

Adaptation and Validation of the Self-Compassion Scale for Youth (SCS-Y) in Indonesia

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Abstract

This study aims to adapt and examine the psychometric properties of the Self-Compassion Scale for Youth (SCS-Y) for the Indonesian sample. The adaptation process followed International Test Commission (ITC) guidelines, including translation, expert and peer review, cognitive interview, and pre-final Indonesian version. The SCS-Y, developed by Neff et al. (2021), consists of 6 dimensions of self-compassion with 17 items. After item discrimination analysis, 2 items were identified as poor and eliminated, leading to the further analysis of 15 items. The study involved 337 early adolescents aged 11 - 15 years, enrolled in junior high schools in Indonesia. The reliability test (Cronbach's Alpha $\alpha = .716$) showed the scale is reliable. Construct validity was confirmed using Confirmatory Factor Analysis, with all 15 items being significant ($p < .001$). The study supports the applicability of the SCS-Y for early adolescents in Indonesia.

Keywords: adolescents, confirmatory factor analysis, reliability, self-compassion, validity

Received 9 March 2024/Accepted 3 August 2024 ©Author all rights reserved

Introduction

Over the preceding decade, there has been substantial scholarly exploration in the fields of mindfulness and well-being (Sutton et al., [2018](#)). Over the past decade, there has been a significant rise in the empirical research on compassion (Mascaro et al., [2020](#)). From a Buddhist viewpoint, compassion is all-encompassing, extending to oneself as well as to others (Neff, [2023](#)). A substantial amount of literature has generally agreed on a definition of compassion as a kind and empathetic emotional response to someone who is suffering, accompanied by a desire to ease their suffering and enhance their well-being (Mascaro et al., [2020](#)). Fundamentally, self-compassion is a derivative concept rooted in compassion. The experience of compassion is similar when applied to our own suffering, whether it stems from failure, feelings of personal inadequacy, or life challenges more generally (Neff, [2023](#)). Self-compassion is compassion that is directed inward

(Neff & Tirsch, [2013](#)). In particular, Neff ([2003](#)) defines self-compassion as feeling touched and open to the suffering that one feels, not avoiding or disconnecting from it, generating a desire to relieve suffering and heal oneself with kindness. Self-compassion is also a nonjudgmental understanding of pain, lack, and failure, so experiences are part of the more extensive human experience. The self-compassion mindset represents a balance between increasing compassion and reducing uncompassionate self-responses when faced with personal or life difficulties (Neff et al., [2021](#); Neff, [2016](#)).

A self-compassion mindset represents a balance between increasing compassion and reducing self-responsiveness when faced with life difficulties. Self-compassion has six dimensions: self-kindness, mindfulness, common humanity, self-judgment, isolation and over-identification (Neff et al., [2021](#); Neff, [2016](#)). According to Neff ([2016](#)), although the six dimensions of self-compassion can be separated, they are considered to influence each other and interact as a system. First, self-kindness—extending kindness and understanding to oneself, instead of giving harsh and self-critical judgments (self-judgment). For example, practicing positive self-talk and forgiving oneself for mistakes. Second, common humanity—seeing self-experience as part of a larger human experience rather than seeing it as separation (isolation). For example, reaching out to others for support and reminding oneself that everyone faces difficulties. Third, mindfulness—the state of having painful thoughts and feelings in a balanced awareness rather than overly identifying with them (over-identification). For example, observing thoughts and emotions without judgment and avoiding ruminating on negative experiences.

While most research on self-compassion has centered on adults, there is growing evidence indicating the positive effects of self-compassion on adolescents (Neff et al., [2021](#)). Notably, investigations into adolescent self-compassion have predominantly focused on older adolescents. Nevertheless, recognizing the pivotal role of identity formation and self-concept development during the crucial period of adolescence, it becomes evident that self-compassion may be equally vital for the well-being of younger adolescents (Neff et al., [2021](#); Harter, 1999; Erikson, 1968). Early adolescence represents a distinctive and intricate transitional stage in human growth and development, positioned between childhood and later adolescence (Nazari et al., [2022](#)). This phase

signifies the conclusion of childhood and the onset of formal operational thought, enabling the alignment and gradual integration of values and beliefs into a genuine system of self-beliefs (Bengtsson et al., [2016](#); Harter, [1999](#)). In instances of emotional distress or underperformance, youth may exhibit either self-compassionate or self-critical responses (Peter & Gazelle, [2017](#)).

