



The Self-Compassion as Predictor on Subjective Well-Being of Financial Working Women

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ABSTRACT

The present study aims to examine the breadth to which self-compassion can predict subjective well-being of financial working women, thereby contributing to the understanding of psychological factors influencing well-being and quality of life of financial working women. A sample of 200 financial working women age group ranging 30-56 years were selected from various rural urban background of primary basic added schools of Jaunpur district (U.P.), purposive sampling technique and co relational design was used. The participants were assessed using self-compassion scale and subjective well-being scale. Data were analyzed through descriptive statistics and linear regression using SPSS version -22 to scrutinize the predictive power of self-compassion on subjective well-being of financial working women. Results specify that self-compassion significantly predicts subjective well-being of financial women according to 22% of the variance. The regression model ($F=54.41$, $P < 0.01$) and standardized coefficients ($\beta=0.059$, $t=7.38$ $P < 0.01$) underscored the positive relationship between self-compassion and subjective well-being of financial working women. The study corroborates that self-compassion serves as a significant predictor of subjective well-being of financial working women. Heightened self-compassion could therefore, be a viable strategy enhancing mental health and overall life satisfaction.



Introduction

Now a days in modern India women a highly empowered and not only mercy be world of intellectuals and social workers but are also the basic builders of the universe, the women are an important criterion for determining the progress of any society. The financial working women who have access to and utilize financial service like saving accounts, credit, insurance and payments, enabling them to manage their finance invest and participates in the economy.

There is avoidance that the 21 centuries mostly women are attracted to words job causes including financial independents, personal fulfillment and opportunity to contribute to society and make a difference, with many also seeking work like balance and flexibility.

In addition to, there are more studies have been conducted in relation two working women and significant threat and bad experience for the well-being of working women (Winefield et al.2014 & Zemman et al.2014) some investigations have been done about working women and several types of problems such as physical and sexual harassment, psychological negativeness depression, anger, anxiety and bad feelings-satisfaction and well-being was also adversely reported (Adams et.al.2011,Panatik et.al.2011).

Research also slows the negative impact of working women and subjective well-being has been well documented for instance certain personality variables have been find to buffer the adverse effects of working women on exhaustion and depression (Kinnunen 2003).

In 2021, Kelly et. al. conducted research on 37 women and revealed that self-compassion leads to personal shortcoming such as loss of standards, undesirable traits, lack of motivation, and fear of failure. Trait SC is characterized as stable disposition as well as individual differences (Neff et al.2007) reported the causes which individual to be more or less prone to treat themselves kindly in the condition of suffering (Rothmann et al. 2018) states that however regularly show a across different situations and context range of momentary and short-lived states with substantial variability.

Several also revealed that SC offers most of the benefits of higher subjective well-being (Terry & Leary 2011, Odou & Brinker 2014, Rook & Karen 1984). Some research conducted on SC reported higher level of SC in affinity in increasing feeling of happiness, optimism, curiosity and connectedness (Neff 2003, Dejithird 2005, Leary et al.2007, Zessin et al.2015 Sirais et al., 2015, & Neff 2021), as well as reduced anxiety depression, contemplation and of failure. According to Barnard & Curry (2011) SC is



strongly linked with good mental health conditions such as emotional resilience, depression, and symptoms of stress, additionally, SC improves emotional resilience, PWB, and coping strategy.

Empirical studies reinforce the significant connection between self-compassion and working women scholars have underscored its role as trait to enhance mental health and research has consistently demonstrated the proven role of self-compassion in supporting effective coping although research on state of self-compassion on subjective well-being of however, few empirical studies have examined avoidance that relates SC on SWB of working financial women is presently scarce. On the basis of above facts, it is quite impossible to established the empirical evidence that relates SC on SWB. Therefore, present study builds on predictors of SC on SWB of financial working women.

Objective

To examine the predictive role of Self-compassion on subjective well-being among financial working women.

Hypothesis

Self-compassion will significantly predict subjective well-being among financial working women.

Method

Research Design

The research adopted a correlational design, to investigate the predictive relationship between SC and SWB among financial working women.

