

The Impact of Emotional Abuse on Self-Compassion and Self-Forgiveness

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ABSTRACT

This study investigates the impact of emotional abuse on self-compassion and self-forgiveness among adolescents. A quantitative study approach was used, with data collected from 200 teenagers aged 12-19 who live in low-income homes. **Emotional Abuse Scale (EAS)** a self-report 30 item scale designed to assess the frequency and severity of emotional abuse, **Self-Compassion Scale (SCS)** a widely used 12-item scale developed by Neff K D, Raes F, et al., (2010) to measure self-compassion and **Self-Forgiveness Scale (SFS)** a 15-item scale developed by Amanze R U and Carson J (2019) that measures an individual's ability to forgive themselves for past transgressions. Pearson correlation analysis was used to investigate the associations between emotional abuse and self-compassion and self-forgiveness. The findings found no significant association between emotional abuse and self-compassion, implying that emotional abuse does not directly impact teenagers' self-compassion. However, a significant positive relationship was discovered between emotional abuse and self-forgiveness, implying that higher degrees of emotional abuse are linked to greater self-forgiveness. These data imply that, whereas emotional abuse may not have a direct influence on self-compassion, it does play an important role in building self-forgiveness in teenagers. The study emphasizes the complexities of emotional abuse's impact on teenage psychological well-being and advocates for more research into the processes that might explain these findings.

KEYWORDS: Emotional abuse, self-compassion, self-forgiveness, adolescents.

INTRODUCTION

Adolescence is a critical period of development marked by significant psychological, emotional, and social changes (Steinberg, 2014). It is a stage in which people develop their interpersonal connections, discover their identities, and determine their value. Nonetheless, an adolescent's psychological health can be significantly impacted by emotional abuse during this developmental period, especially in regards to their capacity for self-compassion and self-forgiveness (Mills et al., 2013). According to Teicher et al. (2009), emotional abuse, which encompasses actions like verbal abuse, rejection, humiliation, and neglect, damages a person's sense of self and may have long-term emotional and cognitive effects. Emotional abuse has serious psychological implications, especially for adolescents who lack coping strategies or social support. According to research, emotional abuse is highly linked to higher depression, anxiety, and worse self-esteem among economically deprived kids (McLaughlin et al., 2012). Furthermore, internalizing negative experiences can hinder the development of self-compassion and self-forgiveness, making it more difficult for these adolescents to establish a positive self-image (Germer & Neff, 2013). Adolescents from lower socioeconomic backgrounds frequently encounter particular obstacles that make them more susceptible to emotional abuse. Economic difficulties can cause increased stress in families, increasing

the chance of emotional abuse such as verbal aggressiveness, neglect, and rejection (Evans & Kim, 2013). Parents facing financial difficulties may have fewer emotional resources to create supportive and caring surroundings, leading to harsh disciplinary techniques or emotionally abusive behaviors (Conger et al., 2010). Furthermore, adolescents from lower socioeconomic backgrounds may face emotional abuse outside of the family, such as at school or community settings, as a result of social stigma, discrimination, or bullying (Lansford et al., 2006). According to research, adolescents who have experienced emotional abuse generally struggle to develop self-compassion and forgiveness. Tanaka et al. (2011) discovered that negative parenting behaviors, such as emotional abuse and neglect, are significantly linked to decreased levels of self-compassion in adolescents. Young individuals are developing their identities, making connections, and figuring out the intricacies of the world throughout this phase. This delicate process can be upset by emotional abuse, which can result in poor self-perceptions, trouble establishing wholesome relationships, and a higher risk of mental health issues. Emotional abuse victims may find it difficult to:

Acknowledge their own needs and feelings: People who experience emotional abuse may develop a warped sense of self that makes it challenging for them to recognize and acknowledge their own experiences.

Practice self-kindness: People who have experienced emotional abuse may find it difficult to show compassion for themselves since they are used to severe self-criticism.

Accept their imperfections: Emotional abuse can foster a belief that one is inherently flawed or unworthy of love and acceptance.

Forgive themselves for past mistakes: Victims of emotional abuse may be prone to self-blame and may struggle to let go of guilt and shame.. Research has shown that emotional abuse can significantly impair the development of self-compassion and self-forgiveness in adolescents. Socioeconomic status can exacerbate the impact of emotional abuse in several ways: Limited access to resources

