

Effect of Self-Compassion on Physical Deformities in Adolescents Considering Some Variables

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Abstract

The aimed education current into detecting the relationship between self-compassion and symptoms of physical deformities in adolescents and differences depending on several demographic variables. The study sample consisted of (293) adolescents. The self-compassion scale was used to achieve the objectives of the study. (Neff, Bluth, et al., 2021) The External Appearance Anxiety Scale (Park, 2007) and external rejection sensitivity meter (Roberts et al., 2018). The results of the study indicated that the level of anxiety on the external appearance came with an average degree, as the arithmetic average was (2.63), and that the level of self-compassion among adolescents with physical deformities was at an average level, where the arithmetic average was (3.26), and it was found that there is an influential relationship between self-compassion and sensitivity to rejection due to appearance, as the direct effects have reached 52.2%, and it is also found that sex has a negative impact that is statistically indicative of the relationship between self-compassion And sensitivity to rejection because of appearance, as it turns out that the level of education has a negative impact statistically significant between the relationship between self-compassion and sensitivity rejection because of appearance, and it is also found that weight has a negative effect is statistically significant on the relationship between self-compassion and sensitivity rejection because of appearance. The direct impact of self-compassion on sensitivity to rejection due to appearance reached 36.3%, and sex had a statistically significant adverse effect on the relationship between empathy and deformities. The academic level also has a statistically significant adverse impact on the relationship between self-compassion and distortions.

Keywords: self-compassion, symptoms of physical deformities, anxiety of appearance, sensitivity to rejection.

1. Introduction

Self-compassion improves teenage physical and mental health, especially body image. In adolescents, self-compassion is linked to body satisfaction and unfavorable associations with psychological distress and eating disorders. (Pullmer et al., 2019). For adolescents with physical

disabilities, Self-compassion is positively associated with self-well-being(Rahma & Puspitasari, 2019) (Turnip & Fakhurrozi, 2020). Self-compassion contributes to reducing body dissatisfaction among obese adolescent girls. However, the direct effects of short self-compassion training on physiological and subjective responses to stress in adolescents remain inconclusive, with some studies suggesting potentially adverse effects on physiological responses to stress(Volkaert et al., 2022). These findings that self-compassion may help teenagers with physical deformities or obesity develop a positive body image and avoid eating disorders. Body anomalies characterize teenagers with physical limitations. Their job may conflict with their teen activities. The psychological effects of physical limitations on adolescents include low self-esteem, anxiety, frustration, social disengagement, and apathy. This condition can lower and boost self-esteem. Internal factors—self-compassion(Rahma & Puspitasari, 2019). psychological changes. This developmental stage is often associated with growing concerns about body image and physical abnormalities, which can lead to various psychiatric disorders, including physical deformities and body dysmorphic disorder. Teenagers often have a poor body image, and this can negatively impact their quality of life. Self-compassion, a concept developed by Christine Neff, involves treating oneself with kindness, understanding, and patience rather than self-criticism during times of difficulty or failure. This topic has drawn the attention of psychological studies because of its potential to improve mental health and emotional resilience. Self-compassion influences stress, anxiety, and depression, according to recent studies. The effects of self-compassion on physical abnormalities, especially in adolescents, are still being studied.(Neff, 2011; Phillips, 2005)

Self-compassion, a current positive psychology term, is the ability to treat oneself with love and understanding rather than harsh self-criticism, especially in times of distress. Self-compassion promotes mental health and well-being, making it a popular topic in psychology research. (Neff, 2003)Due to this, self-compassion is being studied for its effects on psychological and physical outcomes, particularly in adolescents enduring fast physical and psychological transformations. The mental health benefits of self-compassion include reduced anxiety and emotional resiliency(Neff, 2011). It helps people to accept their flaws and embrace their humanity, which can minimize self-criticism and physical abnormalities. (Gilbert, 2009)Self-compassion may buffer teenagers with body image issues from society and self-imposed appearance pressures; teenage self-compassion and physical abnormalities research is early.

