

Self-Compassion among Indian Adolescents: A Preliminary Cross-Sectional Study

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Abstract

Self-compassion is a key psychological resource during adolescence, yet limited research has examined it within the Indian context. This cross-sectional study investigated levels of self-compassion among Indian adolescents aged 11-17 years ($N = 59$) using the Self-Compassion Scale-Youth (SCS-Y). Descriptive analysis was conducted at the item and subscale level. Results indicated moderate overall self-compassion ($M = 2.83$), with relatively higher scores in mindfulness and self-kindness, and lower scores in over-identification and self-judgement. Item-level responses showed moderate variability (average $SD = 1.12$), suggesting consistent response patterns across participants. When compared with international adolescent samples using the same scale, the findings align with prior research suggesting that moderate self-compassion is typical in non-clinical adolescent populations. These results underscore the relevance of self-compassion as a measurable psychological construct in Indian adolescents and highlight the potential value of school and community-based interventions aimed at strengthening self-compassion skills to support adolescent well-being.