Self-compassion is a concept that has recently gained significant traction in psychological research. While it is rooted in Buddhist philosophy and has been around for many centuries (Neff, 2003b), its examination by psychological scholars has only recently intensified, largely due to the work of Kristen Neff (Neff, 2003a, 2003b). Self-compassion is understood as a manner of relating to oneself that does not depend on assessments of self-value, and it is characterized by three interrelated components. These components include treating oneself with kindness rather than judgment during difficult times, acknowledging that personal experiences are part of the shared human condition, thereby fostering connection rather than isolation, and maintaining a mindful awareness of one's pain instead of either ignoring it or becoming overly attached to it (Neff, 2003a, 2003b). Neff suggests that "experiencing compassion for oneself is akin to experiencing forgiveness for oneself" (Neff, 2003b, p. 87) since both involve a sense of connection with others. It has been suggested that self-compassion may serve as a healthier alternative to self-esteem for how individuals engage with themselves, particularly during periods of failure or difficulty (Neff, 2003b). Self-compassion is the capacity to treat oneself with kindness, understanding, and acceptance, especially during moments of suffering or failure. Emotional abuse can seriously diminish an individual's self-compassion by:

Adopting negative self-talk: Emotional abusers frequently use insulting language to criticize and demean their victims. Over time, these harmful messages may become ingrained, resulting in self-criticism and self-doubt.

Encouraging self-blame: Emotional abusers often redirect the blame for their actions onto their victims. This can create feelings of guilt, shame, and self-blame, which can further diminish self-compassion.

Eroding self-worth: Emotional abuse can result in feelings of unworthiness, inadequacy, and low self-esteem. When a person's self-worth is persistently undermined, it becomes difficult to foster and sustain self-compassion. Self-forgiveness has been defined as "a willingness to abandon self-resentment in the face of one's own acknowledged objective wrong, while fostering

compassion, generosity, and love toward oneself,” (Enright, 1996, p. 115). self-forgiveness can be conceptualized in terms of a state, or response to a single event, and a trait, or a propensity to self-forgive over time (Toussaint & Webb, 2005). Self-forgiveness can be further distinguished between forgiveness of oneself for offenses that are intrapersonal (committed against oneself) or interpersonal (committed against another) in nature (Terzino, 2011). “Individuals often blame themselves for their actions until it overshadows their identity, focusing more on who they are than the negative behavior,” states Cornish. “Self-forgiveness allows us to detach the actions we regret from our fundamental self, enabling us to discover pathways for progress.” According to Cornish, this process consists of four stages, as outlined in a self-forgiveness intervention he developed (Journal of Counseling and Development, 2015). The first step involves taking responsibility for the harm you have inflicted. The second step is to recognize your regret without slipping into feelings of shame. The third stage, restoration, entails making efforts to mend the damage done and reaffirm your values. The final phase is renewal, where you advance with a reestablished sense of self-trust and self-acceptance. Self-forgiveness is the capacity to reconcile with oneself concerning past errors, perceived failures, or regrettable behaviors. Emotional abuse can greatly hinder a person’s ability to forgive themselves by:

- Encouraging self-criticism: Those who perpetrate emotional abuse frequently utilize self-criticism as a form of manipulation. This can result in an internalized negative dialogue that complicates the individual's journey toward self-forgiveness.
- Cultivating shame and guilt: Experiencing emotional abuse can evoke deep feelings of shame and guilt, making it harder for an individual to forgive themselves.
- Disrupting personal accountability: Emotional abusers tend to evade their own culpability for their actions and instead transfer blame onto their victims. This can create confusion and uncertainty regarding personal accountability, which complicates self-forgiveness.

Self-compassion and self-forgiveness are deeply connected. When we treat ourselves with kindness and understanding, it becomes easier to pardon ourselves for previous errors. On the other hand, engaging in self-forgiveness enables us to foster self-compassion. By acknowledging our own humanity, recognizing our limitations, and embracing our imperfections, we can escape the cycle of self-criticism and self-blame. While self-compassion and self-forgiveness share many similarities, the connection and differences between these two concepts have not yet been explored in existing literature. Conway-Williams, Bumgarner, and Webb (2013) highlighted various overlapping aspects between self-forgiveness and self-compassion, which will be outlined here. Self-forgiveness and self-compassion seem to be interconnected in terms of their definitions, the elements and processes involved in each concept, their conceptualization concerning their influence and contribution to psychological functions, and their correlations with other psychological variables. Self-compassion and self-forgiveness also seem to share similarities in their influence on overall psychological functioning. In particular, both self-compassion and self-forgiveness are viewed as positive, pro-social traits that are connected to but distinct from spirituality (Berry, Worthington, Wade, Witvliet, & Kiefer, 2005; Mahoney & Graci, 1999). Furthermore, both self-forgiveness and forgiveness in general have been described as effective methods of self-regulation, with empirical evidence linking them to improved emotional regulation and enhanced health outcomes (Christensen, Padilla-Walker, Busby, Hardy, & Day, 2011; Neff et al., 2005; Vettese, Dyer, Li, & Wekerle, 2011; Witvliet, 2005). Overall, self-compassion and forgiveness are framed as pro-social virtues that are associated with but separate from spirituality and serve as beneficial forms of self-regulation. Influence of emotional abuse on self-compassion and self-forgiveness can reach far beyond the abusive relationship. Survivors might find it difficult to establish healthy connections with others due to the fear of being rejected or abandoned. Additionally, they may resort to harmful behaviors, like substance abuse

