

SELF-COMPASSION AND RESILIENCE AMONG POLICE OFFICERS AND ARMY PERSONNEL

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ABSTRACT

Self-compassion is a crucial psychological resource that promotes emotional well-being and resilience, particularly in high-stress professions such as the military and law enforcement. This study examines the role of self-compassion (independent variable) in predicting resilience (dependent variable) among army personnel and police officers. A total of 100 participants (50 army personnel and 50 police officers) were assessed using standardized measures of self-compassion and resilience. Pearson correlation was conducted using SPSS version 23.0 to determine the strength of self-compassion in fostering resilience. The findings revealed a strong positive correlation between self-compassion and resilience in both populations, with army personnel exhibiting a slightly stronger correlation compared to police officers. These results suggest that promoting self-compassion may enhance resilience, particularly among military personnel who face prolonged exposure to stress and adversity. The study underscores the need to integrate self-compassion training into resilience-building programs for individuals in demanding professional roles.

Keywords: self-compassion, resilience, army personnel, police officers, Pearson correlation.

INTRODUCTION

Aim

To assess the relationship between self-compassion and resilience among police officers and army personnel

Self-Compassion

Self-compassion, at the honest of mindfulness, has been defined as “an orientation of mind that recognizes pain and the universality of pain in human experience and the capacity to meet that pain with kindness, empathy, equanimity and patience.”

- Feldman and Kuyken, 2011

Kristin Neff conceptualizes self-compassion as composed of three mercurial subcomponents

Self-Kindness versus Self-Judgment

Self-kindness means treating oneself with care and understanding rather than harsh judgment. It involves soothing and comforting oneself, much like supporting a loved one in distress. It emphasizes emotional availability over self-criticism.

Common Humanity versus Isolation

Common humanity is recognizing struggles as part of the shared human experience rather than feeling alone in suffering. It fosters connection and belonging. Isolation, its opposite, creates a false belief that others are better off and cannot relate to one's difficulties.

Mindfulness versus Overidentification

Mindfulness is accepting the present with balanced awareness, neither avoiding nor exaggerating discomfort. Overidentification, in contrast, means becoming overly absorbed in negativity, distorting perception and emotions.

Resilience

Resilience is the buffer capacity or ability to absorb perturbation or the magnitude of the disturbance that can be absorbed before a system change its structure by changing the variables and processes that control behaviour

- **Pimm 1984**

The Resilience Building Theory

The resilience building theory was propounded by Yoesoep Edhie Rachmad in 2022. This theory was evolved to help individuals and organisations to establish their capacity to affront and conquer various hindrance. The basic notion of this theory encompasses developing emotional, mental, and social skills that permit individual or organisations to cope with stress and pressure effectively. This theory is feasible in various fields such as human resource management, psychology, education, and social communication.

Resilience building theory requires a holistic and structured approach for executing.

- To evaluate the needs of resilience and obstacles in building resilience.
- To develop training programs and ceaseless evaluation.
- To promote effective strategies include strengthening social support networks.

Resilience building theory gave prominence to the importance of developing the individual's capability to bounce back and adopt in the face of adversity. (Yoesoep Edhie Rachmad, 2022)

Need for study

Police and Army personnel work in highly stressful environments that demand emotional strength and mental resilience. They often face traumatic situations that can impact their well-being. Self-compassion helps manage stress, reduces anxiety, and enhances resilience, improving decision-making and work-life balance. Research on this can help develop training programs to support their mental health.

MATERIALS AND METHODS

Review of literature

Bag, S. D., Kilby, C. J., Kent, J. N., Brooker, J., & Sherman, K. A. (2022), conducted a study titled “Resilience, Self-Compassion, and Psychological Well-Being.” The study aimed to examine the relationship between resilience, self-compassion, and psychological well-being. Results indicated that both resilience and self-compassion positively correlated with optimism and life satisfaction while negatively correlating with depressive symptoms.^[1]

Janssens, K. M., van der Velden, P. G., Taris, R., & van Veldhoven, M. J. (2021), conducted a study titled “Resilience, Hardiness, and Psychological Capital Among Police Officers: A Systematic Review.” The study aimed to systematically review 22 studies on resilience, hardiness, and psychological capital among police officers. The results indicated weak to moderate associations with health variables but noted a lack of focus on professional functioning.^[2]

Chitra, T., & Karunanidhi, S. (2021), conducted a study titled “The Effectiveness of Resilience Training for Female Police Officers.” The study aimed to evaluate the effectiveness of resilience training in reducing stress and enhancing job satisfaction and well-being. The results indicated significant improvements in psychological well-being and job-related outcomes.^[3]

Khanjani, S., Asmari, Y., Mousavi Asl, E., & Ashouri, A. (2020), conducted a study titled “The Mediating Role of Self-Compassion in the Relationship Between Non-Suicidal Self-Injury and Mental Pain in Soldiers.” The study aimed to investigate the relationship

between NSSI and mental pain, with self-compassion as a mediating factor. Results indicated that self-compassion negatively correlated with mental pain and helped mitigate its effects. ^[4]

Hartley, T. D., & Baldwin, B. (2020), conducted a study title “Building Resilience in Law Enforcement: A Study of the Officer Resilience Training Program “. The study aims to Evaluate the Officer Resilience Training Program’s effectiveness in enhancing resilience. The sample of this study were 150 police officers. As a result, indicates that there was a significant improvement in resilience, emotional regulation, and overall well-being. ^[5]

Hypotheses

- H1-There will be a significant relationship between self-compassion and resilience among army personnel.
- H2-There will be a significant relationship between self-compassion and resilience among police officers.

