

THE RELATIONSHIP OF RESILIENCE AND SELF- COMPASSION OF MALAYSIAN TERTIARY STUDENTS

**SELF
COMPASSION**



**NURKHAIRIAH KARNAEN
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THE RELATIONSHIP OF RESILIENCE AND SELF-COMPASSION OF MALAYSIAN TERTIARY STUDENTS

Employability has always been a concerning issue involving tertiary level students in Malaysia. A lot of employers perceive Malaysian graduates as being unsuited for employment and resilience is considered a desired trait for employability. The research investigated the level of resilience and self-compassion among tertiary level students in Malaysia. The study aimed to find out the relationship between self-compassion and resilience as both concepts proved to share a similar result of minimizing negative effects. The Brief Resilience Scale and Self-Compassion Scale- Short Form was distributed to 171 students studying in tertiary level institutions all over Malaysia. Research result showed that the relationship between resilience and self-compassion is positive and significant. The level of resilience and self-compassion is at moderate level for the respondents. It is recommended for future similar study to be done on larger number of respondents.

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