or engaging in risky sexual activities, as a means to handle their emotional suffering. Recovering from the effects of emotional abuse is a difficult and intricate journey. It demands time, patience, and the resolve to face the wounds of the past. Here are several approaches that may be beneficial: Seeking professional assistance: A therapist can offer direction and support during the recovery journey. Creating a support system: Engaging with friends, family, or support groups can foster a sense of community and empathy. Practicing self-kindness: Involving oneself in self-kindness practices, such as mindfulness meditation and journaling, can help develop a gentler and more understanding relationship with oneself. Confronting negative self-perceptions: Recognizing and addressing negative thoughts can aid in reshaping one's view of themselves. Establishing boundaries: Setting healthy limits with others can help safeguard against potential future harm. Emphasizing self-care: Focusing on one's physical and emotional health through activities like exercise, nutritious eating, and relaxation strategies can enhance the healing process.

Review of Literature:

Ruchi Pandey, Gyanesh Kumar Tiwari, et al., 2020, The relationship between self-esteem and self-forgiveness: Understanding the mediating role of positive and negative self-compassion. The study looked at how the relationship between self-esteem and self-forgiveness is mediated by both positive and negative self-compassion. For a correlational study design, 144 male and 124 female individuals were selected using a suitable selection technique. The results demonstrated that self-forgiveness was significantly positively correlated with both self-esteem and positive self-compassion. On the other hand, there were negative associations between these measures and Negative Self-Compassion. Significant positive variance in Realization & Reparation and Overall Self-Forgiveness, as well as significant negative variability in Attribution, were explained by self-esteem and positive self-compassion. Positive significant variance in guilt and negative significant variability in realization, reparation, and attribution were explained by negative self-compassion. The associations between Self-Esteem and Realization & Reparation, Guilt, and Attribution were significantly mediated by both positive and negative self-compassion. It demonstrated how self-esteem and self-compassion coexist and function in a collectivistic society where the latter's impacts are more noticeable. Rethinking of self-compassion is recommended.

Sylvia Y.C.L. Kwok, Minmin Gu et al., 2020. Childhood emotional abuse and adolescent flourishing: A moderated mediation model of self-compassion and curiosity. A moderated mediation model was put up and tested in this study in an effort to explain the relationship between emotional maltreatment in childhood and adolescent flourishing. 315 female pupils from a secondary school for girls in Hong Kong, China, made up the sample. A three-wave research with six-month intervals was carried out. Under the supervision of qualified research assistants, the participants filled out self-administered questionnaires at school. According to the study's findings, teenagers with a history of childhood emotional abuse may benefit from reduced levels of self-compassion and curiosity, even if these traits can hinder the development of self-compassion.

Jie Wu, Sihan Liu et al., 2023. The effects of childhood abuse, depression, and self-compassion on adolescent nonsuicidal self-injury: A moderated mediation model. Self-report measures were conducted among 758 Chinese adolescents (329 females and 429 males in Hong Kong, China) regarding childhood abuse, depression, self-compassion, and NSSI. Depression was found to act as a mediator in the beneficial relationship between childhood abuse and NSSI. Both the relationship between childhood abuse and depression and the relationship between childhood abuse and NSSI were lessened by self-compassion. These findings aid in the comprehension of the development of NSSI and make it easier for future research

to examine the interactions between the risk and protective factors for NSSI. It was also explored how these findings might be used in clinical settings.

Terri L. Messman-Moore, Prachi H. Bhuptani, 2020. Self-compassion and Fear of Self-compassion: Mechanisms Underlying the Link between Child Maltreatment Severity and Psychological Distress in College Women. Anonymous online surveys measuring the severity of various forms of child abuse, self-compassion, fear of self-compassion, depression, anxiety, and stress were filled out by 586 college women. Elevated fear of self-compassion and the lack of self-compassion were positively correlated with the severity of emotional, physical, and sexual abuse as well as emotional and physical neglect. On the other hand, the only maltreatment factors that had a negative correlation with self-compassion were the degree of emotional abuse and neglect. Through a fear of self-compassion and self-coldness, models showed an indirect relationship between greater psychological discomfort and the intensity of maltreatment. There were statistical trends that suggested the positive aspects of self-compassion were suppressed.

Christina Ewert, Annika Vater et al., 2021, Self-Compassion and Coping. A systematic literature search resulted in $k = 136$ were found, yielding an overall sample size of $N = 38,913$. z-transformed Pearson correlation coefficients were integrated using random-effects models. The results of the analyses showed that self-compassion and adaptive coping were positively correlated ($r = .306$), while self-compassion and maladaptive coping were negatively correlated ($r = -.500$). Self-compassion was positively correlated with both emotional approach coping ($r = .340$) and problem-focused coping ($r = .205$). The relationship between coping and self-compassion seemed to be significantly moderated by the participants' age.

