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Self-Compassion

Mindfulness

Buddhist Psychology

.Tgeravada¹

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(Neff 2003,a)"

.(Neff, et al.,2007,139)

(Neff & Pittman, 2010)

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.(Oxford Dictionary).

.(Neff, 2003, a, 85-101)

(Neff and Pittman,2010)

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Neff, et)

(al., 2007

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.(Stewat-brewn,1999,173)

(Scott, et al., 2013)

(Lopez et al., 2008) (Shorey, and Snyder, 2004) (Chang, 1998) :

Skoda, et al)

(, 2011a,

(Pauley & Mcpherson, 2010)

Uui-Sakarya

(Akin, 2008a)

(Akin, 2008b)

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(Neff,etal.,2005)

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Self-Compassion :
" (Neff,2003a,223-250)
.(2011) "
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" : (Rand&Cheavens, 2009) "

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(Snyder,et al.,2000) "

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Depression:

" (2000 Beck; Steer & Garbing1988)

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" (243: 2008)

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(%20-15) "

.(2005)"

(%75)
.2014-2013
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(%20-15) "

.(2005)"

(%50)

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(2014)

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(25)

(50)

(46 - 23)

(25)

(2011)

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(2014)

(184)

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(Scott, et al., 2013)

(1,37)

(32 21)

(147)

(Skoda; et al.,2011,b)
(96)
(%69,5)
(18) (%30,5)
(Neff,2003,b)
)
(
(Raes,2010)
(271)
(18,14) Leuven
(2003) : .(1,25)
(Akin,2008,a)
(20,83) (390) Uui-Sakarya

(Akin,2008,b)

(646)

(19,7)

(327)

(319)

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(Randolph,et,al.,2006)

(522)

(272)

(21)

(250)

(Neff,et al.,2005)

(84)

(138)

(222)

(2,03)

(20,94)

(Snyder;et al.,2002)

(213)

(12-18)

(Daman,1995,)

.(Raes,2011)

.(Scott, et al., 2013)

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(5983) (4807)

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2385	1580	805	8405	4403	4002	5983	4807	10790

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(150) ((%3,1))

(78) (252) (180)

(18 -16)

(17,5) (1,2) (17,3)

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78	48	30	252	132	120	180	150	330

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Self-compassion Scale :

(2011)

(Neff,2003,a)

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(26)

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) Self -Kindness

" Self-Judgment

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" Common Humanity ()

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"Isolation

": Mindfulness

"Over-Identification

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(391)
(20,19)
(Neff,2003,a)
(0,70 0,44)
(0,83 0,68) Cronbah's Alpha
(Neff,2003,a)(0,91)
(Neff, et al., 2007)
(0,95) (0,86)
(2011) (0,86)
(87)
(0,75) (0,42-0,55)

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(75)

.(7-5)

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Construct Validity

(75)

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(0,82 – 0,66)

.(0,01)

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.(0,84)

(Cronbach Alpha)

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.(0,88)

Academic Hope Scale

(Shorey and Snyder,2004)

Compbell &)

(Snyder & Sympson, 1997)

(Snyder`s Hope

(Kwon, 2001

(22) .theory)
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 " : (8) "

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(75)

.(6-5)

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:(Construct Validity) -

(Enteral Consistency Method)

(75)

(0,76)

(0.68)

(0.01)

.(0,78)

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.(0,74)

(Cronbach Alpha)

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.(0,81)

Beck's Depression Inventory : (BDI-II)

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(2000)

(1996) (BDI-II)

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(21)

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(63 -0)

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	Test -retest		-
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(Cronbach Alpha)			-
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(SPSS)			
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(3)

0,015	** 0,197 -	330	
*0,109	**0,146-	330	
**0,179	**0,365-	330	
*0,109	**0,146-	330	
**0,172	0,077-	330	
* 0,067 -	**0,197-	330	
**0,148	**0,269 -	330	

0,05

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(0,01)

(3)

(0,01)

(Neff and Pittman ,2010)

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(Neff,2005)

(2014) :

Skoda,) (Raes, 2011) (akin, 2008) (Scott, etal., 2013) (Allen and Knight, 2005)

(2011

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	**4,17	328	10.938	77.97	150		
			9.528	82.13	180		
	**2,84	328	14.342	128.62	150		
			17.792	133.75	180		
	**2,85	328	6.158	15.96	150		
			7.752	18.19	180		

0,01

(0,01)

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Neff &

(pattman, 2010)

(%42)

(%58)

(Scott,

(2014)

(Tatum,2014)

(Skoda, et al.,2011)

el al., 2013)

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(Snyder; et al.,2000)

(Randolph,et al.,2006

Nolen; Larson &)

.(Allen et al. ,2005) (William and Masten,2003)(Grayson,1999;

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 (T- Test) (5)
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	0,291	328	10.830	80.15	252		
			8.864	80.54	78		
	1,98*	328	15.989	130.42	252		
			17.742	134.64	78		
	4,34**	328	6.656	16.25	252		
			7.878	20.17	78		

0,01 ** 0,05 *
 (5)

(Skoda,2008)

(Tatum,2014)

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One

(6)

way Anova

(Scheffe)

.(7)

(6)

8,70	83,10	163	11,13	77,41	167	
14,02	130,20	163	18,39	132,80	167	
7,57	18,56	163	6,71	16,85	167	

(6)

(7)

(ANOVA)

(7)

		(F)					
	.000	10.817	965.441	7	6758.087		
			89.255	322	28740.001		
				329	35498.088		

	0,000	3,65	938.99	7	6572.94		
			257.43	322	82893.351		
				329	89466.291		
	0,000	4.648	220.414	7	1542.896		
			47.419	322	15268.910		
				329	16811.806		

(7)

(Raes,2010) (skoda, et al.,2011,b)

(Snyder,et al.,2002) (akin,2008)

(Beery,

Katie,. 2007),(Deci&Ryan,1995)

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(Manova)

(Scheffe)

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10.830	80.15	252		
8.864	80.54	78		
15.989	130.42	252		
17.742	134.64	78		
6.656	16.25	252		
7.878	20.17	78		

(9)

	()		.		
0,005	2,32	405,07	17	6886,2	× ×
0,028	1,88	63,06	17	1071,99	× ×
0,029	1,87	344,64	17	5858,86	× ×
0,022	1,94	65,19	17	1108,2	× ×

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 - (2014)
 - (2005)
 - (2014)
 - (2011)
 - (2008)
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