

## **SELF COMPASSION AND MENTAL HEALTH: A STUDY ON YOUNG ADULTS**

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### **ABSTRACT**

This preliminary study examined the relationship between self-compassion and mental health in university going 80 adult students (30) female and (50) male. The self-report measures of self compassion and mental health were administered among the participants for data. Pearson's product method and t-test were used to find the results. The result indicates that students' ability to kindly accept oneself while suffering is significantly associated with mental health. The research findings, conclusion and future suggestions are discussed.

**KEYWORDS:** Self-Compassion, Life Satisfaction, Anxiety, Depression