

Agreeableness as a Mediator on Correlation between Self-Compassion and Prosocial Behavior in Adolescents

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Abstract. The research on self-compassion and prosocial behavior showed a significant positive relationship. But there are also studies showed that there is no significant relationship between self-compassion and prosocial behavior. Agreeableness has a positive and significant relationship with self-compassion and prosocial. The purpose of this study was to determine the relationship between self-compassion and prosocial behavior mediated by agreeableness. This research is a quantitative research with 184 subjects from Batu 1 State Vocational School aged 15-18 years. The instruments used were Self Compassion Scale - Short Form (SCS-SF), Prosocial Behavior Scale, and Big Five Inventory. Analysis of the data used is mediated multiple regression in SPSS 21. The results of statistical analysis show the value of the relationship of self-compassion, agreeableness and prosocial $\beta = .082$; $p = .258$ and a significant indirect relationship coefficient $\beta = .118$; $z = 3.39$; $p = .00$. These results mean that there is an indirect relationship between self-compassion and prosocial, which is mediated by agreeableness. It can be concluded that agreeableness can be a mediator in the relationship between self-compassion and prosocial.

Keywords: Prosocial, self-compassion, agreeableness, adolescence

Introduction

Prosocial behavior or voluntary behavior can be defined as behavior that provide benefits for others (sharing, helping and caring) (Penner., Dovidio., Piliavin., & Schroeder., 2005). However, the phenomenon happening now is that not many teens give help on their friends and others who need help. This is contrary to some researches done earlier. Research on the development of prosocial behavior indicate that prosocial behavior has a stable development between the early teens to the mid-teens (Zimmer-Gembeck, Geiger, & Crick, 2005). In addition, other studies have shown that prosocial behavior towards friends increases during early to mid adolescence and prosocial behavior in the family tend to be stable and only decreased slightly (Padilla-Walker, Dyer, Yorgason, Fraser, & Coyne, 2015). Judging from the results of research on prosocial behavior in teenagers, prosocial behavior in adolescence known to increase, but the fact is there are so many events that escaped from juvenile prosocial behavior in teenagers.

Prosocial behavior is the basis of social competence and moral development during childhood and adolescence (Eisenberg, Spinrad, & Knafo-noam, 2015). Factors of prosocial behaviors for example are self-esteem (Afolabi, 2014; Fu, Padilla-Walker, & Brown, 2017) peer influence (van Hoorn, van Dijk, Meuwese, Rieffe, & Crone, 2016), Self-efficacy (Caroli & Sagone, 2013) and self-regulation (Carlo, Crockett, Wolff, & Beal, 2012).

If teens do not help others who need help, then there will be the nature of indifferent or indifference to the social environment so that adolescents are more likely to

have a selfish nature and tend to ignore social norms that exist. When adolescents have prosocial behavior then they will have more happiness (Aknin, Broesch, Kiley Hamlin, & Van De Vondervoort, 2015), Well-being (Khanna, Sharma, & Chauhan, 2017; Martela & Ryan, 2016) as well as an increase in academic achievement (Caprara, Barbaranelli, Pastorelli, Bandura, & Zimbardo, 2000). Thus, it is important for teenagers to have prosocial behavior, whether family, friends, or strangers.

The occurrence of prosocial behavior is often preceded by emotional or affective presence in a person. Emotion or affect that may become a factor of prosocial behavior is self-compassion. There are few studies about self-compassion toward prosocial behavior indicate that self-compassion positively associated with prosocial behavior (K. D. Neff & Pommier, 2013; Welp & Brown, 2014). Prosocial behavior to others is often motivated by dispositional traits (sympathy, self-regulation, etc.) (Padilla-Walker, Nielson, & Day, 2016). In addition, individuals behave in helping others because it is influenced in part by arousal and affect. Nevertheless, not all research on self-compassion and prosocial behavior showed a positive relations. There is research on students who show that the higher self-compassion that a person has, the lower the prosocial behavior (K. D. Neff & Pommier, 2013).

Research on whether self-compassion can lead to a desire to benefit others is still not widely practiced, despite that there is empirical evidence that self-compassion associated with goodness and supportive behavior. Someone who possess high self-compassion is described as someone who is more connected emotionally, accept the circumstances of others and have a supportive autonomy. When someone has mercy (compassionate) to himself, then he will have the same

compassion for others (K. D. Neff & Pommier, 2013) and may develop behavioral help (Piff, Kraus, Côté, Cheng, & Keltner, 2010).

