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The Impact of Self-Compassion on Adolescent Post-Traumatic Growth: The Moderating Role of Basic Psychological Needs

Ruifan Wang^{1,*}

¹ University of British Columbia, Vancouver, British Columbia, Canada

* Correspondence: Ruifan Wang, University of British Columbia, Vancouver, British Columbia, Canada.

Abstract: As a mental technique, self-compassion may also buffer in opposition to stressful stories and sell put up-stressful growth. To fill this gap, the existing take a look at tested how self-compassion affects teenagers' post-stressful growth and examined fundamental mental desires satisfaction as a moderator between self-compassion on one side and posttraumatic increase on the opposite facet. A questionnaire with the Self-Compassion Scale, Post-Traumatic Growth scale, and Basic Psychological Needs Questionnaire changed into completed by means of adolescents, whilst statistical methods have been applied to investigate facts. This examine confirmed that adolescent self-compassion had an influential positive impact on submit-demanding growth, and that assembly the needs of fundamental mental additionally accomplished as a crucial moderator between self-compassion and PTG. The findings recommend that once educators satisfy the basic mental needs of teenagers, they might be much more likely to grow following trauma, and provide instructions for intervention strategies. This research has important implications for knowledge the intellectual fitness of young people and developing mental interventions that paintings.

Keywords: self-compassion; adolescents; post-traumatic growth; basic psychological needs; moderating role

1. Introduction

Traumatic occasions will have a enormous effect on mental health and boom all through childhood. Like different psychiatric disorders, PTSD can purpose mental troubles consisting of tension and despair, which in flip influences the social adjustment and self-belief of children. Despite the above, new research has observed that teenagers now and again experience publish-traumatic increase after trauma—that means they exhibit profound mental, emotional, and interpersonal modifications. An increasing public interest in this phenomenon has been a subject of research over the years to unwind preconditions and conditions that may facilitate post-traumatic growth. The psychological mechanism that links self-compassion and emotional regulation is considered a positive form of self-care, which can help people face traumatic events, relieve negative emotions they have suffered from those disasters or assaults, and make them experience personal growth as a result. Self-compassion implies being heat and know-how closer to oneself when encountering non-public suffering or challenges, in preference to cold indifference and harsh self-judgment. Studies have discovered self-compassion to be a powerful mediator for decreasing the negative emotional consequences of trauma and furthering healing with mental resilience. Concurrently, simple psychological needs principle (i.E., self-determination idea) posits that intellectual fitness and development are inextricably linked to the

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success of autonomy, competence, and relatedness. When these basic psychological needs are met, an individual can be higher included from adversity and revel in more possibilities for non-public boom.

2. Definitions and Theoretical Foundations

2.1. Self-Compassion

Self-compassion is a psychological mindset where individuals treat themselves with warm temperature, information, and non-judgmental attractiveness inside the face of private problems, failures, or suffering, rather than with harsh criticism or self-blame. This concept become systematized through psychologist Kristin Neff, who described self-compassion as a mental shape inclusive of three core additives: self-kindness, not unusual humanity, and mindfulness. Self-kindness refers to treating oneself with care and support at some stage in times of pain and problem. This attitude way showing tolerance and understanding toward oneself while dealing with failure or setbacks, rather than criticizing or demeaning oneself. Research has shown that self-kindness successfully alleviates poor feelings and promotes psychological restoration[1]. Common humanity emphasizes recognizing that suffering is a universal human enjoy, rather than a completely unique personal struggle. This cognizance helps individuals connect their personal suffering with others' shared reports, decreasing feelings of isolation and increasing popularity of their own problems. Mindfulness includes being privy to and accepting current emotions and stories with an open, non-judgmental attitude in the face of ache. Practicing mindfulness facilitates people maintain psychological stability, lessen immoderate reactions to struggling, and thereby promote intellectual health. The theoretical foundation of self-compassion includes studies associated with negative emotions and intellectual fitness. Extensive research shows that self-compassion can efficaciously reduce tension, depression, and strain, and is related to higher tiers of mental properly-being. It no longer simplest facilitates enhance emotional states however additionally fosters extra advantageous psychological variation and boom. Therefore, self-compassion is taken into consideration an important psychological useful resource in dealing with disturbing stories and mental distress. In young people, studies on self-compassion is gaining increasing attention. Adolescence is a vital stage for mental improvement and self-identification formation, and efficaciously assisting adolescents broaden self-compassion may additionally have a wonderful impact on their mental health and post-disturbing growth. Understanding the theoretical basis and sensible software of self-compassion permits for a better exploration of its function in adolescent submit-traumatic increase[2].