Suzanna, T. B., & Sinha, A. (2023). Emotional Abuse, Learned Helplessness, and Self Compassion in the Context of Relationships. *International Journal of Indian Psychology*, 11(3), 494-502. Regardless of a person's marital status, this study discovered a substantial negative correlation between self-compassion and learned helplessness and a large positive correlation between emotional abuse and learned helplessness.

Zhang, Y., Xu, W., & Ni, S. (2021). Effects of Childhood Maltreatment on Self-Compassion: A Systematic Review and Meta-Analysis. *Trauma, Violence, & Abuse*, 24(1), 1-15. Self-compassion and many types of childhood maltreatment, including emotional abuse, were found to be significantly correlated negatively in this meta-analysis. In particular, there was a moderate correlation between emotional maltreatment and later-life lower levels of self-compassion.

Karakurt, G., & Silver, K. E. (2022). Psychological Maltreatment and Self-Compassion: The Mediating Role of Shame and Perspective-Taking. This study discovered that lower levels of self-compassion are linked to higher incidences of psychological maltreatment, such as emotional abuse or neglect. According to the research, this association is mediated by diminished perspective-taking ability and elevated sentiments of shame.

Zhang et al. (2021) examined the effects of childhood maltreatment on self-compassion. Self-compassion was shown to be adversely correlated with total child maltreatment, with emotional abuse and neglect exhibiting somewhat unfavorable relationships ($r = -0.28$ and $r = -0.31$, respectively). This shows that teenagers who endure emotional abuse could become less self-compassionate, possibly as a result of internalizing unfavorable self-perceptions.

Jafari and Kiani (2024) investigated the effectiveness of self-compassion training on emotion regulation and cognitive flexibility in adolescent girls with self-harming behavior. According to the study, self-compassion training considerably improved cognitive flexibility and positive emotion regulation techniques while decreasing negative emotion regulation techniques. These results imply that teenagers

dealing with the fallout from emotional abuse may benefit from focused therapies that promote self-compassion.

Qu (2024) explored the pathway from childhood emotional abuse to adolescent loneliness, identifying self-compassion and rejection sensitivity as mediators. The results imply that heightened emotions of loneliness throughout adolescence are a result of poorer self-compassion brought on by emotional trauma. This demonstrates the negative effects of emotional abuse on teenagers' capacity for self-compassion, which may result in social disengagement and loneliness.

Vismaya et al. (2024) examined various interventions aimed at promoting self-forgiveness. The review emphasized the effectiveness of self-directed treatments in promoting self-forgiveness, especially those that are founded on Enright's process model. The review indicates that organized therapies can be important in fostering self-forgiveness, which may be advantageous for those with a history of emotional abuse, even if it did not specifically address teenagers or the direct effects of emotional abuse.

Castilho et al. (2017) explored the mediating role of self-compassion and emotional intelligence in the relationship between shame traumatic memories and depressive symptoms among adolescents. The results showed that higher depressed symptoms were linked to decreased levels of self-compassion, especially in those who had previously experienced shame-related events, which are frequently connected to emotional abuse.

Tiwalade Olubukola Soriyan, Samuel Olufemi Adeniyi et al.,(2024) examined the Impact of Forgiveness Therapy on the Self-Esteem of Working Women Exposed to Spousal Emotional Abuse in Lagos Metropolis, Nigeria. Purposive sampling techniques were used to choose a sample of 23 participants for the study, which included 12 wage-earning and 11 self-employed women. The Profile of Psychological Abuse of Women by Sackett and the Rosenberg Self Esteem Scale (RSE), which have reliability indices of 0.91 and 0.77, respectively, were two tools utilized to gather pertinent data. A questionnaire created by the researcher was used to gather the respondents' biodata, including their age group, marital status, and kind of job. Analysis of covariance (ANCOVA) and two-way analysis of variance (ANOVA) were used to evaluate the hypotheses at the 0.05 level of significance. The results of the study showed that exposure to forgiveness therapy considerably altered the participants' feelings of self-esteem. Additionally, it was shown that self-esteem was significantly influenced by the type of occupation when the therapy was used. Therefore, one suggestion is that working women with emotionally abusive husbands undergo forgiveness therapy to boost their self-esteem.

Seonaid Cleare, Andrew Gumley et al., (2019) Self-compassion, self-forgiveness, suicidal ideation, and self-harm: A systematic review. The final narrative synthesis comprised eighteen studies. There was a considerable degree of heterogeneity across the studies, and most of them were cross-sectional and quantitative (n = 16). Higher degrees of self-forgiveness or self-compassion were shown to be significantly correlated with reduced levels of suicidal thoughts or self-harm in every study. According to a number of research, self-compassion or self-forgiveness may lessen the link between self-harm and traumatic life experiences. This review concludes by emphasizing the possible role that self-compassion may have in the genesis of suicidal ideation and self-harm.

