

INFLUENCE SELF-COMPASSION TO LONELINESS FOR TEENAGERS WHO ARE VICTIMS OF BULLYING

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Abstract

Bullying can cause impact psychological Serious, like *loneliness* on victim . *Self-compassion* can help reduce impact negative with accept suffering experienced. Study This aim know influence *self-compassion* to *loneliness* in adolescent victims of *bullying* . The study used a quantitative method with *convenience sampling*. on 398 teenager victim *bullying* in Indonesia. Data collected through *The University of California, Los Angeles Loneliness Scale Version 3* (UCLA LS), *Self-compassion Scale* (SCS), And *The Revised Olweus Bully/Victim Questionnaire* (OBVQ). Analysis data use regression linear simple show *Self-compassion* has a significant negative effect on *loneliness* with a contribution of 8.8% ($R^2=0.088$), temporary 91.2% influenced factor other. Results This can help school, person old, And maker policy understand condition teenager in Indonesia.

Keywords: *Self-compassion* , *Loneliness* , *Victim Bullying*

Introduction

Time teenager is time important in development individual, marked with transition from childhood towards adulthood. During the period This, teenager experience various significant changes in both biological, cognitive, and socio-emotional aspects. Within the framework of development psychosocial Which stated by Erik Erikson, teenagers are at the *identity stage vs identity confusion* (Santrock, 2003). At this stage, teenagers actively explore various identity self And role social to find Who self they Actually. However, process formation identity this is often time confronted on various challenges, one of which is the experience of *bullying* . *Bullying* Which often happen on age teenagers, are action aggression Which can physical , verbal, or relational for demeaning or hurt individual Which considered weak or different (Olweus, 1993). In the context of adolescent development, *bullying* can disrupt the process of personality formation. self-identity, because teenager Which become victim may experience decline price self, flavor No safe, and feelings of not being accepted by the social environment they.

A number of year final, behavior *bullying* has Lots happen in various hemisphere world. This matter shown by data UNICEF year 2018 mentioned that 50% teenager aged 13- 15 year or equivalent with 150 million teenager in world Once experience violence in the form of physical fight as well as *bullying* from Friend peers in school (Wylie, 2018). On the Statista (2021) page, it was found that percentage student Which were victims of *bullying* in Asia in 2018, grouped based on type And gender. In the year 2018, around 22.2% 10.9% of male students and 10.9% of female students experienced *physical bullying* , followed by 10.5% student man and 10.9% student Woman Which experience *bullying* in a way sexual as well as 4.6% student man And 6.6% of female students experienced *psychological bullying* . In Indonesia's own behavior *bullying* also a lot happen supported by dataset by *the Programme for International Student Assessment* (PISA), in which Indonesia is a country with case *bullying* highest number five in this world from 78 country. Based on studies PISA 2018, 41.1% students in Indonesia is around 100 years old 15 year experience *bullying* at least some time in a month (OECD, 2019).

Researchers Also do survey beginning which is conducted to 28 student Which confess have experienced behavior *bullying* in school, where the results of this survey support the results of previous research related *bully*. Based on survey beginning part big *bullying* Which experienced is *verbal bullying* amounted to 49.7%, followed by *relational bullying* *bullying* 33.3%, in a way *cyberbullying* 10.4% And *physical bullying* 8.3%. *Bullying* behavior can result in impacts psychological Which Serious on victim namely the emergence of psychological disorders such as experiencing trauma, stress, And prone to against depression Which worrying occurrence suicide as well as victim can show interesting behavior self from socializing And lost interest in interacting with people around them (Alitani, 2023a). Individuals who believe they are victims of *bullying* confess more often feel *loneliness* and having difficulty making friends (Santrock, 2007). Proven with research conducted by Prastiti and Anshori (2023) found that *loneliness* become Wrong one impact Which can experienced by victim who experienced behavior *bullying* .

According to Cherry (2023) *loneliness* causes somebody Which experiencing feeling empty, alone, and unwanted although Actually person that is not currently Alone And is at on environmental conditions Which crowded. Victim behavior *bullying* can experience *loneliness* Which long-term and can affect various aspects of life. This statement is supported by research Which done by Wati, Isnawati, and Widhiyanto (2023), who stated that Individuals who experience *verbal bullying* experience significant *loneliness* , namely there is a relationship between *verbal bullying* with *loneliness* , the higher it is *verbal bullying* Which done so the more high levels of *loneliness* . Other research also states that victims of *bullying* often feel isolated. and *loneliness* Which make they feel that No There is Which Can in rely on or believe, increase feeling worried and feel isolated from person other (Khaira, 2023). More carry on study Which done by Duah (2024) show that victim from behavior *bullying* relate positive with *loneliness* , which means that teenager Which intimidated more allows experience *loneliness* . Research by Aisyah & Anshari (2022) shows the variables Which own connection most strong with *loneliness* is bullied (*bullied*) namely the results show that respondents who are bullied have a 2.4 times greater risk of experiencing *loneliness* .

