this study, data was analyzed by using SPSS, a software for statistical analysis. Descriptive statistics was used to summarize the demographic data, which includes frequency, percentages, means, and standard deviations. These statistics gave us an overview of the participants' characteristics, helping us understand the distribution of key demographic variables like age, gender, and educational background. To explore the relationships between the research variables, current study employed several advanced statistical techniques. Correlational analysis will help us investigate the strength and direction of the relationships among personality traits, self-compassion.

Ethical Consideration

Before the conduct of the study, the research was approved by the ethical committee of Szabist University Islamabad. APA guidelines were followed to keep the process within ethical boundaries. Participants were provided with a consent form and made sure of their privacy and confidentiality. They were briefed about the research objectives. In this study, the well-being of participants was our top priority, ensuring that they experience no physical or emotional harm during the research process. We have taken every precaution to protect their mental and physical health, with the research design and procedures carefully developed to prevent any distress or discomfort. Participants was fully informed about the study's nature, including its objectives and the type of data being collected, to ensure transparency and clarity.

Result and Discussion

The goal of the present study was to explore the role of Personality traits which are openness to experience, conscientiousness, agreeableness, extraversion and neuroticism in self-compassion among young adults. The demographics of the current study were age, gender, education, marital status, and Job Status. For Statistical Analysis SPSS was applied. For demographic variables frequency table were drawn in order to show the frequency and percentages of demographic variables utilizing descriptive analysis. Reliability analysis was run in order to find the Cronbach's alpha reliability of the study scales. For continuous variables means, standard deviation, range, skewness and kurtosis were calculated by running descriptive analysis. Pearson correlation was used in order to find the relationship of extraversion, agreeableness, conscientiousness, openness to experience and neuroticism with self-compassion.

Table 1
Demographic characteristics of Sample (N=387)

Variables	f	%age
Education		
Intermediate	142	36.7
BS	201	51.9
MS	43	11.1
Gender		
Male	171	44.2
Female	216	55.8
Age	Mean= 21.68	Standard Deviation= 2.475

Note: f= Frequency, %age= Percentage

Table 1 illustrate the frequency and percentages of demographic variables. The variable includes age, education, gender, family system, marital status, and job status. The table showed that those having qualification of intermediate and BS had a higher frequency

of 142 and 201 with a percentage of 36.7% and 51.9% which was higher for those having qualification of MS whose frequency is 43 with percentage of 11.1% respectively. Males had a higher frequency of 171 as compared to females 216 with percentages of 44.2% and 55.8% respectively. Mean and standard deviation of age of total participants (N=387) was 21.68 and 2.275 respectively.

Table 2
Alpha Reliabilities of Scales (N=387)

Variables	α	M	SD	Range	Minimum	Maximum	Skewness	Kurtosis
Extraversion	.69	25.9	5.4	27	12	39	-.022	-.51
Agreeableness	.68	29.8	5.7	34	11	45	.016	-.31
Conscientiousness	.67	28.3	5.6	32	13	45	.223	-.20
Openness to Experience	.53	24.1	5.6	28	11	39	.175	-.48
Neuroticism	.71	32.5	5.2	28	18	46	-.183	-.27
Self-compassion	.73	36.8	7.2	40	19	58	.029	.94

Note: N= Sample Size, α = Cronbach's Alpha, M= Mean, SD= Standard Deviation

Table 2 indicates the descriptive statistics of extraversion, agreeableness, conscientiousness, openness to experience, neuroticism, and self-compassion. The reliability of subscale of extraversion is .69 with mean and standard deviation of 25.9 and 5.4 respectively. The reliability of subscale agreeableness is .68 with mean and standard deviation of 29.8 and 5.7 respectively. The reliability of subscale conscientiousness is .67 with mean and standard deviation of 28.3 and 5.6 respectively. The reliability of subscale openness to experience is .53 with mean and standard deviation of 24.1 and 5.6 respectively. The reliability of neuroticism is .71 with mean and standard deviation of 32.5 and 5.2 respectively. The reliability of self-compassion scale is .73 with the mean of 36.8 and standard deviation of 7.2 respectively. Skewness and kurtosis for extraversion, agreeableness, conscientiousness, openness to experience, neuroticism, self-compassion and self-resilience are within a range that is -2 to +2.