Self-compassion can serve as a protective factor against the difficulties young people face during adolescence (O'Driscoll & McAleese, [2023](#)). Self-compassion plays a crucial role in aiding early adolescents in coping with emotional distress, fostering mindfulness in emotional experiences, acknowledging the universality of their emotions, and cultivating self-kindness (Henson et al., [2016](#); Bluth & Blanton, [2014](#), [2015](#)). Research indicates that self-compassion is linked to increased prosocial behavior in adolescents, with relatedness and trust playing a mediating role in this relationship (Yang et al., [2019](#)). Research has demonstrated a strong negative correlation between self-compassion and psychological distress in adolescents, suggesting that self-compassion could be an important focus in interventions aimed at reducing distress among young people. Given the pivotal significance of self-compassion during early adolescence, there arises a necessity for precise evaluation tools that can contribute to the identification of emotional challenges and the development of effective preventive interventions (Nazari et al., [2022](#)). Nevertheless, the existing body of research on self-compassion in early adolescence remains limited compared to studies involving older adolescents and adults, particularly in terms of dedicated instruments designed for the assessment of self-compassion among this specific age group (Nazari et al., [2022](#)). Empirical studies on self-compassion are rapidly expanding, and this concept may be especially important during early adolescence (Nazari et al., [2022](#)).

Although there is growing evidence of self-compassion's mental health benefits, research on self-compassion during adolescence is still less common (Lathren, [2019](#)). The limited research on younger adolescents may be partly due to the lack of well-validated self-compassion scale specifically designed for this age group (Neff et al., [2021](#)). The limited literature on youth is surprising, especially considering the challenges with self-criticism during this period (Marshall et al., [2020](#)). Current studies involving adolescents often employ either the adult version of the 26-item Self Compassion Scale (SCS) (Neff, [2003](#)) or its abbreviated 12-item short SCS. Notably,

challenges arise when administering the adult SCS to younger adolescents, and to some extent, older individuals with limited educational backgrounds, who may require assistance in comprehending the statements contained in these items (Neff et al., [2021](#)). Consequently, Neff et al. ([2021](#)) contend that there is a distinct imperative to formulate a comprehensive, age-appropriate, and rigorously validated self-compassion scale tailored for youth, with the capability to assess self-compassion and its six constituent components (Neff et al., [2021](#)). To address this need, the SCS measuring instrument was adapted to create a youth version (SCS-Y), specifically designed for early youth in junior high school (Neff et al., [2021](#)).

Research on self-compassion among early adolescents in Indonesia has been notably limited. Existing measures predominantly focus on the late adolescent population, often relying on the use of the Self-Compassion Scale (SCS). For example, Wahyuni & Arsita ([2019](#)) investigated self-compassion in high school students aged 15 – 18 years, Muttaqin et al. ([2020](#)) studied college students aged 17 – 22 years, and Sugianto ([2020](#)) focused on college students aged 17 – 28 years. This situation underscores the necessity for a dedicated and accurate assessment of self-compassion tailored to the Indonesian early adolescent demographic. Previously, Self-Compassion Scale for Youth (SCS-Y) has already been adapted for various cultures, including Turkish (Deniz et al., [2022](#)), Swedish (Henje et al., [2024](#)), Persian (Nazari, et al., [2022](#)), Chinese (Huang et al., [2022](#)), and Greek (Karakasidou, [2021](#)). However, a Bahasa version has not yet been developed. The present study aims to address this gap by adapting the Self-Compassion Scale for Youth (SCS-Y) into Bahasa Indonesia. The primary objective is to contribute to the body of research on self-compassion, particularly among early adolescents in Indonesia. The adaptation process will follow to the guidelines provided by the International Test Commission (ITC, [2017](#)) for the translation and adaptation of tests.

Method

Procedure of Adaptation

The adaptation of the Self-Compassion Scale for Youth (SCS-Y) followed the methodologies outlined in The International Test Commission (ITC) Guidelines for Translating and Adapting

Tests (ITC, [2017](#)). These guidelines prescribe the following procedures for translation and adaptation: (1) Pre-condition, (2) Test development, (3) Confirmation, (4) Administration of the instrument, (5) Score Scaling and Interpretation, and (6) Documentation.