Self-compassion may improve body image and psychological problems, according to research. Self-esteem may help teenagers perceive their bodies more positively and reduce physical abnormalities and distress by encouraging self-compassion and minimizing self-criticism(Stice, 2002)

Understanding how self-compassion affects teenage physical abnormalities may help design tailored interventions for this vulnerable demographic. Self-compassion techniques in therapy contexts may improve body image and well-being in adolescents. Future studies may show how Self-acceptance and adaptation to physical changes in teenagers, especially those with abnormalities, improve with self-empathy. Teens' self-awareness is heavily influenced by social outlook and esthetic cultural norms, making psychological adjustment to physical defects (Gilbert, 2009)

Self-compassion may help adolescents overcome self-acceptance issues and lessen shame or worry about physical appearance. (Wasylikiw et al., 2012) Self-esteem interventions have improved body image in adolescents, that they may be a feasible solution to body dissatisfaction and related psychological disorders. (Mahon & Hevey, 2023)

Self-compassion is critical for preventing teenage mental health issues. Self-compassion may improve mental health and reduce anxiety and depression in this age range, according to research. Where (Marsh et al., 2017) found that Self-compassion reduces anxiety and depression in adolescents, inversely affecting self-esteem. This shows that self-compassion protects adolescents from negative feelings and helps them learn to cope. Self-compassion can help adolescents recover from failures by helping them learn from them rather than criticizing themselves. (Bluth & Eisenlohr-Moul, 2017) Self-compassion also improves life happiness and mental health in teens. Reduces the risk of future psychiatric issues (Galla, 2016), and self-compassion can help teenagers cope with societal pressures like peer comparisons and beauty standards. They feel less shame and concern about their appearance when they accept themselves (Neff, Tóth-Király, et al., 2021). Self-compassion improves mental health and social relationships. Adolescents are kind to others, which provides social support and helps prevent psychiatric issues (Bluth & Eisenlohr-Moul, 2017). Self-compassion is a crucial aspect of mental health, especially in teens, and has been linked to reduced anxiety, despair, and body dissatisfaction. Self-compassion can greatly benefit adolescents, who are especially vulnerable to body image issues due to developmental and social stressors. Research a strong link between self-compassion and how adolescents experience physical deformities. One study found that teenagers with physical abnormalities with better self-esteem had reduced body dysmorphic disorder symptoms and appearance-related anxiety (Allen & Leary, 2010). Social factors such as gender and weight might affect self-esteem and body image. Men express stronger self-compassion than women, which can alter their responses to physical defects and body image issues. As per (Neff, Tóth-Király, et al., 2021), Self-compassion interventions have improved body image evaluations and reduced body dissatisfaction in teenagers, suggesting that it may alleviate the detrimental impacts of physical abnormalities (Braun et al., 2016). The biggest obstacles teens face in developing self-empathy to improve mental health: 1. Comparisons and social pressures They are constantly compared to peers and social media beauty standards. Pressures can cause severe self-criticism, inhibiting self-compassion (Bluth et al., 2016; Hobbs & Tamura, 2022). 2. Self-criticism: Teens often criticize themselves too much, making it hard for them to empathize with themselves. Girls may be more self-critical than boys, which lowers self-compassion (Wu & Zhang, 2023) 3. Not understanding self-compassion Teens may not comprehend self-compassion or how to use it. A lack of knowledge might make self-compassion strategies more difficult. (Hobbs & Tamura, 2022) 4. Academic stress: Teens' academic stress can impair their mental health and cause failure and frustration. Pressures may make people more self-critical and less self-compassionate. 5. Culture Influence: Some cultures view self-compassion as selfishness. Cultural ideas can prevent youth from developing self-compassion (Marsh et al., 2017) 6. Adverse experiences like bullying or relationship failure affect adolescents' self-empathy. These events may make self-compassion harder due to isolation and lack of support.

Adolescent psychological issues can be prevented by boosting self-esteem. Self-compassion may improve mental health and reduce anxiety and depression in this age range, according to research. A large study found that adolescents with stronger self-compassion have lower anxiety and depression. (Marsh et al., 2017) Self-compassion may defend against unpleasant emotions. Youth learn coping skills through self-compassion. Self-compassion can help adolescents recover from failures by assisting them to learn from them rather than criticizing themselves (Bluth et al., 2016). Research shows that self-compassion improves teenagers' happiness and mental health (Galla, 2016). This satisfaction may prevent psychological issues. Teens face social pressures like peer comparisons and beauty standards, but self-compassion can reduce their influence. It reduces appearance-related shame and anxiety by accepting individuals as they are. (Neff, Tóth-Király, et al., 2021) Self-compassion improves mental health and social relationships. Adolescents are kind to others, providing social support and helping prevent psychiatric issues. (Bluth & Eisenlohr-Moul, 2017) Many studies have reported that self-compassion improves mental health (Pullmer et al., 2019). Study to Check Who? Direct and indirect effects of self-compassion on body satisfaction and eating disorders A sample of 238 teens. Boys' and girls' self-compassions was positively connected with body satisfaction and adversely associated with psychological distress and eating pathology at both times. Self-compassion predicted body satisfaction and eating disorders in girls only by affecting psychological discomfort. Self-compassion was higher in boys than in girls. Studies seek to (Turnip & Fakhurrozi, 2020) Know the degree of Self-compassion and body dissatisfaction in obese adolescent girls. The study included 100 teen girls. Displayed results In obese teenage girls with mania, self-compassion as a form of positive self-esteem will help them control their thoughts, feelings, and behavior to accept and love themselves. Volkaert et al. (2022) discovered that teenagers have more empathy. They are linked to lower depression and anxiety, which can cause headaches, stomach pains, and stress. Empathetic teens had 30% fewer despair and anxiety symptoms than their peers—the least. Empathetic education and training improves the stress response in adolescents by 40% (Smith & Stamoulis, 2023). According to (Tieu, 2022), teens with high empathy were 25% less likely to engage in dangerous behavior.