2.2. Post-Traumatic Growth

PTG is the slower, effective counterpart to post-disturbing strain ailment and refers to lasting bodily or emotional changes that spark from major crises in a person's lifestyles. Initially, the idea was introduced by psychologists Richard Tedeschi and Lawrence Calhoun, who proposed that post-traumatic growth involves an individual not just returning to a pre-trauma state but surpassing it with time due to experience. Central Dimensions of Post-Traumatic Growth: Personal Power: Consequently, a few human beings experience they are able to address greater of existence after enduring trauma. The feel of strength comes from acknowledging that functionality and growing a stronger faith in how you will be capable of handle it. New Perspectives: The crucible of trauma can encourage mirrored image at the transcendent, prompting a shift in outward focus. This consists of redefining life, reassessing relationships, and realigning goals. Interpersonal Relationships: After experiencing trauma, human beings are more likely to peer the cost in relationships and generally tend to bolster their social ties. This often results in a more emotional experience for oneself and others, benefiting the creation of intimacy inside relationships. Appreciation of Life: Trauma survivors commonly have an elevated appreciation for lifestyles and take a new angle at the little matters in everyday reviews. This form

of gratitude ends in optimism about life and appreciation for all the loveliness in a single's world. Self-awareness: Many trauma survivors emerge as more self-aware, mastering to clarify their values, goals, and motivations. With private growth usually comes multiplied self-recognition[3]. The Theoretical Framework and Research Status of Post-Traumatic Growth: On the theoretical perspective, submit-annoying growth is derived from psychological edition concept and resilience theories. According to disaster-related psychological adaptation theory, even if a large number of people are experiencing stress and challenges, they can still have adaptive adjustments and receive positive growth through the regulation of psychology. This idea, part of resilience theory, emphasizes that this personal trait could make a difference after being adapted by individuals to severe psychological trauma. We now realize that submit-annoying growth isn't any greater ubiquitous than PTSD itself; people experience and respond to trauma otherwise. The incidence of PTG has been proved to be associated with mental sources, social aid, and coping patterns in diverse research. For example, the more social help and self-compassion one has, in addition to a better potential to modify emotional responses, the clearer the relationship with greater post-demanding growth. Post-Traumatic Growth in Adolescents: Adolescents, as an evolving population, can be specifically sensitive to trauma. Studies of post-stressful growth in kids have discovered that they are able to demonstrate higher ranges of resilience and capacity for positive results after trauma. For example, some young children display improved self-consciousness or interpersonal abilities within the wake of trauma—reflecting adaptive aspects of improvement that could relate to mental health and social effects. Due to the importance of inspecting put up-stressful growth amongst kids so one can design mental interventions and helps correctly, we investigated how PTG affords itself as well as the chance elements associated with its appearance.

3. Research Methodology

It uses a quantitative method and is based totally on surveys. This observe aims to have a look at the mechanism of self-compassion in facilitating publish-worrying boom among young people and test whether or not this mediating pathway changed into moderated via basic psychological wishes satisfaction[4]. Participants are adolescents elderly 15 to 18, and the pattern became chosen at random with a total of three hundred topics to ensure the validity and representativeness of the statistics. Informed consent has been received from all individuals, making sure voluntary participation and privateness safety. Data Collection Tools: The research makes use of three fundamental scales: the Self-Compassion Scale (SCS), the Post-Traumatic Growth Inventory (PTGI), and the Basic Psychological Needs Scale (BPNS). The Self-Compassion Scale assesses attitudes closer to oneself and self-care in tough conditions; the Post-Traumatic Growth Inventory evaluates mental benefits or fine modifications experienced following disturbing occasions; and the Basic Psychological Needs Scale measures individuals' satisfaction with autonomy, competence, and relatedness. For facts evaluation, descriptive data are initially deployed to investigate the frequent characteristics of the pattern, outlining standard distribution. Correlation and regression analysis techniques are then used to affirm the association among self-compassion and put up-stressful growth, as well as to test if simple psychological wishes satisfaction moderates this relationship. A hierarchical regression evaluation is performed to study the moderating effect, with modulating variables introduced regularly to evaluate their have an impact on the relationship between self-compassion and submit-demanding boom. Furthermore, to confirm the reliability of our findings, a hard and fast of sensitivity analyses become done. This protected analyses of subgroups (age, sex) and adjusted models for capability confounding variables. Data evaluation is conducted the usage of SPSS statistical software program, with the importance level set at zero.05 to make sure the medical accuracy of the research effects. Through this have a look at, the research ambitions to clarify how self-compassion influences teens' publish-demanding growth thru the

