

**ABSTRACT**

This study examined the relationship between centrality of religion, self-control and self-compassion by comparing age and gender. A positive relationship between centrality of religion, self-control and self-compassion was predicted. The sample comprised of 210 individuals, comprising of three groups (Adults, middle age adults and older adults). Centrality of Religiosity/Religion Scale (CRS; Huber, 2012), Self-Control Scale (SCS; Tangney, 2004) and Self-Compassion Scale (SC; Neff, 2003) was used to examine the relationship. Data of the sample was analyzed by Pearson product moment correlation and Multivariate analysis of variance. There is a significant Gender and Age differences in self-compassion and self-control. The results showed that centrality of religion had significant positive relationship with self-compassion, and self-compassion had significant positive relationship with self-control. The present study findings highlight that centrality of religion enhance self-compassion among people and self-compassion leads to higher self-control. The present findings add to the emerging literature on the relationship of self-compassion, self-control and centrality of religion.

**Key words:** Centrality of religion, Self-control, self-compassion