Participants

A total of 337 Indonesian adolescents, aged 11-15 years, comprised the participants in this study. The demographic data is presented in the table below. This amount of participants aligned with the recommended sample size criteria for factor analysis. According to (Siddiqui, [2013](#)) the appropriate sample size depends on the number of items being analyzed. For example, 200 participants for 10 items, 250 for 25 items, and 400 for 90 items. Given the number of items in this study, 337 participants meet the criteria, ensuring the analysis is strong and results are reliable.

Procedures

The adaptation of the Self-Compassion Scale for Youth (SCS-Y) to the Indonesian context was administered via an online platform, utilizing a Google form. The distribution of the Google form link was carried out through digital channels, particularly on Instagram and WhatsApp. The participants were recruited using a convenience sampling approach. Each participant, using their personal digital devices, spent approximately 5 to 10 minutes completing the questionnaire. The survey was conducted through the utilization of individual participants' gadgets. Furthermore, we prioritize research ethics in this study. Informed consent is essential, ensuring that participants are fully aware of the study's details and their rights before they join. At the start of the Google Form, participants review and confirm their understanding and voluntary participation. Those who do not consent are directed not to proceed with the form.

Table 1

Demographic Summary Table

Demographic Variable	Category	Number of Participants	Percentage
Gender	Female	196	58.2
	Male	141	41.8
Age	11	6	1.7
	12	62	18.4
	13	95	28.1
	14	148	44.0
	15	26	7.71
Grade Level	7 th grade	82	24.3
	8 th grade	121	35.9
	9 th grade	134	39.8

Measurement

The Self-Compassion Scale for Youth (SCS-Y) is used to assess self-compassion among early adolescents within the junior high school setting. In the context of this study, the SCS-Y serves as a measuring instrument to assess self-compassion in early adolescents in Indonesia. Comprising 17 items distributed across six dimensions — Self-kindness, Common Humanity, Mindfulness, Self-judgment, Isolation, and Over-identification — this measuring tool utilizes a Likert scale for calculations. The SCS-Y is a self-report instrument employing a 5-point Likert scale, where respondents indicate their agreement or frequency of occurrence on a scale ranging from 1

(Almost Never) to 5 (Almost Always). The items within this measuring instrument include both favorable and unfavorable aspects. A higher cumulative score on the instrument signifies a heightened sense of self-compassion experienced by the participant.

Table 2

Blueprint of The Original SCS-Y

Dimension	Description	Example Item
Self-Kindness	Warm, supportive, and understanding attitude towards oneself	I am kind and supportive to myself when I'm having a hard time.
Common Humanity	Recognizing the shared human experience of imperfection, understanding that everyone can fail and make mistakes	When I feel I'm not "good enough" in some way, I remind myself that other people sometimes feel this way too.
Mindfulness	Awareness of transforming current experiences of suffering into a sense of calm and balance	When something difficult happens, I see things clearly without exaggeration.
Self-Judgment	Harsh self-criticism for failures	When I notice things about myself that I don't like, I get really frustrated.
Isolation	Feeling alone in one's experience of suffering	When I feel sad or down, it seems like I'm the only one who feels that way.
Over-Identification	Occurs when the self merges with suffering to the point where self-perspective is lost	When I feel frustrated or disappointed, I think about it over and over again.

Data Analysis

Item discrimination assesses the extent to which an item can differentiate between individuals with varying score levels, specifically those obtaining high and low scores on a measuring instrument. Ebel & Frisbie (1991) suggested that the indices of item discrimination can be evaluated from intel-total correlation in the following terms: > .40 = very good items; .30 to .39 = reasonably good item, possibly subject to improvement; .20 to .29 = marginal item, usually needing and being subject

to improvement; $< .19$ = poor item, to be rejected or improved by revision.

The data analysis utilized JAMOVI software version 2.3.21.0. Internal consistency, indicative of reliability, was assessed through Cronbach's alpha, with a criterion for good reliability set at $\alpha \geq .70$, as suggested by Kaplan & Saccuzzo (2013). Construct validity was examined using Confirmatory Factor Analysis (CFA) to evaluate the measurement model and factor loading. The measurement model assessment aimed to determine whether the instrument met the criteria for a good model fit (goodness of fit) as a multidimensional construct (two-factor model). Hooper et al. (2008) outlined acceptable fit index criteria, including Chi-square $p > .05$, Root Mean Square Error of Approximation (RMSEA) $< .08$, Standardized Root Mean Square Residual (SRMR) $< .08$, Tucker-Lewis Index (TLI) $\geq .90$, and Comparative Fit Index (CFI) $\geq .90$. Additionally, the factor loading test was conducted to determine whether an observed variable (item) accurately reflected a latent variable (single dimension/construct), serving as the basis for item retention or exclusion. As per Hair et al. (2014), an indication of satisfactory construct validity involves achieving a factor loading value exceeding .5, or ideally surpassing .7. It is essential to consider the significance level of the factor loading; if the p-value obtained is less than .01, it is considered significant (Hair et al., 2014).