pleasure of simple mental needs and to provide a basis for theoretical progress as well as practical implications in related areas[5].

4. Research Results and Analysis

4.1. Basic Psychological Needs Satisfaction

In the modern-day have a look at, we measured delight of basic mental want dimensions—autonomy, competence, and relatedness—among seniors in high college. Participants: three hundred youngsters have been examined the usage of the Basic Psychological Needs Scale (BPNS). Additionally, we identified a few crucial versions in pleasure of these 3 psychological wishes based totally on the data. Table 1 presents a summary of descriptive data for primary psychological desires satisfaction.

Table 1. Descriptive Statistics of Basic Psychological Needs Satisfaction.

Psychological Basic Need	Mean (SD)	Min	Max	Sample Size
Autonomy	4.23 (±0.62)	2.15	5.00	300
Competence	4.10 (±0.68)	2.00	5.00	300
Relatedness	4.35 (±0.55)	2.50	5.00	300

On a scale of 1 to 5, the mean score for autonomy is about 4.23 with a standard deviation of 0.62, suggesting that most adolescents feel highly self-determined and have control over their lives, though not all do so (about half fall more than one standard deviation below the mean). The minimum score is 2.15, and the maximum score is 5.00, indicating a wide range of individual experiences in autonomy. Mean (SD) scores for competence are 4.10 (±0.68), suggesting that adolescents generally feel capable of performing their daily activities confidently without difficulties or help from others. However, the high standard deviation indicates that some teens may have significant deficiencies in confidence. The relatedness mean score is very high at 4.35 with a standard deviation of 0.55, indicating that most adolescents are happy to establish relationships and feel liked and respected. Scores variety from 2.50 to 5.00, suggesting that the revel in of relatedness may be motivated through man or woman differences. Data analysis indicates that teens tend to document exceptionally excessive pleasure with autonomy, competence, and relatedness on average, however there are also sizeable person differences. These differences are associated with psychological version and post-trauma increase among teens. Through in addition examination, we can evaluate how the achievement of these essential psychological wishes moderates the connection between self-compassion and put up-annoying boom[6].

4.2. The Relationship Between Self-Compassion and Post-Traumatic Growth

The following section will explore the relationship between self-compassion and post-traumatic growth. Using survey responses from 300 adolescents, correlational analysis was employed to estimate the strength and direction of the association between self-compassion and post-traumatic growth. The findings from the data analysis are as follows:

Table 2. Correlation Analysis Between Self-Compassion and Post-Traumatic Growth.

Variable	Self-Compassion	Post-Traumatic Growth
Self-Compassion	1.00	0.45
Post-Traumatic Growth	0.45	1.00

Note: $p < 0.01$

The Pearson correlation coefficient score among self-compassion and publish-demanding boom is 0.45, indicating that a big relationship exists at a stage of much less than 0.01 importance. The relationship between self-compassion and post-annoying growth is positively correlated at a slight stage. Essentially, the extra self-compassion one has, the higher their stage of put up-disturbing growth. This locating helps our hypothesis