Sample

A sample of 200 primary school financial aided working women teacher in the area of district Jaunpur (U.P.) age group ranging from 35-56 years from background working women teacher 200 were selected from Jaunpur district. Prior to their participation, the participants were informed of the study, goal and that a constant had-been obtained. Institutional Review Board approval was granted to ensure the study met ethical standards. The data collection involved to primary measurement the self-compassion scale developed by Gupta R.P. & Pandey R. (2017) and subjective well-being scale developed by Thakur & Singh (1999).



Subjective well-being scale -

Subjective well-being was assessed using scale Thakur and Singh (1999). It has total items 40 this assessed 5 subscales of well-being: happiness, coping optimism, health and social satisfaction. Participants were instructed to complete a set of items using a three-point Likert scale was employed, with options from strong disagreement to strong agreement. Scores were calculated for the sub component of subjective well-being and score was also computed globally. The scale of the reliability and validity are respectively .69 and .68 which are highest.

Self-Compassion Scale –

Self-compassion was measured using the short form of the Self-Compassion Scale, consisting of 23 items. Gupta R.P.& Pandey R (2017). The scale measured three primary dimensions of self-compassion along with their corresponding negative counterparts including self-kindness Vs self-judgment, common humanity Vs Isolation and mindfulness Vs Over identification. Participants rated each item on a five-point Likert scale, ranging from 1 (“almost never”) to 5 (“almost always”). Mean scores were computed, with higher values indicating greater levels of self-compassion.

Procedure

Permission was first obtained from the heads of various primary schools to conduct the study at their workplaces. Participants were then briefed about the objectives and nature of the research. Ethical guidelines were clearly stated at the beginning of each questionnaire, and verbal instructions were provided to allow participants to clarify any doubts. Following data collection, the responses were analyzed using SPSS to test the study’s hypotheses.

Statistical analysis

Using SPSS version 22.0, the analysis commenced with the calculation of descriptive statistics to summarize the data, after which bivariate correlations were examined to explore relationships among variables. 2nd Linear regression served as the central analytical strategy, enabling assessment of the predictive capacity of the self-compassion (independent variable) on subjective well-being of working women (dependent variable). The linear regression model was chosen for its ability to eliminate the strength and direction of regarding the association of SC with SWB. Before the regression analysis multicollinearity diagnostics were conducted to ensure that assumption for linear regression was met. The significant level was set at $p < 0.5$ for all statistical test the liner regression analysis was structured to



provide inside into the constant self-compassion could account for variance in subjective well-being scores among financial working women. The regression model's coefficients involving the unstandardized and standardized beta coefficients were interpreted to understand the degree and significance of the predictive relationship between self-compassion and subjective well-being financial working women. Additionally, the model's overall fit was evaluated through R^2 which reflect the extent of variance in subjective well-being of financial working women can be clarified by self-compassion. To validate the regression model, the assumptions of linearity, independence of errors, normal distribution of residuals, and homoscedasticity were carefully assessed.

Descriptive Statistics findings

Table 1

Variables	Number	Mean	Standard Deviation	r
Self-compassion	200	76.97	10.88	0.46
Sub.well-being	200	71.94	10.14	

Table 1 reports on the descriptive statistics findings for self-compassion and subjective well-being among 200 participants the mean score for SC was 76.92 accompanied by a standard deviation of 10.88 showing variability in the levels of self-compassion across the sample. For subjective well-being the mean score was 71.94 with standard deviation of 10.14 suggesting a range of subjective experiences among financial working women.

Without conducting the linear regressions analysis to explore the predictive relationship between self-compassion and subjective well-being among 200 participants, we thoroughly checked and confirmed the assumptions necessary for a valid linear regression model.

Analysis of Regression model**Table 2:****Summary of Regression model analysis**

Model	Sum of Squares	Degree of freedom	Mean Squares	R	R²	F	p
Regression	4410.58	1	4410.58	0.46	0.22	54.1	<0.01
Residual	16050.70	198	81.06				
Total	20416.28	199					

Dependent Variable: Self-compassion

Predictor (Constant): subjective well-being of financial working women.

Table 2 presents of summary of the regression model analysis. The regression model with self-compassion as the predictor variable, explains 22% of the variance in subjective well-being ($R^2=0.22$) indicating a significant predictive relationship. The F statistics ($F=54.1$, $p < 0.01$) confirms that the model significantly predicts subjective well-being. This highlights strength and significance regarding the connection between SC and SWB within the study's sample.

