

(132) .  
(87) (45)  
(2003)  
(1998)  
(2009)

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Compassion

Empathy

16) 2012 (Mcknight. "Altruism "

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1) 2012 (Neff & Pommier "

Self Compassion

Well-being

2) 2013 (Kurilova

Emotional

864) 2009 (Neff & Lamb . Resilience

2003) (Neff

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(

.908) 2007 a (Neff et al.

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**.Self-Kindness Versus Self Judgment**

-1

**.Common Humanity Versus Isolation** -2

**.Mindfulness Versus Over-Identification** -3

226) 2010 (Neff & McGehee

140) 2007 b (Neff et al.

(2003)

( )  
2003 (Neff )

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225) b

(2007)

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140) 2007 b 92; Neff et al. 2003 a (Neff  
2005) (Gilbert & Irons

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28) 2009 (Neff & Vonk

2008; 2007; Neff et al. 2003b; Leary et al. (Neff  
(2014 2012; Arimitsu 2009; Ghorbani et al. Neff & Vonk

)  
(Saricaoglu & Arslan .(

2098) 2013

2012) 2007a; Ramkumar (Neff et al.

2007) (Leary et al

858) 2013 (Germer & Neff

: -2

Practicing

2013 (Landgraf

(2009) . 1)

2) 2014 (Hope et al.

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(2009)

. 27) 2009 (Neff & Vonk

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-2-3

2010) (Mistler

40) 2010 (Mistler.

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	)		
	(		-6
		:	-7
(2013)	.Self-Compassion		-1-7
(Neff & "			"
		80) 2013 Tirch.	

87) 2003a (Neff

" (1998 ) :Self Esteem -2-7



"  
.  
(279 2010 )

**.Big Five FFactors Of Personality** -3-7  
" (2009 )

"

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" :**Extroversion** -1-3-7

."

" :**Neuroticism** -2-3-7

."

" :**Openess To Experience** -3-3-7

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" :Agreeableness -4-3-7

"  
" :Conscientiousness -5-3-7

(9-8 2009 ) "

: -8

(2003b) (Neff  
(SCS)

(232)

(1965) (Rosenberg 2003) (Neff  
2007) (Leary et al.

(66)

( Neff

. 1965) (Rosenberg

2003)

(2008) (Neff et al.

(164)

(223)

(181)

(2009) (Neff & Vonk

(165)

(2003) (Neff )

(2008) (Vonk et al. )

(2012) (Ghorbani et al.

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(238)

( 3014) (Arimitsu

(SCS-J)

(148) (101) (366)

2007a) (Neff et al.

(177)

( 2003) (Neff

)

(Costa & McCrae (New FFFIS

)

.(1992)

2011) (Baker & McNulty

( )

(243)

(2012) (Ramkumar

(123)

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(2013) (Bergen-Cico & Cheon -

(108)

(94)

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(660)

2014 - 2013

(87)

(45)

(132)

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%20

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**:Self-compassion Scale -1-12**

( 2003 Kristin Neff )

(26)

:(1)

(1)

*	
26-23-19-12-5	
<u>21-16-11-8-1</u>	
15-10-7-3	
<u>25-18-13-4</u>	
22-17-14-9	
<u>24-20-6-2</u>	

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-4-5) : - - - )  
 .( -  
 (1-2-3

: (1 )  
 (2003)  
 (43) (623)

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(0.81-0.75)

(2003b) (Neff. (0.93)

(0.92)

(0.88-0.80)

(2 )

(40)



0.56) .  
 .(0.01) (0.71)  
 (0.76 0.69)  
 .(3 ) (0.01)  
 (0.78 0.64) .  
 .(0.84)  
 (0.86) (0.81 0.72)  
 .(4 )  
 : **-2-12**

( 1991 Heatherton & Polivy )

(2) (20)  
 :  
 (2)

*	
<u>16-12-11-9-8-7-3</u>	
<u>20-17-15-13-6</u>	
<u>19-18-14-10-5-4-2-1</u>	

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( )  
 (5-4-3-2-1)

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.(5 )

(1998)

(150)

(0.68 0.32)

.(0.84)

(0.72 0.49)

(0.69)

(0.86 0.73)

(311-310 2010 )

(2 )

(0.01)

(0.72 0.35)

(6 )

(0.87 0.82 0.76)

( )  
 .(0.01)

0.45) :  
 .(0.81) (0.65 0.69)

(0.67 0.70 0.47) :  
 .(0.82)

: **-3-12**

(Costa & McCrae

1992 NEW-FFII)

(60)

:(3)

(3)

*	
-51-46-41-36-31-26-21-16-11-6-1 56	
-52-47-42-37-32-27-22-17-12-7-2 57	
-53-48-43-38-33-28-23-18-13-8-3 58	
-54-49-44-39-34-29-24-19-14-9-4 59	
-55-50-45-40-35-30-25-20-15-10-5 60	

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. 20 15

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(7 ) .

.( - - -

(1-2-3-4-5)

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(2009)

.(103-91 2009 )

.(2 )

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(0.01)

(0.65

(0.79 0.66) (0.75 0.60)

.(9 )

: -13  
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 : -1-1-13

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(132= )

**0.649	

(0.01)

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(4)

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(0.01)

2009; 2008; Neff & Vonk 2007; Neff et al. 2003b; Leary et al. (Neff  
 (2014 2012; Arimitsu Ghorbani et al.

(2011)

.(6) 2011 (Neff

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365) 2010 (Magnus et al..

: -2-1-13

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**0.551	**0.333	**0.302	** -0.467	**0.338	

(0.01)

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(0.01)			-
	.	(0.338)	
(0.01)			-
	.	(0.302)	
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	.	(0.333)	
(0.01)			-
	.	(0.551)	
(0.01)			-
	.	(-0.467)	

(2012) (Ramkumar 2007a (Neff et al.

(2007)

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Social inter-connected

( 913) 2007a (Neff et al)..

2012) Ramkumar 2007a (Neff et al.

(2012) Ramkumar 2007a (Neff et al.

2003b) (Neff

2012) Ramkumar 2007a (Neff et al.



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571) 2009 (Neff

2012) Ramkumar 2007a (Neff et al.

(2007)

914) 2007a (Neff et al.

2003b) (Neff

**-2-13**

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(6)

(132= )

							$r^2$	$r$		
10.386	0.660	0.508	0.0001	6.237	0.0001	42.525	0.421	0.707		-1
-	0.705	0.222		3.448			0.482			-2
	0.397	0.174	0.0010.039	2.090			0.499			-3

(6)

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.( $r^2=0.499$ )

(0.174)

(%49.9)

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:

$\times 0.397+$

$\times 0.705+$

$\times 0.660 + 10.386 =$

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.(0.508)

(0.222)

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(2003)

236) 2003b (Neff)

(6)

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311

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.(571) 2009 (Neff

(2007)

(Neff et

.(913) 2007a al.

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- .(2010) . -
- .350 -269 (81) (20)
- .(2009). -
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