Besides, in fact, even though *bullying behavior* Which accepted Already end, negative impact Still still There is, Because No easy for the victims *bullying* For return normal. Matter This is shown by the large number of victims of this behavior. *bullying* Which Still protracted in negative matters that have the potential to cause damage self Alone (Fatkhianti, Uce, & Nurimah, 2023). What even connection causal Which involved, *loneliness* associated with level *self-esteem* that low. According to Brehm, Miller, Perlman, and Campbell (2002), *self-esteem* is one of the factors that influences *loneliness* . This statement is supported by Lyyra's research, Thorsteinsson, Eriksson, Madsen, Tolvanen, Löfstedt, and Välimaa (2021) stated that *loneliness* is a determinant of *self-esteem* . Which more low. *Self-esteem* Which low levels also cause individuals to experience *loneliness* , anxiety, and depression (Neff, 2011a). *Self-esteem* Which low is impact from *self-compassion* Which low, Which supported by research Dharmawati And Sahrani (2023) which has results that *self-compassion* have a relationship positive with *self-esteem* . Individuals who lack *self-compassion* tend to have *self-esteem* Which low Because they are very critical And hard on self they Alone.

Therefore, there needs to be an effort that originates from from self individual For overcome that . One way to reduce negative things in an individual is to understand And open about difficulty and suffering experienced, thus enabling individuals to love themselves And Good to himself (Neff, 2003a). Concept love self Alone This known with *self-compassion*. *Self-compassion* means being able to accept yourself than criticize self Alone will fail And difficulty Which is matter Which reasonable or No Can avoided in human life (Neff, 2011a). In study which is conducted by Alitani (2023) state that someone with *self-compassion* Which height has pattern think Which more positive And capable accept excess and weakness they, so that No trapped on feeling sad and constantly depressed. While individuals with low *self-compassion* are less able treat self Alone with good after experiencing suffering. Makadari That, *self-compassion* own role on victim *bullying* , things This in accordance with study Which done by Saputri And Rakhmawati (2024) States that height level *self-compassion* The qualities possessed by individuals who are victims of *bullying* will make individuals more accepting of themselves. And No judging himself alone. On the contrary individual Which become victim *bullying* And own *self-compassion* Which low will feel that the *bullying incident* was caused by their own mistakes so that bring up criticism on self Alone.

Self-compassion play role important in reducing *loneliness* among teenagers who are victims of *bullying* . By cultivating self-acceptance without judging oneself in the face of failure or difficulty, individual with high *self-compassion* will be better prepared to combat feeling negative like *loneliness* , seeing themselves as worthy people And capable let go from their experiences (Neff, 2003a). Framework psychological this helps teenager manage emotion negative which is related with *bullying* like flavor Afraid and ashamed, Which often time cause isolation social and *loneliness* (Duah, 2024). In addition, *self-compassion* facilitate reception social support from Friend peers And family, which expands their social networks and reduces feelings of *loneliness* (Saputri & Rakhmawati, 2024). By fostering resilience, *self-compassion* enables adolescents For recover from impact psychological consequences of behavior *bullying* , strengthen price self and their social interaction skills (Alitani, 2023b). In the context of adolescents involved in roles victim *bullying* , level *self-compassion* can become factor important Which influence response to situation *bullying* as well as recovery from the impact. By Because That, study This aims to fill the knowledge gap by investigating influence *self-compassion* towards *loneliness* in adolescent victims of *bullying* . With understanding that more in-depth about the influence of *self-compassion* on *loneliness* in context *bullying* can provide valuable insights for the development of interventions and educational programs Which more effective in addressing *bullying* issues and promoting well-being psychological teenager

Methods

This research uses quantitative research methods. Quantitative research methods based on on measurement individual variables with get score, usually in the form of numerical values, which are then analyzed statistically to draw conclusions. And interpreted (Gravetter & Forzano, 2018). Furthermore, data analysis was carried out using linear regression method simple, namely aim knowing the influence variables X to variables Y. Participants Study On study This, population is all teenagers in Indonesia Which aged 13-18 years, which is determined based on relevance to the problem being researched. In this study, we used *non probability sampling* with *convenience sampling* technique . The number of samples in study This follow determination size sample Which put forward by Isaac And Michael , namely a minimum of 349 people. With sample criteria in this research is a teenager aged 13-18 year Which become victim *bullying* and have filled out the *bullying victim instrument* , namely *The Revised Olweus Bully/Victim Questionnaire* (OBVQ) Which developed by Gonçalves, Heldt, Peixoto, Rodrigues, Filipetto and Guimarães (2016) with medium and high categories.