Result

First stage: Pre-condition

First, the researcher sought to secure permission to adapt the instrument. The original developers of the Self-Compassion Scale for Youth, led by Kristin Neff and her team, issued an open letter formally granting unrestricted permission for the utilization of the Self-Compassion Scale for Youth in various contexts, including research, clinical applications, and educational purposes (Neff et al., 2021). The researcher successfully obtained direct permission from Neff, who had stated that her instrument is open for use for any purpose. With this assurance, the researcher proceeded with the subsequent stages of adaptation.

Second stage: Test development

Translation

In the next stage, the researcher undertook the translation procedures, employing the forward and backward translation method. The forward and backward translations were carried out by professional translators. Forward translation involved converting the original measuring instrument from English into Indonesian. For instance, the original item 15 “*I am understanding and patient with myself when I mess up*”, was translated as “*Saya memahami dan sabar dengan diri saya sendiri bahkan ketika saya membuat kesalahan*”. Backward translation, on the other hand, involved translating the Indonesian version back into English, the original language of the instrument. For example, item 15, previously translated to Indonesian, was translated back into English as “*I am understanding and patient with myself even when I make mistakes*”. The purpose of using both forward and backward translation was to ensure the linguistic accuracy of the translated instrument.

Expert Review

The item review of the Self-Compassion Scale for Youth (SCS-Y) involved a comprehensive assessment employing both expert review and peer review methodologies. Each item in the instrument were carefully reviewed to ensure its indicators and dimensions were suitable. Following this review, the researcher received helpful feedback from the reviewer, particularly regarding language choices that needed to be revised. The feedback from experts and peers was then combined and summarized to highlight the key points. The Self-Compassion Scale for Youth (SCS-Y) is generally suitable for use with only minor revisions needed, specifically the suggestions focus on refining the language to make it more natural, relatable, and easier to understand for Indonesian adolescents. With these improvements, the tool can more effectively measure self-compassion in youth.

Cognitive Interview

Cognitive interviews were conducted with three junior high school adolescents aged 13 to 14 years. Prior to the interviews, the researcher sought participants' consent. Upon obtaining it, the participants were requested to complete the Self-Compassion Scale for Youth (SCS-Y) instrument. Subsequently, individual cognitive interviews were carried out with each participant. The primary

aim of these interviews was to explore participants' comprehension of the instrument, identify any challenging or ambiguous language, and elicit direct input or feedback from the participants. According to the interview findings, it is evident that, on the whole, the presented items are easy to understand. Nevertheless, some feedback was provided to the researchers, one of them is in item 11. The suggestion is to modify the phrase "*ketika sesuatu yang sulit terjadi..*" to "*ketika terjadi kesulitan..*".

Third stage: Confirmation

Reliability Analysis

The reliability analysis demonstrated good internal consistency, with Cronbach's alpha $\alpha \geq .706$. According to the criteria outlined by Kaplan & Saccuzzo (2013), a measuring instrument is deemed to exhibit good reliability when the Cronbach's alpha $\alpha \geq .70$.

According to the initial item discrimination analysis, the outcome of the index values for the 17 items comprising the Self-Compassion Scale for Youth (SCS-Y) fell within the range of .062 to .418. One item, specifically item 16, yielded an index value of .062, falling below the threshold of .19, thereby qualifying it as poor item and necessitating its exclusion. Subsequent analysis was performed on the remaining 16 items, revealing index values within the spectrum of .185 to .400. Notably, item 12 displayed an index value of .185, also below the designated threshold. Thus, similar to the previous item, this item was also excluded. The subsequent analysis focused on the refined set of 15 items, manifesting index values ranging from .210 to .400. These outcomes indicate that all items have met the criteria. A comprehensive description of the analysis results for 15 items as follows:

Table 3

Final Item Discrimination Index with 15 items of SCS-Y

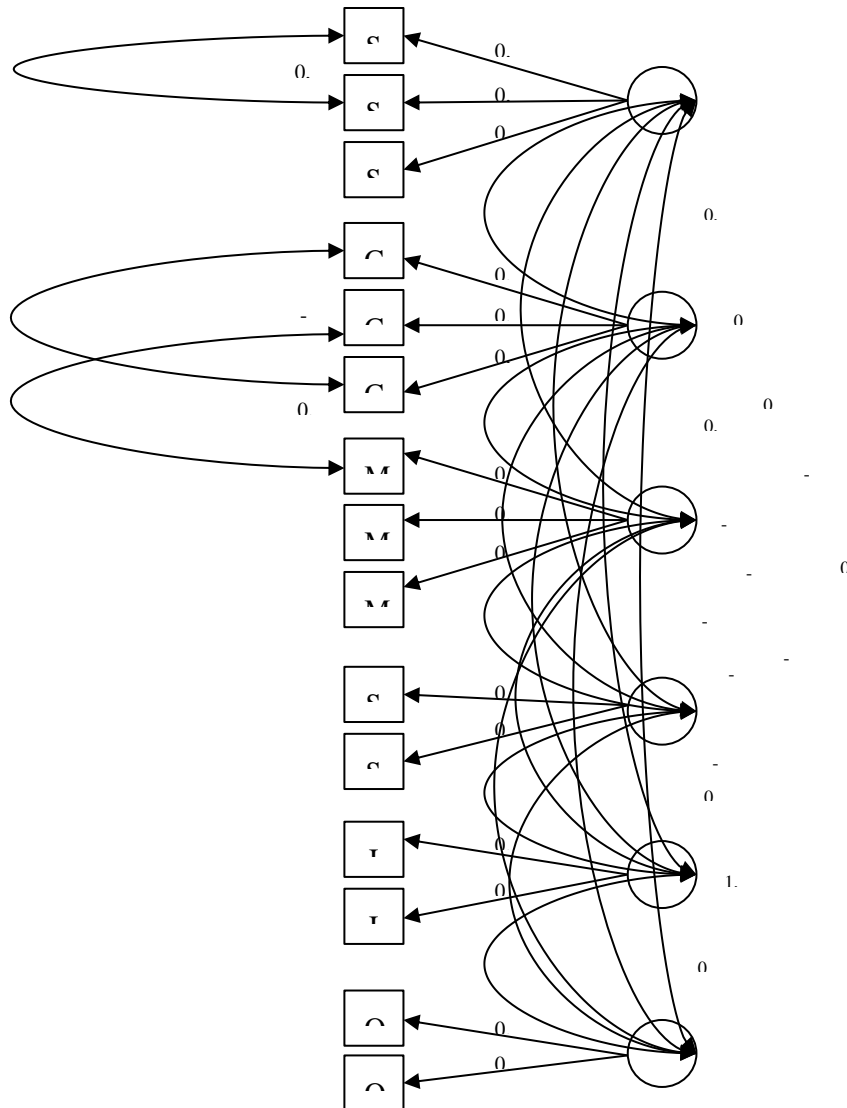
Dimension	Item Number	Result (Index)	Description
<i>Self-kindness</i>	1	.341	<i>Reasonably good item</i>
	9	.338	<i>Reasonably good item</i>
	15	.400	<i>Very good item</i>
<i>Common humanity</i>	4	.334	<i>Reasonably good item</i>
	8	.390	<i>Reasonably good item</i>
	13	.293	<i>Marginal item</i>
<i>Mindfulness</i>	6	.267	<i>Marginal item</i>
	11	.335	<i>Reasonably good item</i>
	17	.269	<i>Marginal item</i>
<i>Self-judgment</i>	3	.337	<i>Reasonably good item</i>
	7	.337	<i>Reasonably good item</i>
<i>Isolation</i>	2	.210	<i>Marginal item</i>
	10	.253	<i>Marginal item</i>
<i>Over-identification</i>	5	.377	<i>Reasonably good item</i>
	14	.312	<i>Reasonably good item</i>

Based on these findings, it is evident that the adapted SCS-Y measurement tool for early adolescents in Indonesia comprises 15 items, encompassing a spectrum from marginal to very good items. These outcomes suggest that, on the whole, the items on the SCS-Y measurement tool exhibit the capability to differentiate individuals based on varying degrees of self-compassion. Subsequently, following the exclusion of two items, a recalculation of the reliability of the measuring instrument was recalculated, in combination with using the preceding reliability calculations. The resultant Cronbach's alpha reliability value for Self-Compassion is $\alpha = .716$, indicating an acceptable level of reliability for the scale.