Fadhla Khairatu Zahlevi, Devi Rusli (2024) examined The Effect of Self Compassion on Forgiveness in Wives Who Experience Domestic Violence. The sample of this study was wives who were victims of domestic violence as many as 90 women. The Transgression-Related Interpersonal Motivation Inventory (TRIM-18) scale (McCullough, 2003) is used to measure forgiveness, while the Self Compassion Scale (SCS) is used to evaluate self-compassion (Neff, 2003). Both measures have undergone reliability and

validity testing. The findings demonstrated that self-compassion had little impact on forgiveness among women who had been victims of domestic abuse.

Ruchi Pandey, Gyanesh Kumar Tiwari et al., (2020) examined The relationship between self-esteem and self-forgiveness: Understanding the mediating role of positive and negative self-compassion. The study looked at how the connection between self-esteem and self-forgiveness is mediated by both positive and negative self-compassion. For a correlational study design, 144 male individuals ($M = 22.10$, $SD = 1.66$) and 124 female participants ($M = 21.98$, $SD = 1.90$) were selected using a simple selection technique. The results demonstrated that self-forgiveness was significantly positively correlated with both self-esteem and positive self-compassion. On the other hand, there were negative associations between these measures and Negative Self-Compassion. considerable negative variability in Attribution and considerable positive variation in Realization & Reparation and Overall Self-Forgiveness were explained by self-esteem and positive self-compassion. Positive substantial variation in guilt and negative significant variability in realization, reparation, and attribution were explained by negative self-compassion. The associations between self-esteem and realization and reparation, guilt, and attribution were strongly mediated by both positive and negative self-compassion.

Qinglu Wu, Peilian Chi et la., (2019) examined Roles of Anger and Rumination in the Relationship Between Self-Compassion and Forgiveness. analysis of a sample of 358 Chinese college students, 132 of whom were male, revealed a negative correlation between anger and rumination and self-compassion and forgiveness. The results of structural equation modeling showed a direct and indirect relationship between self-compassion and forgiveness through a reduction in rumination and anger. Additionally, rumination was indirectly linked to forgiving through anger. These results suggest that forgiveness is proximally predicted by anger. According to the current study's findings, developing forgiveness can be significantly aided by lowering rumination, reducing anger, and enhancing self-compassion.

Gökmen Arslan Muhammet Coşkun (2022) examined Social Exclusion, Self-Forgiveness, Mindfulness, and Internet Addiction in College Students: a Moderated Mediation Approach. 358 undergraduate students from a Turkish public institution participated in the current study. They were between the ages of 20 and 28. 206 female and 152 male college-aged young adults made up the participants. Overall, the results of the study showed that self-forgiveness mediated the link between Internet addiction and social exclusion, and that self-forgiveness's mediating function in this correlation was modulated by mindfulness. Designing preventative and intervention programs for lowering Internet-related addictive behaviors requires consideration of the detrimental effects of social isolation and Internet addiction as well as the mitigating and buffering functions of self-forgiveness and mindfulness.

Sung Man Bae, Neul Ha et la., (2019) examined The effect of forgiveness writing therapy on post-traumatic growth in survivors of sexual abuse. Participants who had been sexually abused in South Korea were divided into two groups at random: the forgiveness writing therapy (FT) group and the control group ($M = 22.3$ years, $SD = 1.60$; $n = 16$ per group). The control group did not take part in any specific treatment program, whereas the FT group engaged in four writing sessions where they spent thirty minutes writing on situational and self-forgiveness. The findings showed notable group differences; the FT group showed a substantial decrease in sadness and shame and an increase in post-traumatic development as compared to the control group. The current study's implications and limitations are examined, along with recommendations for more research.

Vibhuti Goel, Hema Appachu (2024) examined Positive ageing: self-compassion as a mediator between forgiveness and psychological well-being in older adults. With a sample of 250 people between the ages

of 60 and 75, it was founded on a quantitative research design. The Heartland Forgiveness Scale (2005), the Self-compassion Scale (2003), and the Psychological Well-being Scale were used to gather data. Pearson's correlation, linear regression, and the generalized linear model of mediation were used for the analysis. The findings showed a strong ($p < 0.001$), positive, and significant relationship between forgiveness and psychological well-being ($r = 0.852$), self-compassion and psychological well-being ($r = 0.802$), and self-compassion and forgiveness ($r = 0.821$). With a variance of 75.6%, linear regression revealed that forgiveness and self-compassion are significant ($p < 0.001$) predictors of psychological well-being. The association between forgiveness and psychological well-being is partially mediated by self-compassion, as seen by the substantial ($p < 0.001$) direct, indirect, and total effects between the variables that mediation showed.