Instrument or Tools Measuring

Instrument Which used For measure *loneliness* on study This use scale *The University of California, Los Angeles Loneliness Scale Version 3* (UCLA LS) Which developed by Russell (1996) consists of on 20 item, Nine of the items *are favorable* and the other eleven are *unfavorable* items . This measuring tool has reliability with *coefficient alpha* 0.92 as well as results *test-retest reliability* during period 1 year (r = 0.73). Then tool measuring This adapted by researchers into Indonesian. Based on results test reliability own *Cronbach's* value *Alpha* 0.914 > 0.70. Measuring tools that used for measuring *self-compassion* of adolescent victims *of bullying* in research This adapted from tool measuring Kristin D. Neff that is *Self-compassion Scale* (SCS) in Neff (2003b). Tool measuring This has adapted to Indonesian by (Sugianto et al., 2020). Sugianto et al. (2020) tested the validity of the SWD construct with CFA, resulting in a threshold fit with the bifactor model. with value marginal fit; X2 /df = 1,935 (< 0.80), GFI = 0.893, CFI = 0.910,

TFI = 0.882 (<0.90). Mark cargo factor on every item Enough satisfying with range of values 0.38 until 0.77.

Measuring tools that used for measuring whether someone meets the criteria for a *bullying victim* on study This is *The Revised Olweus Bully/Victim Questionnaire* (OBVQ) developed by (Goncalves et al., (2016) and then will adapted by researchers into language Indonesia. Tool measuring This consists of from 23 items with own 3 alternative answer that is (1) No Once, (2) Very or Two time in a month, (3) Very or more from very in a week. This measuring instrument has reliability (*Cronbach Alpha*) that is $\alpha=0.85$ And then will adapted by researchers into the Indonesian. Based on the results of the reliability test, it has mark *Cronbach's Alpha* 0.962 > 0.70.

Results

Description Data

Table 1

Categorization Victim Bullying

Norm	Category
X < 38	Low
38 ≤ X < 54	Currently
X ≥ 54	Tall

Based on table 1, obtained sample victim *bullying* category currently as much as 210 respondents, and the high category was 188 respondents. Thus, it can be concluded that amount respondents Which can be sample is on category currently and high with total sample 398 person . This research involves teenagers aged 13-18 year in Indonesia, with total participants as many as 398 person. Amount total sample the based on results selection Which is victim *bullying* in the medium and high categories. Based on study This, age subject range 13 to 18 year. Age Which dominate in this study is 16 years as many as 90 subjects (22.6%), whereas 13 year as much as 73 subject (18.3%), 14 as many as years 58 subjects (14.6%), 15 year as much as 75 subject (18.8%), 17 year as much as 77 subject (19.3%), And 18 year as much as 25 subject (6.3%). Based on gender , that is amount sample man as many as 107 person (27%) And amount sample as many women as 291 person (73%).

Table 2
Categorization Loneliness

Norm	Categor	Frequency	Percentage
$X < 40$	Low	0	0%
$40 \leq X < 60$	Currentl y	250	62.8%
$X \geq 60$	Tall	148	37.2%
	Total	387	100%

Based on table 1, it can be seen that the subjects study Which own *loneliness* the low amount to 0 (0%) person respondents, category currently as much as 250 (62.8%) respondents, and categories tall as many as 148 (37%) person respondents.

Table 3
Categorization Self-Compassion

Category	Range	Frequency	Percentage
Low	1.0 – 2.5	259	65.1%
Currently	2.5 – 3.5	139	34.9%
Tall	3.5 – 5.0	0	0%
	Total	387	100

Based on table 2, it can be seen that the subjects study Which own *self-compassion* that low as much as 259 person (65.1%) and in progress as much as 139 person (34.9%). Meanwhile, no There is respondents Which occupy high category *self-compassion* in study This. Results Test Assumptions The normality test shows that all variables are normally distributed with a significance value of (Sig.) on test normality *Kolmogorov-Smirnov* of $0.200 < 0.05$. Linearity test in research This show There is connection linear significantly between *self-compassion* variable with variables *loneliness* with mark *Deviation from Linearity* Sig. is as big as $0.070 > 0.05$. Furthermore, heteroscedasticity testing shows mark $0.056 > 0.05$, with so it can be concluded that No happen heteroscedasticity symptoms in model regression or *variance* from mark residual One observation to observation other nature still.

