

Spirituality, self- confidence and self-compassion among young adults

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Introduction: Spirituality, self-confidence and self-compassion are important for the overall growth of an individual. Spirituality is connection with our higher self, self-confidence is a frame of mind about your aptitudes and capacities, and self-compassion is being compassionate and kind towards our own selves.

Aim: to find the spirituality, self-confidence and self-compassion among young adults. Objectives: to study the spirituality, self-confidence and self-compassion among young adults; to study the relationship between spirituality, self-confidence and self-compassion in young adults; to study the gender difference in spirituality, self-confidence and self-compassion among young adults.

Sample: sample size is 100, and age range is 18-25 years. Three scales were used to collect data. For spirituality, spirituality transcendence index was used; for self-confidence, rosenberg's self-esteem scale and for self-compassion, self-compassion scale – short form was used. Findings: present study shows that there is no significance relationship between spirituality, self-confidence and self-compassion in young adults and there is no significance gender difference in spirituality, self-confidence and self-compassion.