METHODOLOGY:

Research Topic

The Impact of Emotional Abuse on Self-Compassion and Self-Forgiveness among Adolescents

Problem Statement

Adolescents who experience emotional abuse, especially those from lower socioeconomic backgrounds, may find it more difficult to develop healthy coping strategies like self-compassion and self-forgiveness. Emotional abuse can cause internalized feelings of shame, guilt, and low self-esteem in adolescents, which can have a negative effect on their mental health and general wellbeing. However, not much study has been done on the effects of emotional abuse on self-compassion and self-forgiveness in this population, so it's valuable to look into how these factors relate to one another.

Aim

To investigate the relationship between emotional abuse and self-compassion/self-forgiveness among adolescents

Objectives

1. To investigate the relationship between emotional abuse and self compassion, as well as emotional abuse and self forgiveness among adolescents.
2. To examine the relationship between emotional abuse and the self-compassion
3. To examine the relationship between emotional abuse and self-forgiveness.

Hypotheses

- **H0:** There is a no significant relationship between emotional abuse and self compassion among adolescents
- **H1:** There is a significant relationship between emotional abuse and self forgiveness among adolescent.

Ethical consideration:

Informed Consent: Written informed consent will be obtained from all participants and their parents or guardians, ensuring they understand the purpose, procedures, and potential risks of participation. Participants will also be informed about their right to withdraw from the study at any time.

Confidentiality: All participant information will remain confidential, and data will be anonymized. Participants' identities will not be disclosed in any reports or publications resulting from the study.

Emotional Support: Due to the delicate subject matter, participants will receive contact details for counseling services in the event that they feel emotionally distressed during or following their involvement.

Respect for Privacy: Sensitive issues related to emotional abuse will be handled with care, ensuring that participants feel safe and comfortable during the data collection process.

Research Design

This study will employ a quantitative, cross-sectional design.

Variables

1. Independent variable: Emotional abuse.
2. Dependent variables: Self-compassion and self-forgiveness.

Sampling

Sample size: 200 adolescents (ages 10 to 19) from lower economic status backgrounds.

Sampling technique:

Purposive sampling will be used to select adolescents who have experienced emotional abuse.

Inclusion Criteria

- Adolescents aged 12-18 years.
- Adolescents who have experienced emotional abuse (self-reported or verified through screening).
- Adolescents who come from families with a low socio-economic background (e.g., families living below the poverty line).
- Adolescents willing to participate in the study and provide informed consent.

Exclusion Criteria

- Adolescents with severe mental health disorders (e.g., severe depression, schizophrenia) that would prevent them from fully participating.
- Adolescents who are unable or unwilling to provide informed consent or assent.
- Adolescents who do not meet the criteria for experiencing emotional abuse or coming from a lower socio-economic background.

Adolescents who have experienced physical or sexual abuse (to avoid confounding variables).

Statistical Analysis

Correlation will be used to examine the relationships between emotional abuse, self-compassion, and self-forgiveness.

Tool Description

- **Emotional Abuse Scale (EAS):** A self-report 30 item scale designed to assess the frequency and severity of emotional abuse, including verbal aggression, belittlement, and emotional neglect.
- **Self-Compassion Scale (SCS):** A widely used 12-item scale developed by Neff K D, Raes F, et al., (2010) to measure self-compassion across three dimensions: self-kindness, common humanity, and mindfulness.
- **Self-Forgiveness Scale (SFS):** A 15-item scale developed by Amanze R U and Carson J (2019) that measures an individual's ability to forgive themselves for past transgressions.

Procedure

1. Recruitment: Participants will be recruited from local schools, community centers, and youth organizations in lower socio-economic neighborhoods. Informed consent will be obtained from both adolescents and their parents/guardians
2. Informed consent: Participants will provide informed consent (or parental/guardian consent for minors).
3. Data collection: Participants will complete the emotional abuse scale, self-compassion scale, self-forgiveness scale in a supervised environment.

4. Data analysis: The collected quantitative data will be analyzed using statistical software (e.g., SPSS)

RESULT:

TABLE 1: DESCRIPTIVE STATISTICS

	MEAN	STANDARD DEVIATION	N
EMOTIONAL ABUSE	57.45	15.673	200
SELF FORGIVENESS	51.28	14.582	200
SELF COMPASSION	34.07	6.292	200

The table presents descriptive statistics for three variables: Emotional abuse, Self forgiveness, Self compassion, derived from a participant sample of 200 individuals. The mean score for emotional abuse is 57.45, and the standard deviation is 15.673, it appears to have a higher mean score, implying that participants report moderate to severe emotional abuse. The mean score for self-forgiveness is 51.28, and the standard deviation of 14.582, it has a slightly higher mean than self-compassion but exhibits moderate variability. The mean for self-compassion is 34.07, and the standard deviation of 6.292, shows a relatively low average when compared to the other two variables, implying that participants may have lower levels of self-compassion.

