



Influence of Social Compassion and Emotional Regulation among Young Adults

¹**Rushangi Kandhari**, *Amity institute of psychology and allied science, Amity University Uttar Pradesh, Noida*

Kandharirushangi@gmail.com

²**Dr. Pankaj Singh**, *Associate Professor, Amity Institute of Psychology and Allied Sciences, Amity University Uttar Pradesh, Noida*

psingh32@amity.edu

Abstract: The goal of this study was to look at how social compassion and emotional regulations related in teens. Social compassion helps us see, understand and lessen the pain of others with kindness. It has been getting attention in mental health and positive psychology studies. Emotional regulation is about controlling your feelings. It is good for health and social connections. The study's goal was to look into how different levels of compassion affect people's ability to control their emotions. A quantitative research methodology was used. There were 201 undergraduates in the sample all between the ages of 18 and 25. Standardized self-report measures were used to find out how much social compassion and emotional control people had. Correlation methods were used in the analysis. The results showed that there was a positive link between social compassion and emotional regulation. People who were socially compassionate were better at recognizing their own emotions. They used reappraisal more and relied less on harmful ways of controlling their emotions, like suppression. The results suggest that teaching teens to be socially compassionate may help them learn how to control their emotions better. This would be good for their health. The study stresses how important it is to bring compassion-focused therapy into schools. This can help teens become more emotionally intelligent and mentally healthy. The consequences, for research and practice are examined.

Keywords: *Adolescents, Emotional Intelligence, Social Compassion, Emotional*

*Regulation, Mental Health, and Psychological Well-Being***1. Introduction**

Compassion helps people feel calm. This shows how important it is to be kind to others for teenagers. Being kind to others makes you understand your feelings better. You can also understand how others feel and accept your feelings. These things help you handle your emotions well. When young people learn to be kind and think about others they usually deal with their feelings in a way. They do not just act on impulse. Ignore their feelings. Being kind to others creates a sense of connection and safety. This can make you feel less stressed and calmer. It works by activating systems in your body that help you feel calm. Compassion helps you feel calmer and, in control. It is a part of handling your emotions. Social compassion is really important because it helps people get along with each other. When you are an adult being kind to others is crucial for dealing with tough relationships and social situations. At this stage in your life, you have friends more people telling you what to do and you feel lots of different emotions. Young adults who care about others can make friends handle fights with their peers and give and get emotional support.

Emotional regulation is made up of key components. These components are awareness, emotional clarity, emotional acceptance, impulse control and access to strategies for emotional regulation. Emotional awareness is the ability to identify and label your emotions. Emotional clarity helps you understand what your emotions mean. Why you are feeling them as Gratz and Roemer said in 2004. Emotional acceptance is about recognizing your emotions without judging them. Impulse control helps you avoid doing things on impulse when you are feeling emotions. There are strategies for emotional regulation. These include changing the way you think about things solving problems relaxing and getting help from others as Gross and John mentioned in 2003. Being able to regulate your emotions is very important for your health. People who can regulate their emotions well can handle stress better adapt to challenges and have relationships with others as Aldao and colleagues found in 2010. On the hand people who have trouble regulating their emotions often have big mood swings have trouble coping and are more likely to have anxiety, depression and stress-related problems as Gratz and Roemer noted in 2004 and Aldao et al. In 2010.

Social compassion plays a role in managing emotions especially during young adulthood. This is a time when emotions can be intense and people start to take on responsibilities. When people have a lot of compassion, they are better at understanding and dealing with their emotions. They can handle situations in a balanced way. According to Gross's 1998 Process Model of

Emotion Regulation using methods like reappraisal is key to managing emotions effectively. People with compassion tend to use these methods instead of unhealthy ones like suppression or avoidance. The Compassion-Focused Theory by Gilbert in 2009 says that compassion helps calm the brain reducing threat responses and making people feel safer. This in turn improves their ability to regulate emotions. Emotional regulation is something that can be broken down into two types: intrapersonal and interpersonal. Intrapersonal regulation is when you use your thoughts and actions to control your emotions. You do this on your own. Interpersonal regulation is different. This is when you manage your emotions by talking to people like when you try to calm down or share your feelings with someone else. Since compassion is all about how we treat each other, it can have a big impact on how people control their emotions when they are around each other. This is especially true for adults. It is really important to understand the types of compassion and emotional regulation so that we can be clear about what we are talking about when we do research. In a way, emotional regulation and social compassion are closely related and understanding this relationship can help us learn more about regulation and social compassion.

