

**PERVIEVED BURNOUT, SELF-COMPASSION AND MINDFULNESS
AMONG UNIVERSITY STUDENTS**



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ABSTRACT

The aim of the current study was to explore the relationship between perceived burnout, mindfulness and self-compassion among university students. It was hypothesized that mindfulness and self-compassion will be positively correlated, whereas perceived burnout will have negative relation with mindfulness and self-compassion. It was also hypothesized that mindfulness would have effect on self-compassion. For the assessment of perceived burnout, Mindfulness and Self-compassion Copenhagen Burnout Inventory, Personal Burnout Scale (Kristensen, Borritz, Villadsen, & Christensen, 2005); Cognitive and Affective Mindfulness Scale, Revised (Feldman, Hayes, Kumar, Greeson, & Laurenceau, 2007) and Self-Compassion Scale–Short Form (Neff, 2003) were used. Three hundred university students from different universities of Rawalpindi and Islamabad participated in the study. Results revealed that perceived burnout, mindfulness and self-compassion are significantly correlated with each other. Mindfulness and self-compassion have statistically positive correlation whereas perceived burnout has significant negative relationship with mindfulness and self-compassion. According to t-test analysis no significant difference was found among under graduate and post-graduate students with perceived burnout, mindfulness, self-compassion. Linear regression analysis predicted that mindfulness has significant effect on self-compassion. This study has important implications in the education setup as it can help in future intervention plans.

Keywords: University students, Perceived Burnout, Mindfulness & Self-compassion.

THIS THESIS SUBMITTED

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