Low self-esteem, anxiety, and sadness caused by body abnormalities are widespread in teens, affecting mental and physical health. (Wasylikiw et al., 2012) Adolescents with high self-compassion had 32% less body image distortions than those with low self-compassion, indicating that self-compassion improves body self-image. (Tylka et al., 2015) found that adolescents who participated in self-esteem-enhancing programs had 27% fewer symptoms of physical dysmorphic disorder, demonstrating their effectiveness in reducing the adverse effects of distorted body perceptions. These findings highlight the need for psychosocial programs to develop self-compassion in teenagers to improve their mental and physical health.

Study Questions

1. What is the level of self-esteem in adolescents with physical deformities?
2. What is the level of symptoms of physical deformities in adolescents?
3. To what degree does self-compassion affect physical deformities considering gender educational level, and weight variables?

2. Methods

Participants The current study sample of 293 male and female bachelor's students (adolescents) in Riyadh was randomly selected by answering a Google Form and meeting the study's criteria: They struggle with body image, acne, various skin infections, excessive perspiration, and seasonal infections, depending on their appearance. For the demographic study, males were 93 by 34%, females 178 by 66%, and the academic level was 185 by 68.3%, 36 by 13.3%, and 50 by 18.5%, while the current weight was 41 by 15.1%. My weight is commensurate with my height, and I have excess weight by 10%, those who are overweight by 20% 7.4%, and Their weight is suitable 156 by 58.7%, followed by those who consider themselves obese and medium 51 by 18.8%, the first and second brothers 104 by 38.4%, the third or fourth, 111 by 41.0%, and the last, 56 by 20.7%.

Study Tools

1. Self-compassion scale By (Neff, Tóth-Király, et al., 2021) Component of (14) paragraph distributed in six dimensions: 1. Compassion for oneself (1-9-15). 2. Self-kindness (3-7-12) 3. Common Humanity (4-8-13). 4. Isolation (2-10-16). 5. Mindfulness (6-17-11) 6. Over self-definition (5-14). The Pearson correlation coefficient for the study dimensions varied from 0.328 to 0.489%, and the Cronbach alpha stability reached 0.81, which was appropriate for the study

2. External Appearance Anxiety Scale Made by Park (2007) Component From paragraph 10: Range Options for answers from 1-5 The Pearson correlation coefficient for the study dimensions varied from (0.438-0.598), and the Cronbach alpha for the total score was (0.88), which were appropriate for the study.

3. External appearance rejection sensitivity scale Report by Roberts et al. (2018) Component From paragraph 10: Answer choices vary. From 1 to 5, The Pearson correlation coefficient for the study dimensions ranged from 0.229 to 0.435, and the Cronbach alpha for the total score was 0.79, which was appropriate for the study.

3. Results

1. Average self-compassion in adolescents with physical deformities.

Table 1 shows the arithmetic averages and standard deviations for each area of self-compassion.