2. Review of Literature

Chen and other people (2025) did a study to see how being attached to pets affects the support that young adult cat owners think they have. They also wanted to see how feelings and being able to understand others play a role in this. The main goal was to find out how loving pets helps people feel more supported by others and how this happens because of the way we feel and get along with others. The study found that people who love their pets a lot also feel like they have a lot of support from others. This happens because people who love their pets can deal with their feelings better and can understand others better.

Hong et al. (2025) conducted a study to examine the relationship between adverse childhood experiences (ACEs), adult emotional eating, and the role of self-compassion. The purpose of the study was to investigate whether self-compassion serves as a protective factor in the association between early adverse experiences and maladaptive emotional eating behaviours in adulthood. The sample consisted of adult participants, and a quantitative cross-sectional research design was employed. Standardized self-report measures were used to assess adverse childhood experiences, levels of self-compassion, and emotional eating behaviours.

NguyenDuong and others did a study in 2025. They looked at how being able to deal with things in a flexible way helps with the relationship between bad things that happened

when people were kids and feeling depressed anxious or stressed. They wanted to see if being able to deal with things in a way is a big part of how bad childhood experiences affect the mental health of young adults. The study used a method that involved numbers and looked at how things related at one point in time. They did this study with college students from colleges and universities. The people, in the study were chosen because they answered a survey and they filled out questionnaires that are used by lots of people.

Sharma did a study in 2025. He looked at how people control their emotions how freedom they got from their parents and how much they use social media. He wanted to see how these things affect how kind people are to themselves. He used a test to see how well people control their emotions. He also used a questionnaire to see how much freedom people got from their parents. Then he used another test to see how much people use media. He used a special measure to see how kind people are to themselves. What he found out was that people who are good at controlling their emotions and people who got a lot of freedom from their parents are more kind to themselves.

Yaseen and Bashir did a study in 2025. They looked at how the relationships between parents, and their adult kids affect the way these young adults behave towards others. They wanted to see if the quality of these relationships makes a difference in how kind and helpful young adults to others. They also wanted to find out if the kids have a time controlling their emotions and if that explains why they behave in certain ways. The study was done with a group of 470 adults who were between 18 and 25 years old.

Zhang and other people (2025) looked at how self-compassion, problems with controlling emotions and anxiety symptoms connected within a person. They wanted to see how self-compassion changes from moment to moment and over time. How this affects problems with controlling emotions and anxiety symptoms in individuals. The study used numbers and facts to find out things. It followed people over a long period of time. They chose a group of teenagers and young adults from schools to be in the study. The results showed that when people were more kind to themselves, they had problems controlling their emotions. The study found out that problems with controlling emotions are a part of how self-compassion affects our mental health.

Akdeniz and Birekul in their 2024 study looked at how self-compassion affects internet addiction. They focused on how difficulties in regulating emotions and social anxiety play a role in this relationship. The researchers used an approach with a cross-sectional design. They surveyed adult internet users. The survey method was used to recruit participants. Standardized questionnaires were used to collect data. The results showed that self-

compassion and internet addiction are negatively linked. People with self-compassion reported using the internet less problematically. The study found that difficulties in emotion regulation are a factor in how self-compassion relates to bad behavioural outcomes.

Bahri and others (2024) looked at how two types of therapy, diagnostic psychotherapy and self-compassion-based psychotherapy affect people with generalized anxiety disorder. They wanted to see if self-compassion-based therapy could help people have positive feelings about their emotions. The study compared this type of therapy to meta therapy. The researchers used a design to compare the results before and, after the therapy. They worked with people who have generalized anxiety disorder. These people were divided into groups. Got therapy sessions that followed a set plan.

Cai and other people did a study in 2024 to see if a self-compassion program on the internet could help autistic adults feel better and be more in control of their emotions. They wanted to know if this program could really help autistic adults feel less stressed and anxious. The people in the study got a lot better at being kind to themselves and controlling their emotions. They also felt less anxious and depressed. This is important for what we're doing now because it shows that being kind to oneself can really help with emotions. This is why we want to know more about how being kind to others can affect how we control our emotions when we are adults.

