

Abstract

The present study investigates the role of Self-compassion in the relationship of body dissatisfaction and disordered eating behaviors. Explicitly, study examined self-compassion as potential buffer against body dissatisfaction and disordered eating behaviors. The participants were 800 university students from private (n=400) and public (n=400) universities. Equal proportion of male(n=400) and female (n=400) sample with the age range between 17-27 were recruited and Cross-section research design had been used. Data were collected through area probability sampling including 10 towns of Lahore and 20 universities, random sampling was ensured by selecting every third student from the class. Participants completed self-reporting questionnaires Body dissatisfaction Scale (BDS), Disordered eating behavior Scale (DEBS), Self-compassion Scale-Short Form (SCS-SF) and demographic questionnaire. Data were computed using Statistical Package for Social Sciences (SPSS) version 23 and statistical analysis Pearson Product Moment Correlation Coefficient, Hierarchical multiple regression, Independent sample t-test, and descriptive analysis were used for hypothesis testing. Results showed significant positive relationship between body dissatisfaction and disordered eating behaviors, however significant inverse relationship of Self-compassion was found with body dissatisfaction and disordered eating behavior. Moreover, Self-compassion significantly moderated the relationship between body dissatisfaction and disordered eating behavior in males and females separately. Furthermore, Significant gender difference was found in the experience and presence of body dissatisfaction, disordered eating and self-compassion. Females had greater mean for body dissatisfaction and disordered eating behaviors than males whereas males had greater mean for Self-

compassion than females. The study will be helpful for counselors in devising intervention plans for appearance issues and sub-clinical eating disorders. Also, this research will be a positive addition in the existing literature of body dissatisfaction and disordered eating symptomology.

Keywords: Body Dissatisfaction, Disordered eating behaviors, Self-compassion.