



## The Role of Parenting on Children's Self Compassion: A Systematic Review

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### ABSTRACT

Self compassion is the ability of individuals to understand themselves without criticizing the suffering, failure and inability experienced and understanding that this is part of human life. In children, of course, self compassion cannot just develop, one of the factors that play a role in improving self compassion is parenting. This study aims to conduct a systematic review of the role of parenting on children's self compassion. The results of the article selection showed that there were 12 articles that were relevant for further analysis. Based on the research findings, it can be seen that parenting has a role in children's self compassion. Good parenting can be done by providing understanding without criticizing can foster children's self compassion.

## INTRODUCTION

Self compassion is an adaptive way of appreciating oneself when faced with difficult conditions. According to Neff (2003) self compassion is the ability of individuals to have an understanding of themselves without criticizing the suffering, failure and inability experienced with the understanding that it is part of human life. Self compassion involves the imperfection of one's experience along with the acceptance and recognition that it is also experienced by all human beings. Not only that, self compassion also involves balancing an individual's response in the face of unpleasant experiences and opening up to life as it is. Good self-compassion is important to have, because it can help in getting through all the challenges of life that exist at every stage of development (Neff, 2023)

Neff (2003) says that individuals with high self compassion will not easily feel anxious about their shortcomings because they are able to treat themselves and other individuals well, and understand human imperfections. Conversely, individuals who have low self compassion will feel down about the difficulties and failures experienced. Non-judgmental behavior and not brooding over failure will tend to generate confidence in one's own ability to learn and reduce negative emotional impact. One of the problems that makes it difficult for individuals to have self compassion is the belief that it is necessary to be critical of oneself in order to motivate oneself.

Aspects of self compassion according to Neff (2011), include: 1) Self kindness, 2) Common humanity, 3) Mindfulness. Factors that affect self compassion according to Neff & Pommier (2013) are: 1) Gender, 2) Age, 3) Culture 4) Parenting. The parenting referred to in the factors that influence self compassion is the influence of parenting given during childhood. The contribution of parenting to development from birth to cognitive and behavioral processes is very large, because this will shape individual personality (Adila, 2019).

Parenting is the attitude of parents in preparing children to be able to make their own decisions and act on their own so that they experience changes from dependent behavior towards parents to become independent and responsible (Singgih & Gunarsa, 2015). Every parent has a different parenting style in educating children. Parenting is a form of interaction between parents and children. The form of parenting chosen by parents will affect the development and personality of the child.

This systematic review aims to identify the role of parenting patterns on children's self compassion. Through this review, findings from various studies can be systematically synthesized to determine the role of parenting patterns on the development of children's self compassion. This systematic review research was conducted to reduce bias in research, increase the validity of results and provide a broader picture of the role of parenting patterns on self compassion. This research can also be used as a basic identification for further research.