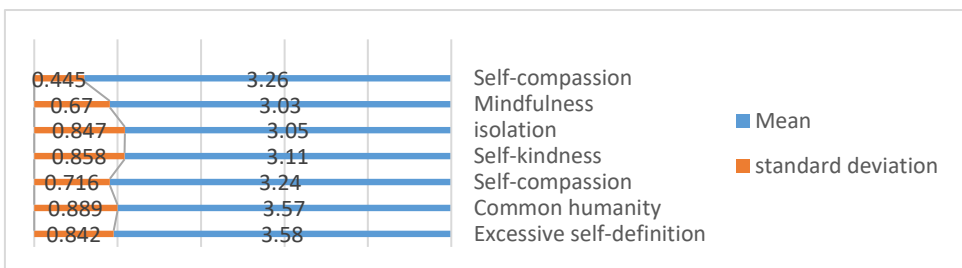


Figure 1 shows that adolescents with physical deformities had an average level of self-compassion with an arithmetic average (3.26), with two domains at a significant level and four areas at an average level (arranged in descending order: excessive self-definition, common humanity, self-compassion, self-kindness, isolation, mental alertness). Average symptoms of physical deformities in adolescents.

Table 2 shows the arithmetic averages and standard deviations of the symptoms of physical deformities in adolescents in descending order.

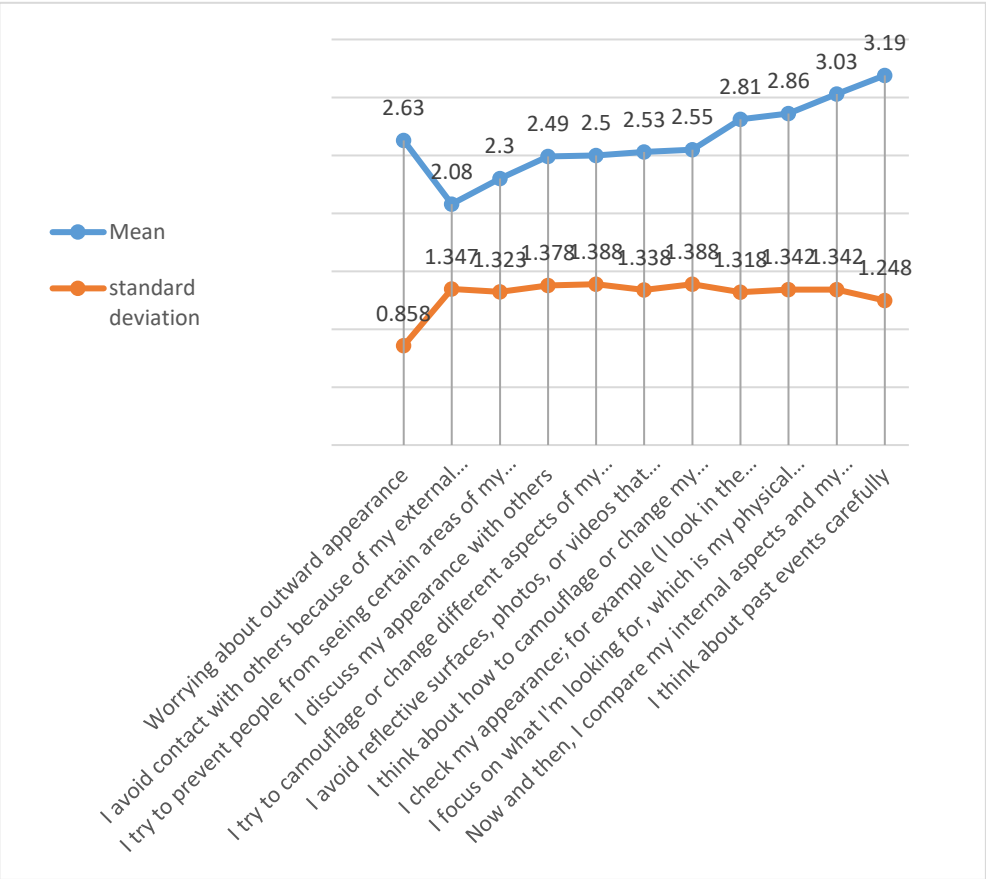
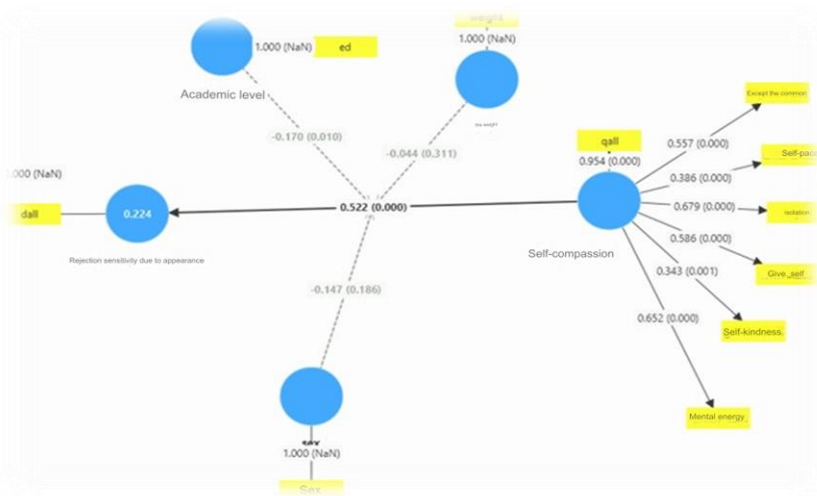
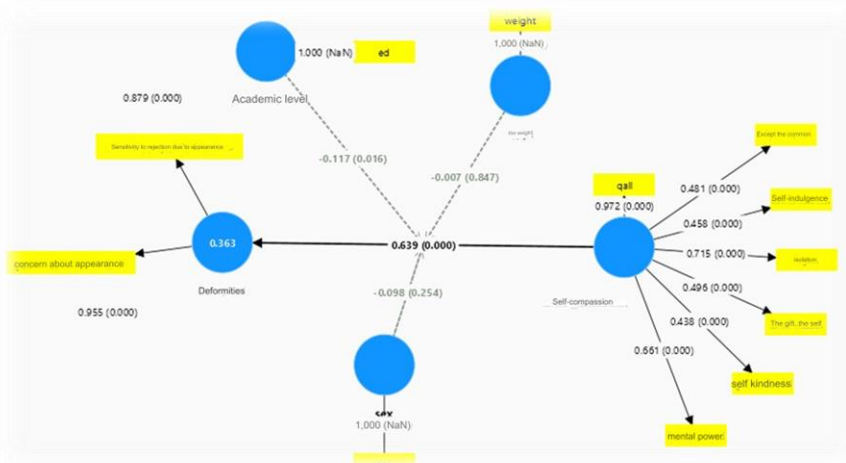