Table 3:**Summary of standardized and non-standardized coefficients and T statistics of variables entered in to the regression equation.**

Predictor Variable	Un standardized Coefficients	βStandardized	Standardized coefficients	t value	p
Constant	38.65	4.156	8.48	7.38	<0.01
Self-comp.	.433	.059	.46		

Table 3 Shows that self-compassion unstandardized (β , 0.43= the standard β , 0.059, $t=7.38 < 0.01$) significantly predicts subjective well-being among financial working women This table underscore the quantitative measure of the impact of SC on SWB financial working women, offering a precise evaluation of the predictive power of SC on SWB financial working women.



Discussion and Conclusion

This study sought to examine how self-compassion predicts subjective well-being in financial working women with a view to understanding how SC which includes self-kindness common humanity and mind fullness could influence on subjective well-being of financial working women. Our finding indicates the self-compassion on predicts subjective well-being working women highlighting the crucial role that self-compassion in enhancing happiness regulates positive emotional states of financial working women.

The results of the investigation finding underscores the significant predictive relationship between the SC and SWB of financial women reinforcing the notion that a connective of SC influences the quality of life of working women is sophisticated linked to participate well-being. Self-compassion encompasses cognitive and effective evaluation of one's life including life satisfaction, positive emotions and sense of purpose (Keyes 2006) and is influenced by a range of factors including self-kindness, recognition of common humanity, and mindfulness in relation to subjective well-being of financial working women.

Self-compassion, characterized by self-kindness, recognition of common humanity, and mindful awareness is cardinal in fostering subjective well-being and promoting favorable performing outcomes Feldman (2006) it encourage and support the ability of the participant to navigate working women in India face a marvelous of challenges including pay disparity gender bias and discrimination, sexual harassment, work life balance difficulties and limited access to opportunities and support networks Dalrymple & Herbert (2007).

High level of SC participants to employ effective coping mechanism in the face of hardship further explain the positive the relationship between SC and SWB Erbe & Lohrmann (2015).

In addition, the impact of external factors and live events on subjective well-being high lights the dynamic interplay between personal attributes social dynamic, and environmental influence research into the effects of life events of working women such as sleep disturbances pregnancy and leisure and activities on subjective well-being reveals the multifaceted nature of this construct Nar Denmark et al. (2012).

Taking into consideration of these finding, It is evident that self-compassion severs to enhance the well-being of working women by fostering resilience, reducing stress and promoting positive emotion regulation ultimately leading to improved mental and physical health Parts J. Albentosa (2020).



In last but not least our contributes to the growing body of research affirming the integral role of self-compassion in predicting subjective well-being of working women. It not only indorses existing theoretical trauma words but also offers practical insights into the mechanism through which self-compassion can be support to faster and enhanced sense of well-being. Future research should aim to further dissect the intricate relationships between self-compassion subjective well- being of financial working women and other psychological constructs with an emphasis on developing interventions that can bolster these attributes to improve self-compassion and quality of life of working women.

Limitations

Present study stretch insightful is not without its limitation. 1st the correlational design restricts the capacity to establish causal relationships between self-compassion and subjective well-being financial women. 2nd the overview the reliance on self-reported measures may introduce bias, as participants might overestimate their actual levels of self-compassion or well-being. In light of these findings, the convenience sampling method practical may not adequately capture the diversity of the wider population, conceivably limiting the generalizability of the findings. finally, the study focused merely on self-compassion as a predictor overlooking other possible variables that could also influence subjective well-being financial working women.

Suggestions

More unapproachable the research should aim to overcome these constraints use longitudinal design that can better workout causality between SC and SWB of financial and non-financial working women. Incorporate objective measure of SC and SWB, alongside self-reported data of financial and non-financial working woman could also enhance the reliability of the finding. Expending the sample to include a wider demographic and employing random sampling method would improve the studies generalizability, furthermore, exploring additional constructs, such as self-esteem emotional intelligence in conjunction with self-compassion could give a deeper comprehensive understanding of the factors contributing to subjective well-beings.

Conclusion

The findings of present study have practical implications for different disciplines including working place education and mental health interference. Educators and employers can incorporate self-compassion training to enhance suppleness well-being among student and employees. Such training could be focused on developing coping strategies, goal setting and boosting confidence which are all



facts of the SC includes self-kindness, common humanity and mindfulness which potentially improving their student's subjective well-beings.

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