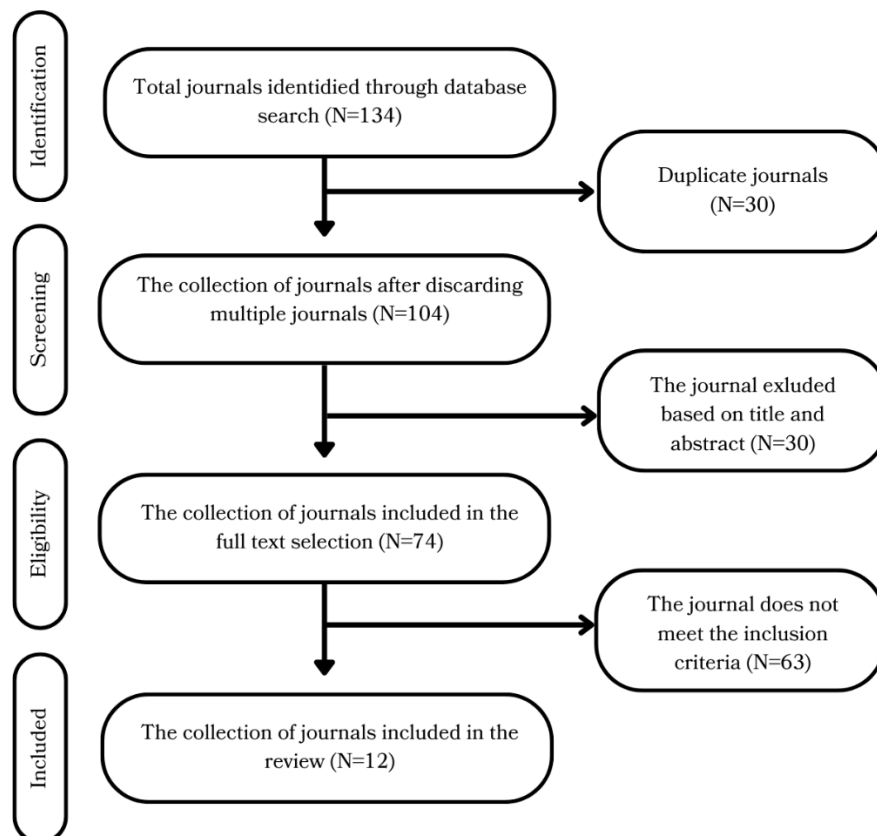
## METHODOLOGY

In the research conducted, there are several processes in conducting a systematic review, including planning a review (identifying benefits and developing), conducting a review (searching for journals and selecting journals, assessing journal quality, extracting and synthesizing data) and reporting (Kitchenham, 2004). This study uses previous research journals that discuss the role of parenting on self compassion. The journals used were published from 2016 to 2025. This is because there are not too many journals that specifically describe the role of parenting on self compassion.

### *Journal Search Procedure*

Journal searches were conducted on the Scopus and Pubmed websites with the keywords used, namely compassion, self compassion, parenting, parenting style, parenting models. After selecting 134 journals found in total, 12 journals were obtained that discussed the role of parenting styles on children's self compassion. The flow chart of journal selection can be seen in Figure 1.

Figure 1. PRISMA graphic of journals selection flow



Researchers determine the limitations in conducting journal reviews with 1) Journal content discusses parenting and compassion / self compassion, 2) Journal publication year from 2016-2025, 3) Journal using English, 4) Type of quantitative/qualitative research. The criteria for journals that will not be selected are 1) Journals that do not discuss both variables (parenting and self compassion) directly, 2) Not using English, 3) Articles in the form of books, meta-analysis and research that has unclear explanations. After selecting 11 journals, the summary is shown in Table 1.

Table 1. Summary of journals selection

No	Autor	Methods Research	Subject	Research Result
1.	(Hintsanen et al., 2019)	Quantitative	2.761 participants (55% female)	The quality of the parent-child relationship has an impact long term for compassion into adulthood
2.	(Kaufmann et al., 2023)	Quantitative	2.593 teenagers	The relationship between parenting and self compassion in adolescents varies significantly, in some teenagers.
3.	(Chen et al., 2020)	Quantitative	455 teenage students	Self compassion that individuals have can mediate parenting styles with body appreciation.
4.	(Moreira et al., 2018)	Quantitative	572 groups consisting of fathers, mothers and children (teenagers)	Self compassion that individuals have a role in parenting influence style to emotional eating.
5.	(Mera et al., 2023)	Quantitative	458 adults (17-21 years old)	Attentive and positive parenting practices are the foundation for development individual to adults, so that also has an impact on self compassion Individual.