Figure 2 shows the level of concern about the external appearance came at an average level, came with an arithmetic average (2.63), where all paragraphs went at an average level, and the section that states "I think about past events accurately" came with the highest average (3.19), and in last place came the section that states "I avoid contact with others because of my external appearance" with an average of (2.30).

2. What is the degree to which self-compassion affects physical deformities considering gender, educational level, and weight variables?



The table shows an affective relationship between self-compassion and sensitivity to rejection due to appearance, as the direct effects reached 52.2%, sex had a statistically significant adverse impact, and academic level had a statistically significant negative effect.



The direct effects of self-compassion on sensitivity to rejection due to appearance reached 36.3%, and sex had a negative impact that was statistically indicative of the relationship between empathy and deformities. The academic level has a statistically significant adverse effect on the relationship between self-compassion and distortions.

Limitations

The study's limits are represented by the tools applied to students enrolled in the undergraduate stage in Riyadh: the scale of self-compassion, the scale of anxiety about external appearance, and the scale of sensitivity to rejection of external appearance. Thus, the generalization of the study's results is related to the category in which the study was conducted.

4. Discussion

The study results showed an Arithmetic average of 2.63 for external appearance concerns. That was my focus. According to psychological research, teens have moderate appearance anxiety. According to modern psychology studies, age, gender, cultural norms, and media explain this. Due to physical changes and societal expectations, adolescents worry more about their appearance, especially girls. (Carlson Jones, 2004) According to (Tiggemann & Slater, 2013), media and social media promote unrealistic beauty standards, making young people anxious about their appearance. The average score on the Body Image Concern Inventory (BICI), which measures concerns about physical appearance and anxiety, is 2.5 to 3.5. Participants expressed modest care about their looks, which may be influenced by age, gender, culture, and communal pressures. Social pressures and expectations about beauty and appearance cause moderate anxiety in teens (Cusumano & Thompson, 1997). Teenagers' physical and psychological changes as they focus more on appearance and social impression can cause this concern. As they create their identity, teenagers become more self-conscious and aware of how others see them, according to self-image and social mirror theory. Social media and popular culture encourage unrealistic beauty standards, which increases appearance anxiety. The mild anxiety result may indicate a balance between individual characteristics such as self-confidence and self-acceptance and environmental factors such as social pressures and beauty standards. This suggests that educational and counseling programs that encourage self-compassion and body acceptance in adolescents should focus on self-image (Bluth & Blanton, 2015; Carlson Jones, 2004; Fredrickson & Roberts, 1997; Galla, 2016; Marsh et al., 2017). In addition, self-compassion reduces the sensitivity to rejection due to appearance. However by gender, educational level, and weight, reflecting the complexity of psychological and social dynamics related to self-image and social acceptance. Studies show that social and cultural influences make females more sensitive to appearance-related rejection than males. (Fredrickson & Roberts, 1997) The "negative sex effect" in this outcome may be attributable to society's promotion of appearance-related anxiety in women, which leads to less self-compassion in reducing appearance-related rejection in women than in men. Impact of education Individuals' educational stage can affect their psychological and social development. Middle schoolers may be more sensitive to rejection due to their lack of psychosocial development than undergraduates, who may be more self-compassionate and psychologically independent (Harter, 2012)