Ericson and others (2024) did a study to see if controlling emotions helps people be happier and more kind to themselves. They wanted to know how being kind to oneself leads to a life. The study included adults from the United States. They used a type of research that looks at people at one point in time. They asked people to fill out forms to measure how kind they were to themselves how well they controlled their emotions and how happy they were. The results showed that controlling emotions is important for being kind to oneself and being happy.

Gonçalves et.al. (2024) Looked at how non suicidal self-injury or NSSI 's connected to how we manage our emotions how strong we are when things get tough and how kind we are to ourselves. They did this study with college students from schools in Portugal. The people in charge of the study wanted to see how all these things are related to each other. They found out that when you have a time controlling your emotions you are more likely to hurt yourself on purpose without wanting to die. The study also found that being kind to yourself and managing your emotions well can help keep college students from having emotional and behavioural problems. Being able to manage your emotions and being kind to yourself are really important. Jamshidi and others did a study in 2024. They looked at how people use

media in a bad way and if this is related to some personality traits that are not very nice. They wanted to see if people who have trouble controlling their emotions and are not very kind to themselves are more likely to use media in a bad way. The study was done on some adults in Tehran who use Instagram. These people were chosen from the population, and they had to fill out some questionnaires. The results showed that people with personality traits that're not very nice are more likely to use social media in a bad way.

Javanmard and others (2024) looked at how difficulties in managing emotions affect the link between impulsivity and internet addiction. The main goal was to see if problems with emotion regulation explain how impulsivity leads to internet use. They used an approach with a cross-sectional design and studied young adults from schools and communities. These young adults filled out questionnaires. The results showed that more impulsivities meant internet addiction and struggling with emotions was also linked to problematic internet use. This study matters because it shows that emotion regulation plays a role in the behaviour and emotions of young adults.

Pilárik and Nabokov did a study in 2024 to see how self-compassion affects depression and anxiety in people from Slovakia who are not getting treatment for these issues. They wanted to know if being kind to oneself can really help with health problems by using good ways to deal with emotions. The people in the study were Slovaks who were not getting treatment for mental health issues. The researchers used a method that involved asking the participants to fill out questionnaires to see how they felt. What they found out was that the young people who were kind to themselves had symptoms of depression and anxiety.

Farmer and other people (2023) did a study to see how university students with ADHD traits are doing in terms of wellbeing and psychological distress. They wanted to know if self-compassion and problems with regulating emotions play a role in this. The study found that students with ADHD traits tend to have lower wellbeing and more distress. It seems that this is because they are less kind to themselves and have a time dealing with their emotions. These findings are important for what we're looking at now.

Peng et al. In their 2023 study looked at how attachment, empathy, emotion regulation and wellbeing are connected in women. They used an approach with a cross-sectional design. The study involved 1825 women. Data was collected through self-report tools. The results showed that a secure attachment was linked to empathy and better emotion regulation. These in turn were related to wellbeing. The findings also highlighted that emotion regulation played a role in connecting attachment and empathy to wellbeing. In the end the study found that emotion regulation is a way through which attachment and empathy affect emotional and

psychological outcomes in young women.

Sijwali and Sharma did a study in 2023 to see how self-compassion and mindfulness and aggression are different in adults who meditate and those who do not meditate. They wanted to know if meditating helps people be more compassionate and mindful and less aggressive. The study had two groups of adults: people who meditate and people who do not meditate. The people who did the study found out that meditation helps people be more compassionate and have emotional balance, which can make them less aggressive.

Matos and other researchers did a study in 2022 to see if being kind to others helps people feel safer and have better mental health during the COVID19 pandemic. They wanted to find out if being kind helps people feel less stressed and more connected to others when things are really tough. They asked people from 21 countries to take a survey. What they found out is that people who are kinder have mental health and feel safer. This is important for what we're looking at now because it shows that being kind is really important for helping people feel more stable and do better emotionally. So, it makes sense to look at how being kind, to others affects how young adults deal with their emotions.

Per. His team did a study in 2022 to see how mindfulness, self-compassion and emotion regulation are connected in people who hurt themselves. They wanted to find out if people who are more mindful and have self-compassion can control their emotions better and hurt themselves less. The people in the study had hurt themselves before. The study found that when people are more self-compassionate and mindful they have problems controlling their emotions and they hurt themselves less.