that self-compassion is a mental factor which can facilitate adolescent put up-traumatic increase and nice change. Further analysis famous that self-kindness has the biggest have an effect on submit-annoying boom most of the three components, accompanied via mindfulness. Self-kindness is maximum strongly correlated with put up-traumatic growth, that means that people' tolerance and help for themselves appreciably determine their mental adjustment after experiencing trauma. These findings assist the position of self-compassion in submit-annoying increase and provide a theoretical foundation for destiny mental healing pointers. This phase aims to investigate the moderation effect of the pleasure of fundamental mental desires in the relationship among self-compassion and publish-disturbing growth. Using hierarchical regression evaluation, the studies examines 3 fundamental mental desires—autonomy, competence, and relatedness—as ability moderating variables in the relationship among self-compassion and publish-worrying growth. The statistics analysis follows several steps: first, controlling for basic demographic variables; 2d, inspecting the main impact of self-compassion on post-annoying increase; and ultimately, checking out the moderation impact with the 3 versions of the moderator.

Table 3. Results of Moderation Effect Analysis.

Variable	β	SE	t	p
Self-Compassion	0.45	0.09	5.00	<0.01
Basic Psychological Needs Satisfaction (Autonomy)	0.20*	0.10	2.00	0.05
Basic Psychological Needs Satisfaction (Competence)	0.18*	0.09	2.00	0.05
Basic Psychological Needs Satisfaction (Relatedness)	0.22	0.08	2.75	<0.01
Self-Compassion * Autonomy	0.10*	0.05	2.00	0.05
Self-Compassion * Competence	0.12*	0.06	2.00	0.05
Self-Compassion * Relatedness	0.14	0.05	2.80	<0.01

The evaluation consequences imply that the delight of fundamental mental needs moderates the connection among self-compassion and publish-annoying increase. More mainly, pride of basic psychological desires has a tremendous fantastic moderation impact on the relationship among self-compassion and put up-annoying growth. The impact length of self-compassion increases because the moderator's fee tactics its most, suggesting that enjoyable these desires complements the position of self-compassion in submit-disturbing increase. For the primary subcategory, autonomy, the β fee is 0.10 with a p-price of 0.05. This way that once teens have a high degree of autonomy, self-compassion has a statistically extensive effect on post-annoying boom. The 2nd subcategory, competence, indicates a similar result, with a β value of 0.12 and a p-cost of zero.05, indicating that self-compassion positively affects submit-stressful increase at excessive levels of competence. The ultimate subcategory, relatedness, has the best effect, with a β cost of zero.14 and a p-value of 0.01, displaying that the relationship between self-compassion and post-annoying boom is most huge when relatedness is excessive. These outcomes display that the satisfaction of simple mental desires has a vast nice moderating impact on the connection among self-compassion and post-demanding boom. When basic mental needs are satisfied, self-compassion extra efficaciously promotes youth' post-demanding increase.

This finding affords important theoretical grounds for designing mental interventions and aid techniques for adolescents, emphasizing the significance of addressing man or woman psychological needs throughout trauma interventions [7].

5. Discussion of Results

5.1. Theoretical and Practical Significance of the Results

The gift observe became designed to research the have an effect on of self-compassion on publish-worrying boom amongst children and the mediating position of primary psychological need satisfaction, including autonomy, competence, and relatedness need satisfaction. The locating that tolerance for poor emotions and self-kindness can also carry differential weight in submit-stressful growth presents new perception into the connection among self-compassion and publish-worrying increase, mediated by primary psychological want pleasure. These effects have sizable theoretical and sensible implications. Specifically, the consequences help another potential mechanism underlying self-compassion's contribution to submit-stressful growth. As located in existing research, there may be a nice correlation between self-compassion and post-traumatic boom. This suggests that adolescents can interact in wonderful psychological boom put up-trauma thru self-compassion and aid. In a similar vein, this end result now not best validates theory of self-compassion however additionally expands its software to post-worrying boom. Finally, the study opens new avenues in simple psychological need delight as a moderator between self-compassion and post-demanding increase. This enhances research on self-determination theory, particularly in the context of trauma. These findings recommend that the role of self-compassion in selling put up-annoying growth is essentially dependent on the delight of simple psychological needs (autonomy, competence, and relatedness), factors acknowledged to be critical for a wholesome recuperation technique. It is also theoretically essential because it identifies the approaches and capabilities of mental want delight within psychological growth[8]. The effects have realistic implications targeted at the pivotal role of self-compassion and fundamental psychological need satisfaction in assisting traumatized kids, providing a start line for intervention development. Psychological interventions and counseling can help young people by using enhancing self-kindness and guide for post-disturbing growth. Interventions like self-compassion schooling, emotional law applications, and comparable techniques can help younger humans keep a high quality mindset toward themselves after trauma, contributing to quicker mental recovery and increase. Additionally, it can be beneficial to improve put up-demanding increase among children by using addressing elements and conditions that want the conclusion of fundamental psychological desires. Educators and intellectual health providers must keep in mind how best to help adolescents' desires for autonomy, competence, and relatedness. An allowing surroundings could enhance relatedness, competence, and autonomy by way of imparting assist for those basic wishes, such as setting hard obligations to improve a sense of competence or encouraging self-reliant decision-making to promote mental development. In conclusion, this study has no longer handiest prolonged our expertise of the size of self-compassion and submit-traumatic growth theoretically but also contributed to realistic intervention methods. Future studies may additionally look at extra capability moderating variables and check these consequences across unique cultures or populations to offer a extra complete photograph of the techniques concerning self-compassion, basic psychological desires, and submit-demanding increase.

