



**PERSONALITY TRAITS, SELF-COMPASSION AND IRRATIONAL BELIEFS: A
QUANTITATIVE STUDY AMONG UNIVERSITY STUDENTS**

A Thesis Presented To Department of Professional Psychology, Bahria University,
Islamabad Campus

In Partial Fulfillment
of the Requirement for the
Degree of Bachelor of Sciences
(BS) Psychology

By
Laiba Zafar
Kainat Ali
&
Lamiah Munaf

May, 2020

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ACKNOWLEDGMENT

In the name of Allah, the Most Merciful and the Most Beneficent. All praises are attributed to Allah Almighty, who provided us strength and bestowed countless blessings upon us.

We would like to appreciate the dynamic guidance and assistance of our respected supervisor Mrs. Halima Sadia Qureshi, lecturer, Department of Professional Psychology, Bahria University Islamabad, whose persistent support and profound knowledge enabled us to complete the study successfully. She served a source of motivation for us. We would like to thank our Respected Head of Department, Dr. Noshi Irum Zaman for her kind direction and advice.

Last but not least, our deepest gratitude goes to our beloved parents for their endless prayers and encouragement. We would especially like to thank the participants for their valuable time and cooperation.

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ABBREVIATIONS

BFI2S	Big Five Inventory 2 Short Form
SGABS	Shortened General Attitude and Beliefs Scale
SCS-SF	Self-compassion Scale Short Form
FFM	Five Factor Model

ABSTRACT

In the present study the association between three variables Personality Traits, Irrational Beliefs, and Self-compassion was investigated. To explore whether personality traits predicted irrational beliefs among university students and identify the contribution of self-compassion in this relationship, data was collected from 400 (36% Male, and 64% Female) university students across Islamabad-Pakistan from different university sectors (Private, Government and semi-government), educational levels and socioeconomic backgrounds. It was hypothesized that open-mindedness, extraversion, agreeableness and conscientiousness will have a significant positive relation with self-compassion and will have a significant negative relation with irrational beliefs. As well as it was hypothesized that negative emotionality will have a significant negative relation with self-compassion and will have a significant positive relation with irrational beliefs. The results revealed a positive correlation between self-compassion and Extraversion, Agreeableness, Open-mindedness and Conscientiousness, while Negative emotionality had a negative correlation. Negative emotionality also predicted Total Irrationality and had a positive relationship with it. The study further interpreted the meaning behind the relationships, and concluded its findings.

Keywords: Big Five Personality traits, Irrational beliefs, Self-compassion, Islamabad-Pakistan