Laghi et al. (2018) looked at how regulating emotions and having empathy are connected to social behaviour. The study used a quantitative research method with a correlational design and was done on a group of teens and young adults who were chosen from schools. We used standardized self-report measures to gather data. Self-report measures of prosocial and socially adaptive behaviours were used to judge social behaviour. The results showed that people who were better at adaptive emotion regulation were also more empathetic and behaved better in social situations.

Scoglio et al. (2018) Did a study to see how self-compassion affects trauma. They wanted to know if being kind to oneself helps people deal with experiences better. The study looked at adults who had been through events. They used questionnaires to assess self-compassion, regulation and trauma symptoms. The results showed that people with self-compassion had fewer trauma symptoms. This was because they were better at regulating their emotions. The study found that self-compassion helps by improving regulation. This

reduces distress after trauma.

Bluth and others did a study in 2017 to see how age and gender affect the relationship between self-compassion and emotional well-being in teenagers. They wanted to know how self-compassion is connected to health things like stress and depression and life satisfaction. They also wanted to see if these connections are different for boys and girls of ages. The study had a lot of teenagers in it. The researchers used a method to collect their data. They gave the teenagers surveys to fill out.

Engen and Singer in 2015 studied how being kind to yourself affects your emotions and brain. They wanted to know if practicing self-compassion can make people feel happier. The study used brain-scanning techniques on healthy adults. Participants learned to be more compassionate towards themselves. They were then tested using a mix of behaviour and brain scans. The results showed that being kind to yourself is not about feeling for others. It is also a way to manage your own feelings. This works on both a level and in your brain. The study, by Engen and Singer found compassion to be very helpful. Compassion helps in dealing with your emotions. It also changes how your brain works.

2.1 Research Gap

When we study compassion, self-compassion and emotional regulation separately we still have gaps in our understanding. This is why we are now exploring how social compassion influences how young people manage their emotions. Previous research has focused on self-compassion, not compassion for others. There are studies on how being kind to others affects emotional control compared to being kind to oneself. If we don't consider compassion, it's harder to grasp compassion as a concept that's rooted in relationships and society. Also, most research on compassion and emotional regulation has looked at people with anxiety, depression or trauma. We need research, on young adults, especially students who are just starting their lives.

This is surprising because they have specific developmental problems, such as mood swings, academic stress, and changes in their social life. Nonetheless, these cultural influences have not been sufficiently examined. Ultimately, there exists a paucity of research that directly examines the relationship between social compassion and emotional regulation through quantitative correlational methods and standardized assessments. A lot of research looks at either mediation or intervention-based methods, which makes it hard to see how these two things are connected.

3. Method

3.1 Aim

The aim of the present study is to study the impact of social compassion on emotional regulation among young adults.

3.2 Objectives of the Study

1. To assess the relationship between social compassion and emotional regulation among young adults.
2. To examine the level of social compassion among young adults.
3. To examine the level of emotional regulation among young adults

3.3 Hypotheses of the Study

1. There is a significant positive relationship between social compassion and emotional regulation among young adults.
2. Male young adults will demonstrate significantly higher levels of social compassion compared to male young adults.
3. Female young adults will demonstrate significantly higher levels of emotional regulation compared to male young adults

3.4 Research Design

Correlational research design

3.5 Variables of the Study

Independent Variable: Social Compassion

Dependent Variable: Emotional Regulation

3.6 Participants

Table 1. Gender distribution of participate (N=201)

Gender	Frequency	Percentage
Female	76	62.2%
Male	125	37.8%

Inclusion Criteria

Inclusion criteria specify the characteristics that participants must have to be included. For your study, the inclusion criteria can be:

1. Age range: Participants between 18–25 years (young adults).
2. Educational status: Undergraduate college students.
3. Gender: Both males and females.
4. Willingness: Participants who voluntarily agree to participate.

5. Language ability: Ability to read and understand the language of the questionnaire (e.g., English).
6. Availability: Students who are present during data collection. Exclusion Criteria
Exclusion criteria specify characteristics that disqualify individuals from participation.

For your study, the exclusion criteria can be:

1. Individuals below 18 years or above 25 years.
2. Postgraduate students or working professionals.
3. Individuals with diagnosed severe psychological disorders (if not relevant to your study).
4. Participants who submit incomplete questionnaires.

