



## Self-Compassion in the Implementation of Posttraumatic Growth on the Mental State of New Students: A Scooping Review

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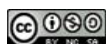
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### Abstract

particularly university students, who often face various mental pressures, especially new students, such as the overwhelming number of academic assignments, overly packed schedules, and insufficient rest time, which can negatively impact new students and lead to post-traumatic growth (PTG). Currently, there is evidence of self-initiated efforts to prevent PTG after experiencing trauma. This study aims to explore the implementation of Self-Compassion strategies in relation to mental health conditions. The article also discusses solutions related to psychological research to understand the prevention of PTG, particularly among new students. Previous studies prioritized in the search for data related to this issue were published over the past thirteen years, from 2000 to 2023. There are 50 scientific articles included in qualitative and quantitative journals, but we identified 21 studies that met the search and eligibility criteria in both national and international journals. These findings indicate that PTG has an effect on trauma among students as a source of data and information on the problem. The results of this analysis show that there is a risk of PTG influencing new students, particularly due to the heavy workload and numerous activities, which can serve as a reference for finding solutions to these issues.

### Keyword

Self Compassion; Post Traumatic Growth; New Students



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## Introduction

Post-traumatic growth (PTG) actually refers to the phenomenon where individuals experience psychological growth after experiencing a traumatic event or significant stressor. This concept reflects the ability of humans to find new meaning, improve personal skills, and experience positive changes within themselves after facing difficult challenges (Hafizah, 2020). Although trauma is often associated with negative outcomes, such as psychological stress, mental disorders, or social dysfunction, some individuals are able to live through these experiences with greater growth than they would have otherwise. (Tedeschi & Calhoun, 2004), Post-traumatic growth also refers to the positive changes that arise in individuals after they have experienced trauma or a life crisis. In contrast to the traditional concept of the negative impact of post-trauma, this concept emphasizes the ability of individuals to experience constructive change and thrive after facing overwhelming adversity (Anggadewi, 2020).

Research on post-traumatic growth has shown that traumatized individuals often experience positive changes in various aspects of their lives, including interpersonal relationships, self-understanding, and life values. So after knowing the background and some research related to Post Traumatic Growth, the researcher wants to produce new research related to Self Compassion strategies in the implementation of Post traumatic growth related to mental changes in new students (Tóth-Király & Neff, 2021).

The importance of understanding PTG lies in its ability to stimulate discussion about how humans not only survive trauma, but also grow from the experience. Development after trauma can include an increased appreciation for life, a change in priorities, improvement in interpersonal relationships, feeling stronger, and increased spirituality (Novanti & Asiyah, 2020). While PTG is not a process that every individual is guaranteed to experience after experiencing trauma, an understanding of the concept can provide an optimistic view of the human ability to recover and thrive after experiencing severe adversity (Antoni et al., 2001).

In understanding PTG lies its ability to provide a more optimistic view of the post-traumatic recovery process. Through further research and understanding of the factors that support post-traumatic growth, we can develop a more holistic approach to mental and emotional recovery. We will explore the concept of PTG, identify factors that may influence posttraumatic growth, and investigate its important implications for the psychological well-being of new university students (Tentama, 2015). By understanding more deeply how individuals can develop positively after experiencing trauma, we can pave the way for more effective intervention approaches in supporting those who have experienced traumatic events (Caplan, 1964).

Through a deeper understanding of this concept, it is hoped that we can develop more effective interventions and support strategies for traumatized individuals to achieve better

post-traumatic growth. Post-traumatic growth (PTG) refers to the phenomenon where an individual is able to experience positive growth, change or development after experiencing a traumatic event or significant adversity in their life (Kusristanti et al., 2020).

It is a concept that highlights the human potential to gain strength, insight, and positive change after facing devastating trials. PTG highlights that some individuals, after experiencing a traumatic event such as a profound loss, accident, serious illness, or other traumatic experience, not only recover from the event, but also thrive personally, emotionally, and spiritually (Yalom & Lieberman, 1991).

After recognizing PTG, there are efforts related to the implementation of PTG, one of the abilities in increasing positive emotions so that PTG is achieved is self-compassion. Based on research (Kearney & Hicks, 2017) self-compassion is considered a form of strategy that turns out to be able to have a positive influence in managing the emotions and psychology of individuals who have experienced trauma (Ratunuman et al., 2021). Therefore, the form of self-compassion can be a meaning that can influence the development of PTG towards a better one. This is especially true for students who are often traumatized by changes in their mental state (Warsini et al., 2022).