TABLE 2: CORRELATION OF EMOTIONAL ABUSE AND SELF FORGIVENESS

	Emotional abuse	Self forgiveness
Pearson correlation	1	.344
Emotional abuse Sig. (2 tailed)		<.001
N	200	200
Pearson correlation	.344	1
Self forgiveness Sig. (2 tailed)	<.001	
N	200	200

Correlation is significant at the 0.01 level (2-tailed).

The relationship between self-forgiveness and emotional abuse was analyzed using the Pearson correlation analysis. The findings showed a statistically significant positive relationship ($r(200) = .344, p < .001$) between self-forgiveness and emotional abuse. This implies that people with a history of emotional abuse are more likely to be self-forgiveness.

The moderate relationship between emotional abuse and self-forgiveness is suggested by the correlation coefficient ($r = .344$), which also suggests that other factors probably influence self-forgiveness variances.

TABLE 3: CORRELATION OF EMOTIONAL ABUSE AND SELF COMPASSION

	EMOTIONAL ABUSE	SELF COMPASSION
PEARSON CORRELATION	1	.129
EMOTIONAL ABUSE SIG. (2 TAILED)		.069
N	200	200
PEARSON CORRELATION	.129	1
SELF COMPASSION SIG. (2 TAILED)	.069	
N	200	200

The relationship between emotional abuse and self compassion was analyzed using the Pearson correlation analysis. The results showed that self-compassion and emotional abuse had a weak positive correlation ($r = 0.129$). This implies that there may be a very slight correlation between slightly higher levels of self-compassion and higher levels of emotional abuse. However, because the p-value was higher than the generally accepted significance threshold of 0.05, the correlation was not statistically significant ($p = 0.069$). This suggests that the observed correlation may just be the result of chance. A sample of 200 people was used to measure both variables. Despite the weak positive correlation, the results do not provide strong evidence to suggest a meaningful or significant relationship between emotional abuse and self-compassion in this sample.

TABLE 4: CORRELATION OF EMOTIONAL ABUSE, SELF FORGIVENESS AND SELF COMPASSION

	EMOTIONAL ABUSE	SELF FORGIVENESS	SELF COMPASSION
PEARSON CORRELATION	1	.344	.129
EMOTIONAL ABUSE SIG. (2TAILED)		<.001	.069
N	200	200	200
PEARSON CORRELATION	.344	1	.242
SELF FORGIVENESS SIG. (2TAILED)	<.001		<.001
N	200	200	200
PEARSON CORRELATION	.129	.242	1

SELF COMPASSION SIG. (2 TAILED)	.069	<.001	
N	200	200	200

Correlation is significant at the 0.01 level (2-tailed).

The associations between emotional abuse, self-forgiveness, and self-compassion were investigated using the Pearson correlation analysis. Self-forgiveness and emotional abuse were found to be significantly positively correlated ($r = .344, p < .001$), indicating that people who have experienced more emotional abuse are more likely to be self-forgiving. Furthermore, there was a significant correlation between self-forgiveness and self-compassion ($r = .242, p < .001$), suggesting that people who are more self-forgiving also exhibit higher levels of self-compassion. However, there was no statistically significant correlation between self-compassion and emotional abuse ($r = .129, p = .069$), suggesting that there isn't a strong direct relationship between the two in this sample. With a sample size of $N = 200$, the analysis was carried out, and the findings show intricate connections between these psychological variables.

DISCUSSION:

The findings of this study gave significant light on the relationships among self-compassion, self-forgiveness, and emotional abuse. The results of the Pearson correlation analyses indicate that, although in different ways, people's experiences of emotional abuse are linked to differing levels of self-forgiveness and self-compassion. The first part of the analysis revealed a statistically significant positive correlation between emotional abuse and self-forgiveness ($r = 0.344, p < 0.001$). This moderate positive correlation suggests that self-forgiveness is more common among those who have been the victims of emotional abuse. This could imply that some people who have experienced emotional abuse may grow more capable of forgiving themselves, perhaps as a coping strategy or as a means of making peace with the emotional trauma they have endured. Whether they believe they were the victims of the abuse or have internalized guilt and self-blame, it's possible that people who have experienced emotional abuse may need to forgive themselves as part of their healing process. It was discovered that there was a weak and statistically insignificant correlation between self-compassion and emotional abuse ($r = 0.129, p = 0.069$). This implies that although there is a slight positive correlation between the two variables, it is not significant enough to imply a trustworthy or meaningful relationship. The weak correlation might suggest that self-compassion levels are not always higher or lower among people who have experienced emotional abuse. While some victims of emotional abuse may develop greater self-compassion as a coping mechanism for their emotional suffering, others may find it difficult to practice self-compassion because of the psychological effects of the abuse. The fact that the correlation is not statistically significant at the 0.05 level suggests that the relationship between emotional abuse and self-compassion could be due to random variation, or that the impact of emotional abuse on self-compassion is minimal or more complex than previously thought. Other factors that may influence self-compassion levels in the context of emotional abuse include coping mechanisms, mental health conditions (e.g., depression, anxiety), and therapeutic interventions.

