

Relationship between self-compassion and psychological well-being among NGOs volunteers in Sabah

ABSTRACT

Non-government organizations (NGOs) demonstrate the important role in community development as they develop the nation as advisors and their criticism can benefit development. Volunteers who always associate with NGOs can have a big impact on the future practice of prosocial behavior and can be good role models to the next generation. Involvement in volunteerism activities can help to enhance their psychological well-being. Role of self compassion to help individual to reduce the feelings after a failure or bad experiences. In addition, the study of self-compassion is still new in Malaysia, especially in Sabah. This study aims to examine the relationship between self-compassion and psychological well-being among NGO volunteers in Sabah. 379 volunteers were involved in a survey that consisted of the Self-compassion Scale and Psychological Well-being Scale. There is a significant relationship between self-compassion and psychological well-being $r(377) = .43, p < .01$. The implication of this research can help understanding on psychological well-being and self compassion