Results Test Hypothesis

After the assumption tests have been carried out, step furthermore is conduct a test hypothesis. Test hypothesis in study this is done with use method linear regression data analysis simple. On table 4 then the hypothesis is accepted, it can be seen that the results of the hypothesis test that is results test regression linear simple shows statistical values significant namely $0.000 < 0.05$, Which can interpreted that *self-compassion* significantly influences *loneliness* . And number coefficient regression on table 4 Which its value as big as -0.205 and has a negative value, which indicates that *self-compassion* has a negative effect on *loneliness* . Therefore, it can be concluded that the hypothesis in this study this is accepted that is, there is an influence in a way significant negative *self-compassion* to *loneliness* on teenager victim *bullying*. In general, the formula for a simple linear regression equation is $Y = a + bX$ where a is a constant number from *the unstandardized coefficients* And b is number coefficient regression. Based on table 4, mark a as big as 69,507 Which means that If No There is *self-compassion* so mark consistent *loneliness* as big as 69,507. Temporary That, mark b as big as -0.205 Which means every addition 1% or 1 point *self-compassion* so *loneliness* decreased by 0.205. So *self-compassion* is getting better so the more down *loneliness* teenagers who are victims of *bullying* . Thus, it can be said that *self-compassion* has a negative influence to *loneliness* so that the regression equation is $Y = 69,507 - 0.205X$. Coefficient determination (R^2) aim to determine the contribution of the influence of the independent variable in a way simultaneous to dependent variable . Based on table 5, it can be seen that the *R square value* obtained is 0.088. Matter the show that contribution influence Which given by *self-compassion* to *loneliness* is by 8.8%. Temporary 91.2% influenced by factors other Which No investigated in study This.

Table 4
Results Test Regression Linear Simple (Test T)

		Coefficients ^a				
Model	Element	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	69,507	2,069		33,594	.000
	SC	-.205	.033	-.296	- 6,170	.000

Table 5
Results Coefficient Determination (R²)

Model Summary ^b				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.296 a	.088	.085	6,943

Discussion

Study This aim For knowing the influence *self-compassion* to *Loneliness* in adolescent victims of *bullying* in Indonesia. Hypothesis in study This is there is influence negative between *self-compassion* to *loneliness* on teenager victim *bullying* . Matter this is shown by mark significance (Sig.) as big as 0.000 (p < 0.05) as well as mark coefficient regression the negative as big as -0.205. From results analysis, can concluded that hypothesis in study this is accepted that is there is influence negative between *self-compassion* to *loneliness* on teenage victims *bullying* . This show that High *self-compassion* can reduce *loneliness* teenager victim *bullying* . Results this research in line with study previously conducted by Pratiwi et al., (2019) the results were there is influence negative And significant to *loneliness*. There is a number of reason which can explain the negative influence of *self-compassion* on *loneliness* in adolescent victims *bullying*.

First, influence negative *self-compassion* towards *loneliness* teenage victims *Bullying* can be explained through several mechanisms. One of them is the only one is through impact from *self-compassion* that is *emotional resilience* , *motivation* , and *personal growth* , as well as *opting out of the self-esteem games* (Neff, 2011). *Emotional resilience* is method For overcome emotional problems from within the individual by focusing thought on things positive and keep away from negative thoughts, when teenagers feel more strong in a way emotional so better able to cope with feelings of *loneliness*. *Self-compassion* play role important in reducing *loneliness* in circles teenagers who become victims of *bullying* due to adolescence considered as time Which difficult emotionally (Brehm et al., 2002). In certain adolescents emotions Which experienced on time this can cause problem Which Seriously, especially teenage girls, who are more susceptible to depression. Hormonal changes and environmental experiences both influence a teenager's emotional state (Sanrock, 2007). By cultivating self-acceptance without judging yourself when facing failure, or difficulty, individual with high *self-compassion* will be better prepared to combat feeling negative like *loneliness* , seeing themselves as worthy people And capable let go from their experiences (Neff, 2003a).