The results of this study demonstrate significant connections among self-compassion, self-forgiveness, and emotional abuse. People who are more forgiving of themselves also tend to be more compassionate toward themselves, according to the significant positive correlation found between self-forgiveness and

self-compassion ($r = .242, p < .001$). This is consistent with earlier studies showing that self-compassion and self-forgiveness have similar qualities, like lowering self-criticism and promoting emotional resilience. Self-kindness, which supports psychological well-being, may be more common among people who are able to forgive themselves for past mistakes.

SUMMARY OF THIS STUDY

The study aims to investigate the relationship between emotional abuse and self-compassion/self-forgiveness among adolescents from lower economic status backgrounds. Emotional abuse is taken as Independent variable it is described as a pattern of behavior wherein one individual willfully and repeatedly exposes another to nonphysical acts that are harmful to their general mental health as well as their behavioral and affective functioning. The goal of emotional abuse is to exert control or authority over another individual. Another name for it is psychological abuse. A prevalent type of abuse that can happen in any relationship, particularly between partners or family members, is emotional abuse. Additionally, it may occur in settings like workplaces or schools. "Self-compassion has been defined as a self-attitude that involves treating oneself with warmth and understanding in difficult times and recognizing that making mistakes is part of being human," meaning that self-forgiveness and self-compassion are dependent variables (Neff, 2003) (Breines & Chen, 2012). A positive attitude change in one's feelings, behaviors, and beliefs about oneself after a perceived violation or wrongdoing by oneself is known as self-forgiveness. Data was gathered using the Bolton Self Forgiveness Scale, Neff's Self Compassion Scale (Short form), and the Emotional Abuse Questionnaire. The subjects of the test ranged in age from 10 to 19. ANOVA is the statistical method employed in this quantitative study. Purposive sampling method is used as the sample technique for this study. The software used is SPSS which stands for Statistical Package for Social Science. The Hypothesis (H01) of the study is that there is no significant relationship between emotional abuse and self compassion and (H1) as there is a significant relationship between emotional abuse and self forgiveness. The results of this research show a strong correlation between emotional abuse, self-compassion, and self-forgiveness. Self-compassion and self-forgiveness were found to be positively correlated ($r = .242, p < .001$), indicating that self-compassion is more common in those who practice self-forgiveness. Furthermore, there was a significant correlation between emotional abuse and self-forgiveness ($r = .344, p < .001$), suggesting that people who have been subjected to higher levels of emotional abuse are more likely to be self-forgiving. Nevertheless, there was no significant relationship between emotional abuse and self-compassion ($r = .129, p = .069$), indicating that emotional abuse does not always result in increased self-compassion. The results of this study point to the possible use of self-forgiveness as a coping mechanism for people who have experienced emotional abuse in the past. Although self-forgiveness seems to be associated with both emotional abuse and self-compassion, the absence of a clear correlation between the two implies that other elements, like social support or self-worth, may have an impact on this relationship.

CONCLUSION:

The findings of this study provide some insight into the psychological consequences of emotional abuse. The significant relationship between emotional abuse and self-forgiveness suggests that people who have experienced emotional abuse are more likely to engage in self-forgiveness, possibly as part of their healing process. However, the weak and non-significant relationship between emotional abuse and self-compassion demonstrates the complexities of these constructs, with other factors likely influencing self-

compassion levels in people who have experienced emotional abuse. Overall, while self-forgiveness appears to be positively associated with emotional abuse, the absence of a meaningful relationship between emotional abuse and self-compassion calls for further investigation. Fostering self-forgiveness may be a beneficial approach for people who have been emotionally abused because it can contribute to greater emotional healing and possibly improve self-compassion. Future research should look into additional variables like social support, resilience, and coping strategies to help clarify these relationships.

LIMITATION

Research on this topic often relies on self-report measures, which may be subject to biases and limitations, such as social desirability bias.

Research on this topic may not fully explore the impact of contextual factors, such as family dynamics, school environment, and community resources, on self-compassion and self-forgiveness.

There is a need for more intervention studies that examine the effectiveness of self-compassion and self-forgiveness interventions among adolescents from lower economic backgrounds.

IMPLICATION:

In this study only 200 samples were included from the lower economic status. Further research can include large sample size and different standards.

Emotional Abuse, Self compassion and Self forgiveness are the variable used here for the research. This research can also be done in the aspect of more variables.