Self-compassion also showed a positive relationship with the personality trait that is agreeableness, extroversion and conscientiousness. The relationship between agreeableness with self-compassion showed that kindness, connectedness, emotional balance in self-compassion associated with the ability to establish better relationships with others (K. Neff, 2003; K. D. Neff, Rude, & Kirkpatrick, 2007).

Agreeableness is the main model of personality that has a positive influence on the behavior of prosocial (Caprara, Alessandri, & Eisenberg, 2012). Research shows that there is a significant positive relationship between agreeableness with voluntary activity which is part of prosocial behavior (Carlo, Okun, Knight, & de Guzman, 2005). Additionally, individuals with agreeableness, tend to be warmer, have good social relationships, compassion, and love to help others (LePine & Dyne, 2001).

The purpose of this study was to determine the relationship between self-compassion and prosocial behaviors mediated by agreeableness. Previous studies on self-compassion, agreeableness and prosocial behavior in adolescents has not been done. Therefore, it is important for this study to be able to determine whether self-compassion and agreeableness associated with prosocial behavior in adolescents.

Method

This study used a quantitative method, a quantitative approach allows researchers to perform analyzes on variables and test the hypothesis that has been set. The population of this study were students of Batu 1 State Vocational School. The sampling technique used incidental sampling. The number of subjects in this study was 184 adolescent aged 15-18. This study examined three variables, namely self-compassion as the independent variable (x), prosocial as the dependent variable (y) and agreeableness as mediator variable (m). The instrument used in this study consists of three instruments, that measure self-compassion, prosocial, and agreeableness. Self Compassion measured using the Scale-Short Form (SCS-SF) (K. Neff, 2011). The instrument consists of 12 items ($\alpha = 0.602$). Prosocial variables measured using *Prosocial Behavior Scale* (Pastorelli, Barbaranelli, Cermak, Rozsa, & Caprara, 1997). This scale consists of 13 items ($\alpha = 0.601$). *Agreeableness* measured using the Big Five Inventory (John & Srivastava, 1999). This scale consists of 9 items ($\alpha = 0.603$).

Result

Statistical analysis showed the mean and standard deviation on each of each variable. Variable Self-compassion has an average value ($M = 41.91$; $SD =$

4.89). Prosocial variable has an average value ($M = 30.90$; $SD = 2.89$). Agreeableness variable has an average value ($M = 32.38$; $SD = 3.77$). Furthermore, the normality test on each variable. Self-compassion has a yield of $p = .11$ $p = .09$ prosocial of agreeableness $p = .31$, so it can be assumed that data has normal distribution.

Hypothesis testing

In the hypothesis testing showed that there is direct influence between self-compassion and prosocial, and there is indirect influence between the variables self-compassion and prosocial when agreeableness is present.

There was a significant positive relationship between self-compassion and prosocial. Hypothesis test results showed that there was a positive and significant relationship between self-compassion and prosocial ($\beta = .200$, $p = .00$). In addition, the influence of self-compassion toward prosocial ($R^2 = .036$) was 3.6%, while the rest was influenced by other variables which were not included in this study.

There was a significant positive relationship between self-compassion and agreeableness. Hypothesis test results showed that there was a positive and significant relationship between self-compassion and agreeableness ($\beta = .340$, $p = .00$). In addition, the influence of self-compassion towards agreeableness ($R^2 = .114$) was 11.4%, while, the rest was influenced by other variables that are not included in this study.

There was a significant positive relationship between agreeableness and prosocial. Hypothesis test results showed that there was a positive and significant relationship between agreeableness and prosocial ($\beta = .377$, $p = .00$). In addition, the influence of self-compassion toward prosocial ($R^2 = .137$) was 13.7%, while, the rest is influenced by other variables that are not included in this study.

Furthermore, the relationship between self-compassion and prosocial mediated by agreeableness. The results obtained indicate that there was no significant relationship between self-compassion and prosocial mediated by agreeableness ($\beta = .082$, $p = .258$). This means agreeableness is qualified to mediate the relationship between self-compassion with prosocial.

In addition, the test results using the PROCESS Macro for SPSS, found that there was no direct relationship between self-compassion and agreeableness with a value prosocial through the mediation of $\beta = .118$. Coefficient of indirect relationships significantly based on the value of Sobel ($\beta = .118$; $z = 3.39$; $p = .00$). These results showed that agreeableness is a mediator in the relationship between prosocial and self-compassion. Figure 1 show the results of the value of each relationship between variables.