Table 3
Correlational Analysis of Extraversion, Agreeableness, Conscientiousness, and Openness with Self-Compassion

Variables	1	2	3	4	5
1.Extraversion					
2.Agreeableness	0.048				
3.Conscientiousness	.147**	.181**			
4.Openness	0.042	.152**	.199**		
5.Self-Compassion	.212**	.142**	.266**	.195**	

Note: $p^{**} < .01$

Table 3 shows the correlation among extraversion, agreeableness, conscientiousness, openness to experience and self-compassion. Extraversion has positive non-significant relation with agreeableness and openness to experience which is .0.048 and .0.042. Extraversion has a significant positive correlation with conscientiousness (.147**) and self-compassion (.212**). Agreeableness has a significant positive correlation with conscientiousness (.181**), openness to experience (.152**) and self-compassion (.142**). Conscientiousness has a significant positive correlation with openness (.199**), and self-compassion (.266**). Openness has a significant positive correlation with self-compassion (.195**).

Table 4
Correlational Analysis of Neuroticism with Self-Compassion

Variables	1	2
1.Neuroticism		-.002**
2.Self-Compassion		

Note: $p^{**} < .01$

Table 4 illustrate neuroticism has a significant negative correlation with self-compassion which is $-.002^{**}$ ($p^{**} < .01$).

Discussion

The aim of the current study is to determine the role personality traits in self-compassion among young adults. Big five personality traits are measured by using big five personality inventory. Self-compassion is calculated by using Neff self-compassion scale. Individuals who have positive personality traits are less likely to develop mental health problems as they know how to tackle with a stressful situation. Big five personality traits are found to be an important predictor of self-compassion. Positive traits like openness to experience, extraversion, agreeableness, and conscientiousness is found to be positively correlated with that of self-compassion whereas negative personality trait like neuroticism is negatively correlated with self-compassion (Qadriyah et al., 2020). People who have positive personality traits are more likely to interest their selves in healthy activities which ultimately promotes self-compassion as such individual are better able to cope with difficulties of life (Kaufman et al., 2016).

First hypothesis of the current study is that openness experience, conscientiousness, extraversion agreeableness would be positively correlated with self-compassion among young adults. Correlation analysis by using SPSS is carried out in order to test this hypothesis. The hypothesis was supported by the analysis. The findings indicated that openness to experience, conscientiousness, extraversion, and agreeableness is significantly positively correlated with self-compassion among young adults. The findings are persistent with previous researches which have shown that people who have positive personality traits are more likely to have self-compassion (Bluth et al., 2016). Openness to experience is positively correlated with self-compassion is consistent with previous researchers. Study done by Kelly (2020) indicates that people who have openness are curious, open to new ideas and seek opinion from others which held them to not only remain kind to others, but also to remain self-compassionate to one own-self as such individuals exhibit greater tendency of self-acceptance and self-kindness which are the key components of self-compassion. Research indicates that openness is connected to well-being in several ways. For instance, individuals who have high score on openness to experience are found to be more engage in deeper level of thinking in order to know oneself, have self-reflection and have a sense of purpose for living. Such awareness about one own self result in high level positive emotions, behavior and feelings. Self-compassion and openness to experience are directly correlated with each other due to their most of the shared psychological and emotional features. Characteristics like acceptance, positive growth, and emotional flexibility are the share characteristics of both the self-compassion and openness to experience such share characteristics reflect that why both of these constructs are positively correlated with each other. Self-compassion allows an individual to approach their difficulties in a nonjudgemental way by remaining open to other opinions as well and adapting positive attitude during the difficult times (Smith et al., 2021).

Findings of the current study indicates conscientiousness is significantly positively correlated with self-compassion which is consistent with previous researches. Results of the past studies shows that conscientious individuals are well-organized and well-disciplined. Such individuals know how to achieve their goals by understanding that failures are the part of life and they are not disappointed by their mistakes else they viewed their mistakes as a lesson and try to improve them which helped them to remain kind toward themselves, specifically viewing self-compassion as an effective strategy to manage their responsibilities and achieving their goals. Individuals who have more conscientiousness are more likely to be self-compassionate towards themselves as both constructs shared similar characteristics like emotional stability, responsibility and having a goal directed behavior (Zeng et al., 2018). Conscientiousness is about how organized, responsible, and goal-oriented a person is. Research indicates that people who are conscientious often enjoy

better psychological well-being, strong self-discipline, organizational skills, and ability to achieve their goals. These individuals typically excel at managing stress, fostering positive relationships, and reaching long-term objectives, all of which enhance their sense of fulfillment and mental health. The positive relationship between self-compassion and conscientiousness can be explained by the fact that people who have more conscientiousness are better able to regulate their emotions while achieving their highest standard goals as self-compassion help them to handle their failures and setbacks with kindness by remaining non-judgmental towards themselves in the face of failure (Zhang & Chen, 2017).