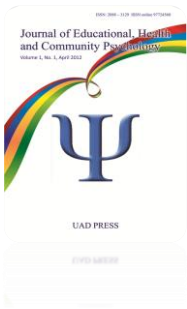
The confirmatory factor analysis

After calculating the 15 items of SCS-Y reliability, CFA was conducted. Based on the results obtained, 5 of the five fit model criteria used were met, p-value chi-square = .153, RMSEA = .022, SRMR = .033, TLI = .984, and CFI = .989. Therefore, in general, it can be said that the Self-Compassion Scale for Youth (SCS-Y) that is used for measuring the instrument model tested is categorized fit. Furthermore, the researcher conducted an assessment of the factor loadings. The outcomes reveal that all standardized factor loadings acquired exceed .5, with several items surpassing the threshold of .7. Additionally, all items have a smaller p-value of .001, signifying that all items are significant. Thus, it is evident that the items on the SCS-Y measuring instrument have a strong and significant relationship with each factor or dimension being measured.

Figure 1. The Result of Confirmatory Factor Analysis



Based on the results of [Figure 1](#), it is known that the SCS-Y measuring instrument meets the fit criteria. All standardized factor loading values acquired indicate a strong and significant relationship between items and the dimensions measured. Thus, the adapted SCS-Y measurement tool tailored for adolescents in Indonesia demonstrates a good construct validity.



Fourth stage: Administration of the instrument

Subsequent to successful confirmation of the adapted Self-Compassion Scale for Youth (SCS-Y), the implementation phase involved the distributing the instrument to the designated population. This administration phase involved the translation of all materials into Bahasa Indonesia, expert reviews, and cognitive interviews.

Fifth stage: Score scaling and interpretation

The data gathered during the administration phase underwent scoring and interpretation protocols. Comprising six dimensions, namely self-kindness, common humanity, mindfulness, self-judgment, isolation, and over-identification, this assessment tool is utilizing a Likert scale. Calculations on this instrument involve participants selecting an answer reflective of their current state from five Likert scale options: "almost never," "not very often," "sometimes," "very often," and "almost always." The items within the tool are categorized into two types, favorable and unfavorable. An individual's total score on the instrument serves as an indicator of the extent to which they experience self-compassion, with higher scores suggesting a greater degree of self-compassion.

Sixth stage: Documentation

During the documentation phase, we composed the instructional guide intended for individuals using the Indonesian version of the Self-Compassion Scale for Youth (SCS-Y) in practical assessment contexts.

Table 4
Blueprint of Final Indonesian SCS-Y

Dimension	Item Number	Item (Translated to Indonesian)
<i>Self-kindness</i>	1	Saya bersikap baik dan mendukung diri saya sendiri ketika sedang mengalami kesulitan.
	9	Saya bersikap baik pada diri sendiri ketika ada sesuatu yang salah dan ketika saya merasa buruk.
	15	Saya memahami dan sabar dengan diri saya sendiri bahkan ketika saya membuat kesalahan.
<i>Common humanity</i>	4	Ketika saya merasa tidak cukup mampu dalam melakukan beberapa hal, saya mengingatkan diri sendiri bahwa orang lain terkadang juga merasakan hal yang sama.
	8	Ketika saya sedih atau tidak bahagia, saya ingat bahwa orang lain juga terkadang merasakan hal ini.
	13	Ketika segala sesuatu tidak berjalan lancar, saya ingat bahwa hidup terkadang sulit bagi semua orang.
<i>Mindfulness</i>	6	Ketika sesuatu yang menyebalkan terjadi, saya melihat hal itu sebagaimana adanya tanpa bersikap berlebihan.
	11	Ketika terjadi kesulitan, saya melihat situasi dengan jelas tanpa berlebihan.
	17	Ketika sesuatu membuat saya kesal, saya menyadari perasaan saya tanpa terbawa oleh perasaan tersebut.
<i>Self-judgment</i>	3	Ketika saya menyadari hal yang tidak disukai tentang diri saya, saya menjadi sangat frustrasi.
	7	Saya marah pada diri sendiri karena tidak melakukan beberapa hal dengan lebih baik.
<i>Isolation</i>	2	Ketika saya merasa sedih, sepertinya hanya saya yang merasa seperti itu.
	10	Ketika saya merasa kesal, saya merasa orang lain mungkin lebih bahagia dibandingkan saya.
<i>Over-identification</i>	5	Ketika saya merasa frustrasi atau kecewa, saya terus menerus memikirkannya.
	14	Ketika saya merasa kesal, saya tidak dapat memikirkan hal lain pada waktu yang sama.