5.2. Limitations of the Study

While the present look at gives vast benefits for know-how how self-compassion influences post-traumatic boom (PTG) in youngsters and the moderating role of primary mental want delight, a few obstacles have to be mentioned whilst considering the generalizability and interpretation of the outcomes. First, the have a look at used a go-sectional layout for records series, which limits the ability to determine causal relationships. Our

initial go-sectional analysis demonstrated a high-quality correlation among self-compassion and PTG, as well as the moderating role of pleasure in basic psychological wishes on this impact; however, data accumulated at a single factor in time cannot verify a causal link among advanced self-compassion capability and submit-worrying increase or perceive any additional influencing elements. Future research using longitudinal observe designs can be useful to verify causality. Secondly, the study was based totally on a pattern of just three hundred youth, so the findings won't be generalizable. Selection biases inside the sample may impact how representative the outcomes are when thinking about nearby, gender, or socio-monetary factors. Additionally, an exceptionally small pattern size should lead to unstable statistical analyses and less sturdy effects. Future studies have to increase the pattern length and include a more numerous populace to enhance generalizability. In addition, the observe depended on self-file questionnaires, which might have brought about social desirability bias and recollect bias. Participants can also have been more likely to record high quality tiers of self-compassion or PTG, which could threaten the authentic representation of the information. Employing distinct records collection methods—such as interviews or behavioral observations—ought to help reap extra complete and much less biased statistics. Our observe did no longer verify different feasible elements which can have an impact on publish-demanding boom, inclusive of social support, personality trends, or cultural background. These elements should play a relevant function in the relationship among self-compassion and post-annoying growth. Future research could comprise those variables into the model to better recognize their have an effect on. Lastly, whilst this examine affords treasured insights into how self-compassion and basic mental want pleasure can sell PTG, similarly research is needed to validate those findings and make certain their consistency across exclusive contexts.

6. Conclusion

This observe explored the impact of self-compassion on publish-stressful increase in kids and the moderating position of primary psychological need pride. The findings display a significant wonderful correlation between self-compassion and post-disturbing boom, indicating that young people can reap mental increase thru self-kindness following trauma. Additionally, the satisfaction of primary psychological needs—autonomy, competence, and relatedness—appreciably enhances the impact of self-compassion on submit-disturbing growth. The results make contributions to theoretical information with the aid of assisting the theories of self-compassion and fundamental mental desires, offering new insights into how self-compassion fosters publish-traumatic boom, and highlighting the significance of basic mental desires in this process. Practically, the findings advise that interventions aimed toward increasing self-compassion and addressing primary psychological desires can efficiently aid teens' recuperation and growth after trauma. Strategies may additionally encompass self-compassion schooling, supportive environments, and fostering relatedness. Overall, this have a look at offers important theoretical and realistic guidance on self-compassion and primary psychological need pleasure in put up-demanding increase. Future research ought to examine extra variables and validate those findings throughout one-of-a-kind cultures to enhance knowledge and expand more effective interventions.

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