



**SELF-COMPASSION, SOCIAL CONNECTEDNESS AND DEPRESSIVE  
SYMPTOMS AMONG UNIVERSITY STUDENTS**

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## ABSTRACT

*The aim of this research study is to investigate and explore the relationship between Self-compassion, Social connectedness and Depressive symptoms among university students belonging to the age group 18-25 years. Around 215 students participated in this study among which 52% percent were females and 48% were males. The three measures used in this present study were Social Connectedness scale-revised (SCS-R), Self-Compassion Scale Short Form (SCS-SF) and lastly, Centre for Epidemiologic Studies Depression Scale-Revised (CESD-R). The research finding showed that Self-compassion and Social connectedness have a significant and negative relationship with depressive symptoms. Moreover, the findings depicted that Social connectedness has a significant and positive relationship with the Self-Compassion. The research findings demonstrated social connectedness and self-compassion have a negatively significant relationship with the depressive symptoms. The results of t-test analysis showed that depression was more prevalent in female population than in males. There were no gender differences with respect to self compassion and social connectedness. Depression among the individual who have experienced bullying at school, scored higher as compared to those who have not experienced bullying at school. This study has implications for youngsters and their families in raising awareness of importance of social connectedness, self compassion in dealing with depression. It can also help psychologists while providing counseling and therapy to youth.*

**Keywords:** Self Compassion, Social Connectedness, University students, youth, depressive symptoms.