Based on the findings (Wong & Yeung, 2017) also shows that the self-compassion strategy has a relationship with PTG. This indicates that trauma sufferers among adolescents can develop PTG skills through increasing positive emotions from themselves to act positively or what is known as Self-compassion (Annatagia et al., 2018; Trialisa Putri et al., 2019). Selfcompassion is the ability to see ourselves without involving any intermediaries (Neff & Vonk, 2009). Based on (Hoffart et al., 2015), self-compassion is included in the main factors that can deal with the prevention of negative events such as experiencing failure, difficulty, or suffering in life which results in emotional reactions (Yuliastuti et al., 2021).

(Neff, 2011) also added that self compassion is considered as the most basic and powerful main tool in overcoming negative emotions felt by each individual (Wardani et al., 2020). This is because the starting point of self-compassion is to stop seeing oneself as the one who suffers the most. (Neff, 2003) explains that the main components of self-compassion are self-kindness, common humanity, and mindfulness.

If the main components in self compassion have an important role in the implementation of post traumatic growth on the mental state of adolescents, especially for new students. Therefore, (Chen et al., 2024) said that there are many benefits of Self Compassion in supporting the implementation of Post traumatic growth on the mental state of new students, researchers are interested in conducting Scoping review research to examine more deeply the role of self compassion in the implementation of post traumatic growth on mental health as follows:

## Method

### Review design

We found twenty-one relevant systematic reviews, which are, (Jordan, 2017; Lee et al., 2022), both used to search references manually, and no additional records were identified. The authors independently screened all other journal search results and reviewed the discrepancies with the two journals mentioned. The stages in conducting a scoping review that must be carried out are the focus of the review, using the PEOS (Problem, Exposure, Outcome and Study design) framework, identifying relevant studies, describing the process, identifying literature with the PRISMA flowchart, data extraction and mapping or scoping (Arksey & O'Malley, 2005), as follows:

### Inclusion Review Criteria

1. Research on Self Compassion in post traumatic growth
2. Self Compassion strategies in preventing Post Traumatic Growth on the mental state of adolescents or students
3. Publishing the original article of the literature review

### Exception Review Criteria

Inclusion criteria are reviews that are not used because they are not in accordance with the research problems to be reviewed. The criteria include several things, among others:

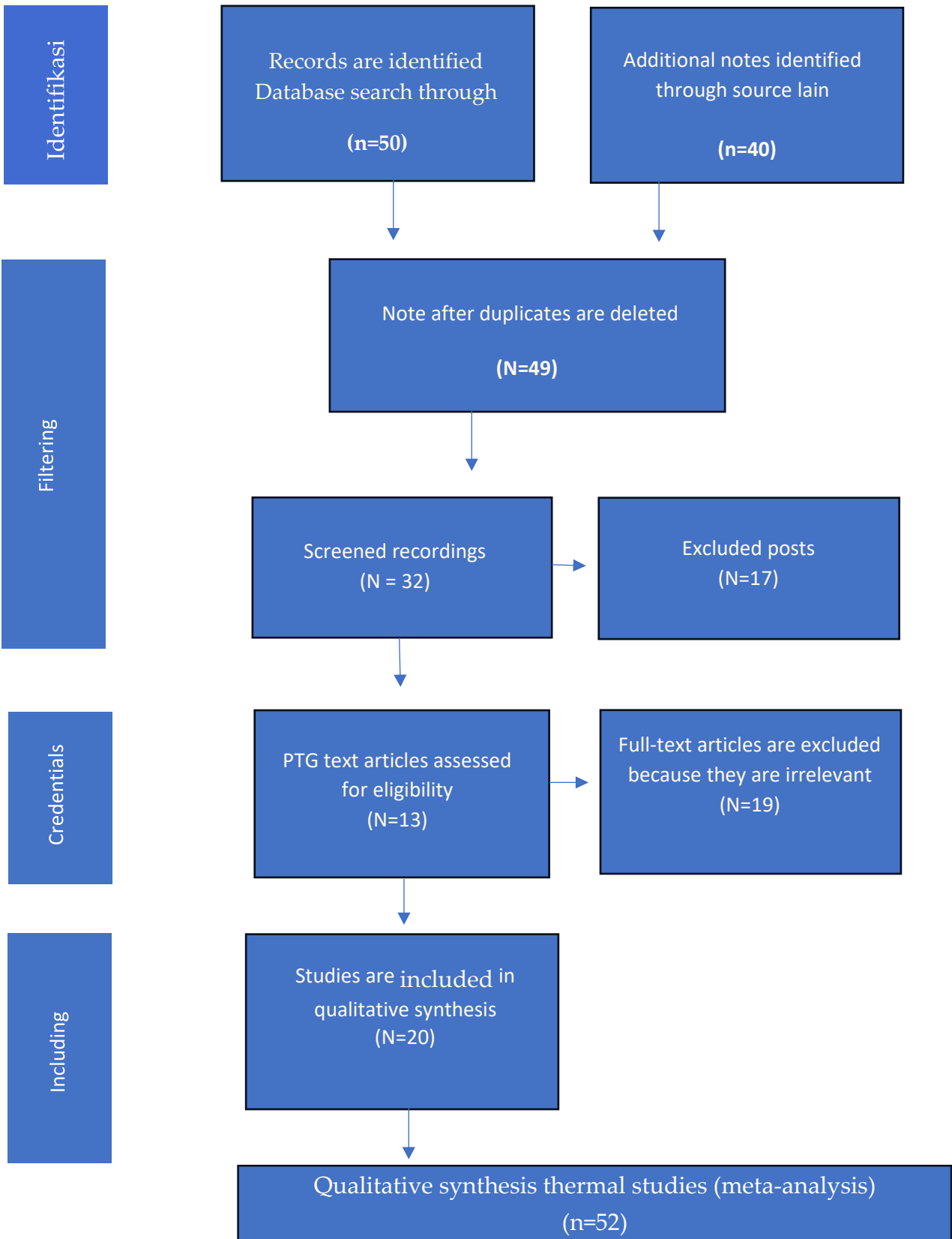
1. Do not use articles that are not related to PTG.
2. PTG-related article searches are not targeted at teenagers or university students
3. Literature that is unpublished and does not obtain an ISSN publishing index
4. Using papers that have no references
5. PTG treatment of mental health with psychiatric intermediaries or medication.

### Search Method

Article searches using scientific research were conducted using national and international journal sites, namely the Garuda portal ([garuda.mendikbud.go.id](http://garuda.mendikbud.go.id)), Google Scholar ([scholar.google.com](http://scholar.google.com)) and Science Direct ([sciencedirect.com](http://sciencedirect.com)). The search was conducted using the keywords 'Self Compassion', 'Post Traumatic Growth', and 'Student'. The list of references was searched to find articles that were more relevant to the problem.

### Study Selection

In total, there were 50 continuous research articles but 21 studies were eligible for inclusion in the figure diagram. Here is a picture of the eligible articles:



No	Author	Title	Keyword	Study	Result
1.	Marty Mawarपुरy	Analisis Koping dan Pertumbuhan Pasca-trauma pada Masyarakat Terpapar Konflik (2018)	variables where coping; community; post-traumatic growth.	This study uses quantitative research methods with a cross sectional study design. The population in this study were conflict survivors in Aceh Besar.	The results of this study state that the parameters of psychological well-being, namely aspects of positive relationships with others and self-acceptance, have a significant relationship with conrontive coping, while aspects of autonomy and environmental mastery are related to distant coping. Significant coping, self-control, and social support were seen in the aspects of autonomy, environmental mastery, and self-acceptance.
2	Nita Indriani, Dian Kartika Amelia Arbi*	Post-traumatic Growth among Adolescents who Lost Their Parents to Covid-19 (Pertumbuhan Pasca-trauma pada Remaja yang Kehilangan Orang Tua karena Covid-19) (2022)	Using English variables that explain interconnectedness in adolescents who have lost a parent to COVID19.	Methods This research uses an instrumental case study approach to understand PTG in adolescents whose parents died of Covid-19. This report comprehensively examines the PTG process and its outcomes. Data was collected using two methods: PTGI completion and in-depth interviews.	Research results The death of the participants' parents had caused grief that was reflected in their physical, emotional, cognitive, spiritual and behavioral experiences. This traumatic event automatically led to intrusive rumination.