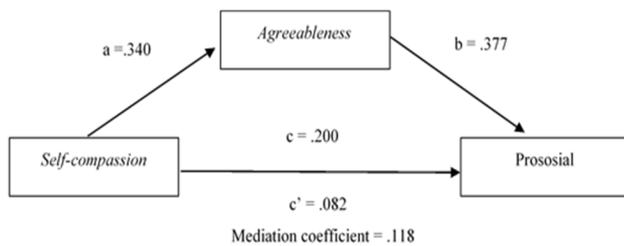


Figure 1. Relationship between variables

The results of this study meant that there was an indirect relationship between self-compassion with prosocial, mediated by agreeableness, with the effect of $\beta = .118$. Through the results of this test, it can be said that these three variables can qualify mediation model and there is perfect mediation between self-compassion and prosocial mediated by agreeableness.

Discussion

Based on the results of the study, self-compassion has a positive and significant relationship with prosocial. This means that, the higher self-compassion that is owned by a person, the higher the prosocial behavior in that person. This is in line with several previous studies of self-compassion when a person has high self-compassion, their prosocial behavior also higher. Self-compassion or mercy for self, can cause a sense of compassion for others. So that then can become drivers of the rise of prosocial behavior (Welp & Brown, 2014; Weng, Fox, Hesselthaler, Stodola, & Davidson, 2015). Through the results of the study, said that the feelings or affect are strong factors in influencing prosocial behavior. Thus, self-compassion which is a pity, can influence prosocial behavior.

Someone who has *self-compassion* or compassion will perceive that they experienced difficulties experienced by others. A person who has self-compassion would tend to generalize compassion on him to others. When the feeling of compassion for others difficulty experienced by others arise, then it will push to inflict helping behavior on others. Affective or feeling emotions play an important role in motivating prosocial behavior (Penner. et al., 2005).

Agreeableness as a mediator variable in this study, is a personality trait that is closest to the behavior of helping others. Someone who has the personality of agreeableness is said to also have behaviors like helping others (LePine & Dyne, 2001). This may imply that the person who has the personality of agreeableness easier to help others. Someone who has agreeableness shows the quality of social interactions where individuals are more involved in positive social interaction. When linked with this research is that individuals with a high personality type of agreeableness more positively to prosocial behavior, in which the individual perceives himself as a person who likes to help (Pervin, Cervone, & John, 2005).

The existence of positive social relationships with others become one of the same characteristics possessed by self-compassion and agreeableness. In this case, it means that someone who has a high self-compassion then will have a positive social relationships with others. Similarly, agreeableness, where a person who has the personality of agreeableness are likely to have a positive social relationships to each other. So, then self-compassion in oneself can encourage the emergence of prosocial behavior, for their urge to have a good social relations. In a person who has a personality agreeableness may also encourage the emergence of helping or prosocial behavior on others for their social relationships with others as its main feature.

In this study, there are other factors that can contribute to prosocial behavior in addition to self-compassion and agreeableness. Prosocial variables is affected by other factors that are not included in this study, for example self-efficacy (Caprara & Steca, 2005) and also the concept of self (Ingles, Martinez-Gonzalez, Garcia-Fernandez, Torregrosa, & Ruiz-Esteban, 2012). In addition, factors that affect someone who behaves prosocial also come from outside oneself, such as parenting styles (Llorca, Richaud, & Malonda, 2017) and also the influence of peers (Lee, Padilla-Walker, & Memmott-Elison, 2017).

The weakness in this study is that the subjects retrieved through incidental sampling. Subjects who can contribute in this study can fill out a questionnaire and allowed to fill out a questionnaire, so that the subjects in this study can not include groups that are more extensive. In addition, this research using questionnaires were directly distributed to the subject, so that researchers can not control when subjects filling out the questionnaire. The advantages of this research is that the research on the relationship between self-compassion with prosocial behavior is mediated by agreeableness has never been done before.

Conclusion

Based on the results of this study showed that agreeableness is proven to be a mediator in the relationship between self-compassion with prosocial. Self-compassion shown to have a positive and significant relationship with prosocial. Agreeableness shown to have a positive and significant influence on prosocial. The relationship of self-compassion and prosocial becomes insignificant when agreeableness is present, so that it proves that a perfect mediation occur between self-compassion, prosocial and agreeableness.

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