Discussion

This study aimed to adapt the Self-Compassion Scale for Youth (SCS-Y) by Neff et al. ([2021](#)) into an Indonesian version, conducting reliability and construct validity tests to assess the psychometric properties of the instrument. The reliability analysis affirmed the acceptability of the scale's values. Construct validity was assessed through Confirmatory Factor Analysis (CFA), with results indicating the satisfaction of all five model fit criteria. Therefore, it can be said that the Self-Compassion Scale for Youth (SCS-Y) that was used for measuring the instrument model tested is categorized fit. The Confirmatory Factor Analysis also yielded factor loading values, indicating the relationships between observed and latent variables. All items met the criteria, indicating that all items are significant. Thus, it can be seen that the items on the SCS-Y measuring instrument have a strong and significant relationship with each factor or dimension measured.

Based on our item discrimination index, two items were identified as poor and subsequently eliminated. Specifically, item 16 from the Isolation dimension and item 12 from the Self-Judgment dimension were excluded due to potential linguistic challenges in the Indonesian context. The wording of these items, translated from the original English, may have posed difficulty for Indonesian adolescents, particularly expressions such as "*benar-benar berjuang*" and "*sangat keras pada diri sendiri*."

The removal of these items was also influenced by their association with negatively worded components (isolation and over-identification). There is a possibility that the presence of both positively and negatively worded statements may have influenced participants' reflections on their responses. Findings from a study indicate that older adolescents experience lower positive feelings when exposed to self-compassion elements expressed with negative wording, in contrast to the younger adolescents. Moreover, positive wording within subscales show a stronger correlation with positive emotions in early adolescents than in older adolescents (Bluth & Blanton, [2015](#)).

This study also has its limitations. Despite relatively balanced gender and grade distributions, there exists an uneven distribution of participants across age groups. It is known that our sample was

dominated by the age group of 14 years old, with 148 participants; while the least age group of participants was the age group of 11 years old, with only 6 participants. Given the influence of age on self-compassion, as demonstrated in previous research which showed that older adolescents had lower self-compassion levels than younger or adolescents of all ages (Karasidou et al., 2021; Bluth et al., 2018). Thus, future studies should strive for a more balanced distribution of participants across age groups to enhance the generalizability of findings. Additionally, this study did not achieve a balanced distribution of participants based on residential location, with urban and rural areas not equally represented. This lack of representation could limit the study's ability to capture potential differences in self-compassion that may arise from varying environmental and social contexts. Future research should strive to include a more diverse sample in terms of residential location to ensure that findings are applicable across different settings.

Conclusion

In summary, this study provides supporting evidence confirming the validity and reliability of the Indonesian-adapted version of Self-Compassion Scale for Youth (SCS-Y) in assessing self-compassion among adolescents. The refined questionnaire encompasses 15 items, representing six dimensions of self-compassion: self-kindness, mindfulness, common humanity, self-judgment, isolation, and over-identification. This scale is particularly suited for research on self-compassion in early adolescents, especially those within the age range of 11 to 15 years. When using this scale, it is recommended that participants have a basic level of literacy and comprehension to accurately understand and respond to the items. Additionally, researchers should ensure that respondents are comfortable with self-reflection, as the items require them to consider their emotions and behaviors.

Acknowledgment

I extend my gratitude to Dr. Kristin Neff and the team. Special appreciation is also directed towards Sherly Meidya Ova, S.Psi., M.Psi., Psikolog, for their invaluable assistance in providing expert reviews.

Conflict of Interest

The researchers declare that this paper has no conflicts of interest.

Author Contribution

All authors have contributed equally to the study's conceptualization, interpreting data, reviewing, and editing the manuscript.

Data Availability

Data can be provided upon request to the author.

Declarations Ethical Statement

The study followed the guidelines of the Declaration of Helsinki.

Informed Consent Statement

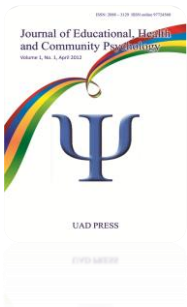
Informed consent was obtained from all persons involved in the study.

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