## Result

This research identifies various efforts made in trauma prevention, especially the implementation of post traumatic growth on the mental state of new students. The method used involves several approaches, including:

Applying self-compassion by implementing self kindness by being kind to yourself when there are mistakes or failures. This selfkindness can be in the form of sympathy for ourselves when facing difficulties, providing awareness that imperfection, making the mindset that

every failure must be experienced by everyone, so that one can respond well to oneself rather than being angry and blaming oneself.

Applying self-compassion by implementing the concept of common humanity which includes the belief that every painful experience is part of the life experienced by every human being. Because when someone experiences failure, experiences loss, experiences rejection, is humiliated, or in the face of other negative influences, someone will feel that this experience only happens to them. When in reality, everyone also experiences these problems and sufferings. Never feel like a failure and criticize yourself excessively. Common humanity can also provide awareness that every human being has a very painful experience and it is natural in the cycle of life, so there is no need to feel hurt when experiencing bad things.

Applying self-compassion by implementing mindfulness involves a balanced perspective in dealing with situations so as not to get carried away by emotions. Because when someone is faced with painful experiences and difficult situations in life, someone with low self-compassion tends to think about the negatives of the situation experienced and feel down in their emotions. On the contrary, a person with self-compassion is able to maintain a whole perspective when experiencing difficulties in life. So Mindfulness can help a person to focus and pay attention to their feelings and be self-compassionate in dealing with difficult problems in life.

The findings in the journal show that there is an important role of self-compassion in the implementation of post traumatic growth which turns out to be very effective in following up the implementation of post traumatic growth in trauma that affects a person's mental state. Because if there is no immediate action to handle the post traumatic growth period, it will have a negative influence on an individual and some even experience heart failure and even death. In response to this, previous research has contributed greatly to the handling of post traumatic growth in various ways, but one of the most effective ways and can be done by each individual is the existence of a Self Compassion strategy (from oneself) starting from an effort to reduce the sense of trauma by healing or by taking actions that can reduce the sense of trauma in a person. However, the benefits of self-compassion are also simpler without any intermediaries or costs in handling the sense of trauma in the implementation of post traumatic growth, especially for new students.

## Discussion

According to (Wardani et al., 2020) explains that the sense of trauma in new students is so great that it requires handling efforts in dealing with Post traumatic growth by carrying out healing strategies that come from oneself. The Self Compassion strategy is able to improve the relationship for the implementation of post traumatic growth without any intermediaries and can be done by each individual.

According to (Yeung & Wong, 2018) argues that the important role of oneself is needed to deal with the problem of trauma prevention, because by doing self-compassion it is the same as treating trauma through self-mediation. Moreover, in post traumatic growth, there is a need for treatment efforts in preventing post trauma to mental health.

According to (Kusristanti et al., 2020) describes the existence of a sense of trauma mostly comes from adolescents, especially students or students, this is because they experience a transitional process from adolescence to adulthood with so many life obstacles that are still a burden on the mind so that it can cause trauma and even cause severe stress.

According to research (Hafizah, 2020) in his research states that the important role of self compassion is very important, especially in overcoming trauma problems in adolescents or students. Because the initial stage of healing trauma comes from oneself.

## Conclusions

This research reveals several explanations that the existence of self-compassion efforts in the implementation of Post traumatic growth is needed to deal with mental health problems for adolescents, especially in college students. The methodology includes an approach that comes from oneself, taking actions that can affect a decrease in stress such as healing, telling stories to family, playing with friends, or other actions that can prevent a sense of trauma caused by change. The findings show that the implementation of post traumatic growth in overcoming the problems of dealing with trauma must come from the individual himself because it is the most effective form of developing Self Compassion strategies in the implementation of PTG against trauma experienced by new students without the intermediary of drugs, or the role of others to overcome problems with the trauma experienced.

However, it should be noted that the Self Compassion strategy as a form of selection of the sense of trauma must consider the future effects, if it is deemed inappropriate then other efforts are needed in dealing with these problems. This finding is in line with the opinion of experts that the initial strategy of trauma prevention comes from oneself in preventing a sense of trauma that has never been experienced by individuals and this effort is considered capable of being a bridge for everyone who has experienced trauma without any intermediary, it's just that some actions are needed from each individual in this regard.

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