People who have personality trait of extraversion have characteristics like they are social, assertive, optimistic and resilient. Such characteristics help them to better able to cope with stressful situations making them more likely to be kind towards oneself. Such individuals are more inclined to maintain positive emotional experiences and social connection with others ultimately induce self-compassion in such individuals indicating that extraversion is positively correlated with self-compassion (Neff, 2013). Extraverted individuals often experience more positive emotions like happiness, excitement and satisfaction. This inclination towards positive feelings is associated with greater emotional stability, reduced depression, and enhanced resilience when facing challenges. Emotional stability, want interpersonal relationships and emotional resilience are the common shared characteristics of self-compassion and extraversion which indicates that why both of these constructs are positively correlated with each other. People who have more extraversion tend to be more outgoing, enjoy social interactions and tend to experience more positive emotions such as joy and excitement as they are more likely to engage in proactive behavior such as engaging in positive social connections and seeking new experiences and self-compassion allow them to handle conflicts with a more balanced approach by adapting positive emotions and supportive social connections which are the characteristics of extraversion as well (Pfattheicher et al., 2017).

Finding of the current study indicates that agreeableness is positively correlated with self-compassion which is consistent with the previous researches. Individuals who have agreeableness personality have traits like empathy and they are cooperative people which results in being not only compassionated towards others but also towards oneself because they tend to approach difficulties of life with kindness and understanding, not by criticizing others or oneself. Being kind, empathetic and having flexible nature are the common shared characteristics of both agreeableness and self-compassion which indicates that why a positive relationship exists between agreeableness and self-compassion. People who have more agreeableness tends to have more positive interpersonal relationships as they do not have a strict nature rather, they are flexible towards the other opinions and handle the interpersonal conflicts by remaining empathetic not only towards themselves but also towards others which are the characteristics of compassion (Hojat et al., 2019).

Having more agreeableness is positively correlated with better psychological outcomes for example, emotional well-being and increased level of overall happiness. Such connection between agreeableness and positive psychological outcome is due to agreeable individual ability to manage their emotion by regulating them in a positive manner which ultimately result in sound psychological health. Studies have shown that individuals having more score on agreeableness traits are more likely to have better emotional stability which allow them to deal with the negative feeling of anger, frustration, and stress as such individuals are better able to regulate their emotions on a positive manner. Such individuals are more prone to experience positive emotions as their empathetic and kind nature allow them towards pro-social behavior which is a source of satisfaction and happiness for them as they see comfort by helping others during their difficult times (Cheng et al., 2020).

The current study also tends to examine the role of neuroticism in self-compassion among young adults with a hypothesis that neuroticism would be negatively correlated with

self-compassion among young adult adults which is the second hypothesis of the current study. Correlational analysis was done in order to examine this hypothesis and findings of such analysis indicate that neuroticism is significantly negatively correlated with self-compassion which is persistent with previous researchers. Individuals who have neurotic personality tends to have characteristics like emotional instability, negative affectivity, anxiety, sadness and irritability which are hindrances for being kind towards oneself as such individuals are more likely to engage in self-critical thinking and tends to judge and criticize themselves during hardships and failures (Kelly et al., 2021). Furthermore, studies done by Alzueta et al. (2020) show us that younger adults who have neurotic personality are more likely to experience psychological distress, anxiety and depression as such individuals are more likely to experience emotional dysregulation and seek emotional support from others, which hinders their ability to remain compassionate and mindful towards other and themselves. People who score high on neuroticism trait are more prone towards emotional instability and react negatively to stressors, making it difficult for them to effectively cope with life's challenges. This persistent emotional reactivity can lead to maladaptive coping strategies, such as avoidance, rumination, or aggression, rather than problem-solving or seeking social support. Over time, these ineffective coping mechanisms can exacerbate mental health issues, increase vulnerability to depression and anxiety, and reduce overall compassion (Stieger et al., 2020).

Conclusion

The present study was conducted in order to determine the role of personality traits (openness to experience, conscientiousness, extraversion, agreeableness and neuroticism) in self-compassion among young adult adults. It was found that people who have positive personality traits like openness to experience, conscientiousness, extraversion and agreeableness is significantly positively correlated with self-compassion young adults. It was also found that neuroticism is significantly negatively correlated with self-compassion among young adults. So, one can conclude from the findings of the current study that personality is important predictor for both self-compassion which are important for developing intervention plan according to once personality traits as people who have positive personality traits require different intervention plan as compared to those people who have neurotic personality.

Recommendations

- There are fewer limitations of the current study. The first limitation of the present study is that it is a cross-sectional and quantitative design due to limited resources. So the longitudinal design is suggested with the same sample which will help in developing interventions for according to one personality traits.
- The second limitation of the study is that data is collected from two cities of Pakistan that are Rawalpindi and Islamabad. The sample of the study fulfilled normal distribution but it is limited to only these cities. So future researchers can replicate this study with a more diverse sample from different cities in Pakistan to obtain more generalizable results

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