Gender Distribution

The study had 201 undergraduate students. There were 76 men and 125 women in the study. So, there were women than men in the study. This study had both men and women. It was not equal. The women outnumbered the men. More women joined the study because more women are going to college now. Maybe women are just more interested in psychology research. Gender is important when we talk about people. Men and women are different so they might. Feel differently.

Age Range

The people in the study were all between 18 and 25 years old. This age range is considered adults. People call this time a transition from being a teenager to being an adult. There are changes in the mind, emotions, thoughts and social life during this time. In their twenties people learn more about who they are. They become more independent. They make choices about school and work. They form relationships with other people. As people work on these tasks they often have to deal with feelings. They have to learn to deal with situations that change quickly.

Sampling technique

The people in the study were between 18 and 25 years old. At this point they were all grown up. This is the time when people change from being teenagers to being adults. They are figuring out how to think and feel in ways. When people are in their 20s, they learn a lot about themselves. They become more able to take care of themselves. They have to decide what they want to study and what kind of job they want. They also have to make friends and find someone they love. This can be tough because people have a lot of emotions and things do not always go as planned. If people cannot handle their emotions, they might feel overwhelmed worried or unhappy. They might also have problems with their family and

friends. The young adults, in the study are learning how to deal with their emotions during this time. Young adults need to learn how to do this so they can be happy. Young adults have to learn and grow a lot when they are this age.

3.7 Tools Used for Data Collection

Standardized psychological scales were employed to assess the variables in the study. The selected instruments have been used extensively in psychological research and demonstrate significant psychometric characteristics. The Difficulties in Emotion Regulation Scale - 16 Item Version, known as DERS16, was employed to assess emotional regulation in this study. The DERS16 was developed by Bjureberg et al. in 2016 as a condensed and modified iteration of the original Difficulties in Emotion Regulation Scale (DERS), which was established by Gratz and Roemer in 2004.

The scale is really reliable with a Cronbach's alpha of .92 for the score. This means that the scores are very consistent with each other. The scale is reliable in five areas: not accepting emotional responses having trouble with goal-directed behaviour having trouble controlling impulses not being able to use regulation strategies and not being able to understand emotions. The Self Compassion Scale. Short Form (SCSSF) was used to assess compassion in this study. The SCSSF was created by Raes et al. In 2011 as a version of the original Self Compassion Scale (SCS) by Neff in 2003. The original SCS has 26 questions that examine aspects of compassion like being kind to yourself instead of judging yourself. It looks at things like being part of a group or being alone and being mindful of getting too caught up in your thoughts.

3.8 Procedure of Data Collection

The way we collected data for this study was very careful and fair. We wanted to make sure the people in the study told us what they really thought. So, we used a kind of survey that asked people to rate their feelings. This is something that psychology researchers do a lot to understand people's thoughts and actions. We told the people in the study what it was about. Why we were doing it before we started. We gave them a summary that said we were trying to learn how young people who care about others and can control their emotions are related. We made it clear that they did not have to be in the study if they did not want to. They could leave at any time without getting in trouble. Before we began compassion and emotional control study participants gave us their permission to be, in the study. We got permission from all of the compassion and emotional control study participants.

Both tools used a scale with levels of agreement. This method helped participants say how much each statement applied to them. We picked this format because it straightforward

helps people be truthful, about themselves and allows us to see how people differ on a range not with yes or no. Participants were told to read each statement and answer based on their normal thoughts, feelings and actions not just how they felt at that moment. In the DERS16 participants rated each question on a scale that showed how often they struggled with controlling their emotions. The questions were given to the participants in either a paper-and-pencil format or an online survey format, depending on which was easier for them to get to. At the start of the questionnaire, everyone was given clear instructions to make sure that everyone understood the same thing.

3.9 Ethical Considerations

The study follows rules in psychology. The study kept these principles in mind:

1. People joined the study by choice. No one was. Pressured to take part. They were free to decide if they wanted to join or not.
2. Before joining participants were told what the study was, about what they had to do and what it would feel like. They agreed to take part before we started collecting data.
3. We did not collect any details. We kept all responses private. Only used them for research purposes. The data was shown as a group, not
4. Participants were informed that they could leave the study at any time. They did not have to pay any fees or worry about any consequences.
5. We made sure participants did not get hurt physically or mentally. We treated them with respect, kindness and care throughout the study. The participants were treated like people, not subjects.