6.	(Gouveia et al., 2016)	Quantitative	333 parents (87 fathers and 246 mothers) with an age range of 27-63 years old.	Self compassion that individuals have related to parenting styles.
7.	(Kelly & Dupasquier, 2016)	Quantitative	153 Student University of Canada	Individuals who lack warmth in their upbringing tend to have less self good compassion.
8.	(Moreira & Cristina Canavarro, 2020)	Quantitative	Teenagers (12-19 years old)	Self compassion that individuals have can mediate the impact of parenting with anxiety.
9.	(Góis et al., 2023)	Quantitative	398 mothers (26-50 years old)	Self compassion parents can have an impact on the level of affection given to child.
10.	(Ahmed & Bhutto, 2016)	Quantitative	116 participants (66 female and 50 male)	Insignificant relationship between parenting styles (authoritarian, authoritarian and permissive) and self-compassion.
11.	(Liu et al., 2025)	Qualitative	-	Parental autonomy support positively associated with changes in self compassion.
12	(Cousineau et al., 2019)	Qualitative	-	Self compassion can be improved using several intervention.

## RESEARCH RESULT AND DISCUSSION

Self compassion is one of the outcomes of mindfulness skills in general. According to Neff (2011), self-compassion becomes a coping mechanism and enhances an individual's ability when facing daily stress and conflict. Self compassion becomes a source of psychological data that aims to alleviate the suffering experienced by a person, because it is considered to be an adaptive strategy to regulate emotions. In its role, self compassion relates to the self through the adoption of an attitude of kindness towards difficult experiences. Gilbert (2014) theorized that self compassion has a role in emotion regulation related to security, affiliation and self care. The environment is one of the most likely to play an important role in the development of self compassion (Hintsanen et al., 2019). In the development of children's self compassion, parenting has a very important role (Moreine, 2016).

A caring attitude and a mindful parenting approach that encourages self-acceptance without judgment can lead to better psychological well-being. When parents have a loving parenting style, children can learn to accept themselves for who they are as imperfect human beings (Gouveia, 2018). Children who have warmth and connectedness with parents through parenting skills will have good self compassion (Kelly, 2016). The most important parenting skills are giving full attention to children, adopting an attitude of affection, sensitivity and responsiveness towards children, regulating emotions and behavior in the parent-child relationship, and adopting self-acceptance as a parent (Gouveia, 2018).

Gilbert (2015) explains that the relationship between parents and children plays an important role in the development of children's self-compassion. Children who have a self-critical nature mostly grow up with a rejecting and unloving parent figure, so that children feel little social support. Social support from parents plays a role in the development of children's self compassion. Parental social support in the form of positive attitudes and behavior of parents by motivating to care, showing empathy and being altruistic (Kaufmann et al 2023). Warmth and affiliation can shape children's development, so that children who grow up with loving parents will grow up to be children who have a feeling of social security (Kelly & Dupasquier, 2016).

Self compassion in parents is also needed in providing parenting to children. The role of self-compassion in parents can help to develop self-acceptance calmly, especially when children express negative emotions (Góis et al., 2023). Self compassion will help parents to reconnect with positive feelings about themselves as parents (Gouveia, 2016). Parents who have good self compassion will form a good response to the suffering that arises when dealing with children, their own problems and when witnessing other families experiencing similar challenges. In parallel, attentive parenting to children shows high parental self compassion (Moreira et al, 2016).

If parents feel that it is too late to increase their self compassion, self compassion can be increased using interventions. MSC and Compassionate Mind Training (CMT) interventions are group interventions that can help a person to

increase self compassion. CMBI can also increase acceptance of the experiences of guilt, resentment and exhaustion associated with prolonged caregiving. The intervention focuses on self compassion and normalizing the challenges of caregiving by sharing experiences between parents in a group intervention (Cousineau et al., 2019).

## CONCLUSIONS AND RECOMMENDATIONS

Based on the systematic review that has been done, parenting has a role in developing children's self-compassion. Giving attention and encouraging self-acceptance by not judging can be a parenting pattern that develops self-compassion. Self compassion becomes a child's psychological strength in facing a failure. Children who have high self compassion will tend to be able to express their emotions well. Parents who have good self compassion tend to be able to reduce the development of children's self compassion well. Self compassion in individuals can be developed with several interventions. For further researchers, it is hoped that they can develop research using more specific subjects in order to obtain new findings regarding the role of parenting patterns on self compassion.

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