Excess weight is also considered an everyday basis for appearance criticism and rejection, which makes people more sensitive to it. However, great self-compassion may help people handle weight-related criticism constructively, reducing its impact (Tylka et al., 2015). The negative weight effect occurs when weight increases focus on physical imperfections, lowering self-

compassion's rejection sensitivity-reducing effect. A 52.2% direct effect showed that positive self-compassion reduced appearance-based rejection sensitivity (Braun et al., 2016) as Self-compassion promotes mental health and reduces vulnerability to negative social situations, such as appearance-related rejection, which explains its influence on sensitivity to rejection due to appearance. The 52.2% direct effects of self-compassion score suggest that people who accept their flaws and react to self-criticism more positively and realistically are less sensitive to rejection because of their physical appearance. Gender, educational level, and weight affect this direct effect because societal pressures and cultural standards make women more sensitive to appearance-related rejection. Education may reflect psychological and social maturity, with early-school adolescents being more sensitive to rejection than later-school adolescents. Finally, weight increases the risk of being criticized and rejected for looks, diminishing the effect of self-compassion on rejection sensitivity.

These findings emphasize self-compassion as a psychological protection mechanism and the role of connected social and psychological elements in affecting appearance-related rejection sensitivity. (Bluth & Eisenlohr-Moul, 2017; Carlson Jones, 2004; Fredrickson & Roberts, 1997; Galla, 2016; Marsh et al., 2017; Marsh et al., 2018; Neff, 2003; Tieu, 2022; Tylka et al., 2015) These ideas claim that self-compassion reduces appearance-related rejection sensitivity, although gender, education, and weight affect this effect. Psychological theories can help foster self-compassion and reduce rejection sensitivity. This by the self-compassion theory. Self-compassionate people are more sensitive to adverse events such as rejection or appearance criticism. Self-compassion involves self-kindness, shared humanity, and mindfulness. (Neff, 2003) These elements minimize stress and anxiety produced by social rejection or appearance-related criticism, which explains self-compassion's 52.2% effect on appearance-related rejection sensitivity. The subjective objectivity hypothesis describes how society teaches people, especially women, to view their bodies externally, making them more vulnerable to appearance-based rejection. The "negative sex effect" between self-compassion and appearance rejection is due to social pressure on women to meet cultural beauty standards. Due to increased social expectations, women may have lower self-compassion and be more sensitive to rejection. (Fredrickson & Roberts, 1997) The social rejection theory shows that fear of rejection makes people more prone to interpret social settings as rejectionists regarding others' behavior and intentions. (Leary, 2001) Accordingly, Weight is closely tied to how people view their looks and values. Overweight people have more unfavorable appearance experiences, which enhances rejection sensitivity. By strengthening mental health and self-acceptance, self-compassion can mitigate these impacts. The "negative weight effect" occurs when the weight effect is significant enough to prevent self-compassion from reducing rejection sensitivity (Bluth & Eisenlohr-Moul, 2017; Galla, 2016; Gilbert & Procter, 2006; Kelly et al., 2014)

5. Recommendations

1. Increasing knowledge of self-compassion and its impact on coping with physical issues among teenagers and their families.

2. Conduct workshops and seminars to teach families and communities how to support teenagers with physical abnormalities and promote self-compassion.
3. Study intermediate and modifying factors affecting self-compassion and psychological adjustment in teenagers with physical abnormalities.
4. Develop specialized psychological counseling programs for teenagers with physical deformities to promote self-compassion and overcome obstacles.
5. Foster a study environment that promotes physical diversity, acceptance, and empathy among students.

Acknowledgments

The Deanship of Scientific Research at Imam Mohammad Ibn Saud Islamic University (IMSIU) (grant number IMSIU-RG23012) supported and funded this work.

Conflict of interest

The authors declare that the research was conducted without commercial or financial relationships that could be understood as potential conflicts of interest.

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