3.10 Statistical Analysis

We used the Statistical Package for the Social Sciences or SPSS to look at the data from this study. The reason we chose Statistical Package for the Social Sciences is that it is reliable and effective at handling data and doing statistical analysis that people often use in psychological research. The process began with coding the data and entering it into Statistical Package for the Social Sciences. We used things like the standard deviation and frequency distributions to show information about the people in the study and to explain how the scores for social compassion and emotional regulation were spread out.

We did a correlation analysis to see how social compassion and emotional regulation are related in adolescents. We used a method called Pearson's product-moment correlation coefficient because the variables were continuous and we measured them using Likert-type scales. The researcher used correlation analysis to find out how strong the relationship is between compassion and controlling emotions and in what direction it goes. We decided that

the results would be significant if the p values were then .05 and .01.

4. Result

Table 2: Descriptive ($N = 201$)

Mean	Mean	Standard Deviation
Social compassion	51.74	7.34
Emotional regulation	46.94	6.93

The table shows the average and standard deviation of the participants' gender, social compassion, and emotional regulation. The average score for gender was 1.62 ($SD = 0.486$), which means that there were more females (coded as 2) than males (coded as 1) in the sample. The score didn't change much because it was categorical. The average score for social compassion was 51.74 ($SD = 7.343$), which means that the level of social compassion was moderate and that there was a lot of variation among the participants. The mean emotional regulation score was 46.94 ($SD = 6.935$), which means that most people had moderate levels of emotional regulation. The standard deviation shows that there were some differences between people.

Table 3: Correlation ($N = 201$)

	Gender	Social Compassion	Emotional Regulation
Gender	-	0.71	0.17*
Social Compassion		-	0.53**
Emotional Regulation			-

** $P < 0.01$ * $p < 0.05$

Table 3 shows how gender, social compassion, and emotional regulation are linked to each other. Gender showed a very small positive correlation with social compassion ($r = 0.71$) and a weak positive correlation with emotional regulation ($r = 0.17$). This means that there is only a small relationship between the two. Conversely, social compassion and emotional regulation exhibited a moderate positive correlation ($r = 0.53$), indicating that increased social compassion is associated with enhanced emotional regulation (or diminished regulatory issues).

5. Discussion

The research shows that there is a connection between being kind to others and being able to control our emotions. This idea says that people who really care about others are

better at dealing with their feelings. Social compassion is about being understanding and caring towards people when they are hurting. When we are compassionate towards others it can help us become more aware of our feelings and learn how to manage them. The research looked at 201 adults. On average these young adults scored 51.74 on compassion and most of them were fairly or very kind to others.

Further analysis showed that there is a real connection between being male or female and how well people control their emotions. The numbers back this up with a correlation coefficient of 0.17 and a p-value below 0.05. This means men and women do have some differences in controlling emotions. Being male or female did not really affect how compassionate people are. The numbers show a correlation coefficient of 0.071 and a value greater than 0.05. So, compassion levels were similar across genders. These findings suggest that being compassionate towards others really helps with control in young people. Being male or female doesn't make a big difference.

5.1 Limitations

The study employed a correlational research design, which restricted the identification of causal relationships between social compassion and emotional regulation. A notable correlation was identified; however, it cannot be claimed that social compassion directly enhances emotional regulation. Second, the data were collected through self-report measures, which could be biased because people want to look good or because they don't see themselves accurately. Third, the sample only included young people, which means that the results can't be applied to other age groups, such as teens, middle-aged adults, or seniors.

6. Conclusion

The current study looked at the connection between emotional control and social compassion in young adults between the ages of 18 and 25. The results showed a strong positive correlation between emotional regulation and social compassion, suggesting that those who have greater empathy for others are generally better at controlling their emotions. The study also indicated that gender had no significant association with social compassion and only a weak relationship with emotional control, indicating that gender variations have no effect on compassionate behaviour. Overall, the results lend credence to the notion that compassion is crucial for young adulthood psychological adjustment and emotional health.

The study highlights how crucial it is to support young adults' development of emotional intelligence and compassion-focused behaviours, particularly in educational environments. Encouraging social compassion may benefit people's mental health outcomes,

interpersonal connections, and coping mechanisms. Despite its drawbacks, the study adds to the expanding body of knowledge on emotional functioning and compassion and lays the groundwork for more studies in this field.

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