Meanwhile, *motivation* and *personal growth* considered as motivator Which more effective than *self-judgment* , because the driving force the biggest within oneself Humans are about love, not fear. If individuals utilize *self-compassion* , it will free them from disturbing emotions. productivity. Furthermore, improvement *self-esteem*. *Self-esteem* is a factor important that affect how somebody look at self alone and interact with person other (Brehm et al., 2002). *Self-esteem* Which low often associated with feelings of *loneliness* , because individuals tend to feel unworthy valuable, no loved, less believe self in situation social (Lyyra et al., 2021). Therefore, *self-compassion* helps individual For release self from the game *self-esteem*, Where price self individual go on And down depends on achievement or social acceptance, which is often a source of *loneliness* (Neff & Vonk, 2009) . With *self-compassion*, individuals can reduce the influence negative, with accept failure, deficiency, And rejection without self-punishment Alone, so that reduce risk *loneliness* arising from negative self-evaluation, so that teenager victim *bullying* feel more confident self in interaction social. Second, improvement connectedness social factors Which influence from *loneliness* is interpersonal behavior that tends to evaluate person other in a way negative as well as have no relationship strong with others (Brehm et al., 2002). *Self-compassion* can increase social connectedness by

encouraging attitude Which more open And non -judgmental to self Alone And person others (Yarnell & Neff, 2013). With thus can help teenagers who are victims of *bullying* to build and maintain healthy relationships. more positive, so that reduce feeling *loneliness*. Third, based on research conducted by Neff, Kirkpatrick, and Rude (2007), *self-compassion* considered effective in helping individuals adapt with function psychological and improve welfare psychological by protect self from weakness Which experienced. This statement indicates that *self-compassion* can reduce *loneliness* what is felt by individual. Besides That, results this research in accordance with study previously conducted by Repi (2023) on students, stated that individual Which experiencing increased *self-compassion* tends to become more happy, optimistic, And satisfied about his life.

Self-compassion has a negative effect on *loneliness* proven through test simple linear regression analysis . Based on the results of the simple linear regression analysis, the following equation is obtained: regression $Y=69.507-0.205X$ so that it can known that If mark increased *self-compassion* One unit, where will lower *loneliness* teenager victim *bullying* as big as 0.205. The regression coefficient of this equation is negative. It means there is influence negative *self-compassion* towards *loneliness* in adolescent victims *bullying*. With say other, the more tall *self-compassion* , so the more low level of *loneliness* on teenager victim *bullying* . So also vice versa when the more low *self-compassion* , the higher the *loneliness* in adolescent victims of *bullying*. The *self-compassion* variable has an influence to variables *loneliness* of 0.088 or 8.8%, the rest that is 91.2% others are affected by factor other Which No researched in study This.

In the context of teenagers, especially those who receive behavior *bullying* as well as result in feeling *loneliness*, Erik Erikson put forward the period teenager is at on stage identity development versus confusion identity (*identity versus identity confusion*). In this period, it is stage critical in development psychosocial individual, On stage This Also, individual should start capable arrange emotion within himself, which will help form an identity Which positive (Santrock, 2003). However, the impact of this behavior *bullying*, teenagers can feel isolated so that inhibit development identity Which Healthy (Sartika & Bajirani, 2024). the *self-compassion* variable data show that 253 people (63.6%) is at in category low And 145 people (36.4%) in category currently, temporary No There is respondents Which is at in high category . *Self-compassion* Which low tend to blame themselves, reject and criticize self that he is not worthy to get kindness Because suffering experienced . Next, the results of the variable data categorization *loneliness* show that 65 person (16.3%) is at in category tall, 266 people (66.8%) is at in category Enough tall, 67 people (16.8%) is at in category currently And No There is respondents Which is at in category low. Through data the, can it is concluded that sample on study This that is teenage victims *bullying* experience And feel *loneliness* at a fairly high level . This shows individual experience suffering, feeling ostracized, No own Friend to be used as a place to share the consequences of behavior *bullying* Which accepted. Moment individual feels *loneliness* , individual No get the social life they want in their environment (Russell, 1996).

Conclusion

Based on results study, found that self-compassion has a significant negative influence towards loneliness on teenage victims bullying, with coefficient regression as big as -0.205. This shows that the higher the level of self-compassion, the more low level of loneliness felt. The significance value (ρ) is 0,000 indicates results Which highly statistically significant. The effect of self- compassion to loneliness as big as 8.8%, while 91.2% the rest influenced by factor other Which No researched. Besides That, study This also shows that the level of loneliness in adolescent victims of bullying is quite high, whereas level self-compassion is at in category low.

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