Variables

- Independent Variable – Self Compassion
- Dependent Variable - Resilience

Sample Size

Data were collected using the snow ball sampling method from 50 police officers and 50 army personnel.

Measures

- Self-Compassion Scale Short Form. (Neff, K.D et al. 2011)
- Brief Resilience Scale. (Bruce W.S et al. 2008)

Statistical analysis

For the statistical analysis, SPSS 23 was used. A statistical indicator of the strength of the association between the variation of two variables is the correlation coefficient. The T-test, an inference statistic that is used to decide whether there is a significant variation in the

averages of two groups that may be related in some ways, was used to determine the variance between samples.

RESULT AND DISCUSSION

Table 1: Descriptive statistic of study variables for Army personnel

Variables	Mean	Standard deviation
Self-compassion	4.0700	3.63701
Resilience	3.3209	.48948

Table 1 shows the descriptive statistics of the measured variables scores. The mean and standard deviation obtained by the participants in the study were revealed.

Table 2: Descriptive statistics of study variables for Police personnel

Variables	Mean	Standard deviation
Self-compassion	3.4696	.39037
Resilience	3.3174	.38082

Table 2 shows the descriptive statistics of the measured variables scores. The mean and standard deviation obtained by the participants in the study were revealed.

Table 3: Relationship between self-compassion and resilience among Army personnel

Variable	N	“r” value
Self-compassion	48	
Resilience	48	.641**

$p < 0.01^{**}$

The result presented in table 3 shows that the relationship between self-compassion and resilience among army personnel. The result revealed that there is a positive and significant relationship between self-compassion and resilience with an “r” value of .641**, which is significant at the level of $^{**}p < 0.01$. This reveals the acceptance of directional hypothesis (H1) “there will be a significant positive relationship between self-compassion and resilience among army personnel”.

Table 4: Relationship between self-compassion and resilience among Police officers.

Variable	N	“r” value
Self-compassion	46	
Resilience	46	.375**

p<0.01*

The result presented in table 4 shows that the relationship between self-compassion and resilience among army personnel. The result revealed that there is a positive and significant relationship between self-compassion and resilience with an “r” value of .375*, which is significant at the level of *p<0.01. This reveals the acceptance of directional hypothesis (H2) “there will be a significant positive relationship between self-compassion and resilience among police officers”.

Discussion

The aim of the study is to assess the relationship between self-compassion and resilience among police and army personnel. The statistical techniques used for data analysis were Pearson's correlation to find the relationship between Self-compassion and resilience, regression analysis to find out the influence of Self-compassion and resilience among police and army personnel. The data were analyzed using the Statistical Package for Social Sciences (SPSS) for Windows version 23.0.

Table 3 indicates that there is a positive and significant correlation between self-compassion and resilience among army personnel ($r = 0.641^{**}$, $p < 0.01$). This research suggests that individuals who exhibit higher self-compassion are also likely to demonstrate greater resilience, which aligns with the alternate hypothesis (H1) that "There will be a significant positive relationship between self-compassion and resilience among army personnel." indicating that self-compassion plays a vital role in fostering resilience among army personnel. ^[6]

Table 4 illustrates the link between resilience and self-compassion among police officers. The findings confirmed the proposed hypothesis (H2) by revealing a positive and significant correlation between resilience and self-compassion ($r = .375^{*}$, $p < .01$). Consistent with earlier studies, this suggests that police officers with greater levels of self-compassion tend to exhibit higher resilience. Self-compassion enhances resilience by serving as a protective factor against the adverse effects of stress, ^[6] Resilience is crucial for effectively

addressing work-related challenges in high-pressure jobs such as law enforcement. Police officers frequently encounter stressful situations, emotional exhaustion, and traumatic experiences, all of which can affect their mental well-being.^[7]

CONCLUSION

Summary

This study examined the relationship between self-compassion on resilience among police officers and army personnel using a cross-sectional design. A total of 100 participants (50 police officers, 50 army personnel) were assessed using the Self-Compassion Scale and Brief Resilience Scale. Pearson's correlation analysis in SPSS 23.0 revealed a significant positive relationship between self-compassion and resilience in both groups, with a stronger correlation among army personnel. These findings suggest self-compassion plays a crucial role in fostering resilience, particularly in military settings, emphasizing its importance in high-stress occupations.

Conclusion

The study found a significant relationship between self-compassion and resilience in both police officers and army personnel, with a stronger correlation in army personnel. Self-compassion emerged as a key predictor of resilience, highlighting its role in psychological well-being and stress management. Future research and interventions on self-compassion training could enhance resilience and mental health in military and law enforcement sectors.

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