

Abstract

The current research aims to identify:

- 1- Self-compassion among university students.
- 2- Significance of differences in self-compassion among university students according to the variables of gender (male - female) and academic specialization (scientific - human).
- 3- Probe thinking among university students.
- 4- Significance of differences in probe thinking among university students according to the variables of gender (male - female) and academic specialization (scientific - human).
- 5- Figuring out the correlation between self-compassion and probe thinking among university students.
- 6- Significance of differences in the correlation between self-compassion and probing thinking according to the variables of gender (male - female) and academic specialization (scientific - human).

The current research community was identified as the male and female students of the University of Wasit / morning studies for the academic year (2022-2023), whose number is (14394), with (8748) students from scientific disciplines and (5646) students from humanities. The research sample included (400) male and female students. Students from the University of Wasit were selected in a random, stratified, proportional manner. The study tools included the scale of self-compassion , consisting of (26) items ,in particular , prepared by Neff (2003) and translated by the researcher and the scale of (al-Kinani, 2018) for measuring probe thinking, consisting of (46) items . The psychometric characteristics of validity and reliability were found for them, and the data were analyzed statistically using the Statistical Package for the Social Sciences (SPSS). The results showed the following:

- 1- The students of Wasit University enjoy a high level of self-compassion, as the calculated t-value (19.636) was greater than the tabular t-value (1.66) at the level of significance of (0.05).

2- There are no statistically significant differences in self-compassion among university students according to the gender variable (male, female), as the calculated t-value was (0.357) less when compared with the tabular t-value of (1.96) at the level of significance of (0.05), there are statistically significant differences in self-compassion in particular in favor of human specializations, as the calculated t-value of (-2.978) is less when balanced by the tabular t-value of (1.96) at the significance level of (0.05).

3- University students enjoy a high level of probe thinking, as the calculated t-value was (27.036), which is higher than the tabular value which is of (1.66) at the level of significance of (0.05).

4- There are no statistically significant differences in the probe thinking of university students according to the variables of gender (male, female), as the calculated t-value of (1.708) was less when compared with the tabular t-value which was (1.96) at the level of significance of (0.05). Besides, there are no statistically significant differences according to the academic specialization variable (scientific, human) as well.

5- There is a positive correlation between the two research variables, self-compassion and probe thinking, among university students.

6- There is no statistically significant difference between self-compassion and probe thinking, according to the variables of (sex, specialization).

In the light of the results, the researcher put a number of conclusions, recommendations and suggestions.

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Self-Compassion and its Relationship to Probe Thinking Among University Students

A thesis submitted

**To the council of the College of education for Humanities
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for obtaining a master degree in educational Psychology**

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