

## Abstract

*The present research was conducted to explore the relationship between self-compassion, locus of control, coping strategies and psychological distress among university students. Convenient sampling technique was used in this study. Sample consisted of 200 participants including 102 male and 98 female. The age range of the young adults was between 18-27 years old. Self-Compassionscale (Kristin Neff 2011), Locus of Control Scale (Rotter 1966), Brief Cope scale (Carver 1997) and Psychological Distress scale (Kessler 2002) were administered to participants along with demographic information sheet to assess the study variables. Results revealed that Self-Compassion, Locus of Control, Coping strategies and Psychological distress has significant correlation. Hierarchical regression has revealed that self-compassion, locus of control, approach coping and avoidance coping significantly predicted psychological distress among university students. This study has wide implications in the area of clinical psychology and counseling psychology.*