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Adapting and Examining the Factor Structure of the Self-Compassion Scale in Indonesian Version

Irfan Aulia Syaiful[1], *Adiyo Roebianto*[2]

[1,2]Faculty of Psychology, Universitas Mercu Buana

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Abstract. The study aimed to adapt and analyze the factor structure of the scale of self-compassion in the Indonesian language. The initial steps included back-to-back translation, focus group discussion and expert judgements. From this procedure, thirteen additional items were added to the original self-compassion scale. The thirty-nine final items were tested to 483 samples from three different groups (undergraduate students, young and adult, mid and late adult). Findings support self-compassion as total score and six sub scale score based on ESEM bi factor analysis. However based on the overall results, for Indonesia uses, the authors suggested the structure data of self-compassion scale is a hierarchical two-factors model with the final items of this scale are 35 items, where the two factors are positive aspect and negative aspect. The positive dimension had 0.901 of Cronbach's Alpha reliability and the negative dimension had 0.913 of Cronbach's Alpha reliability. The positive one consists of self-kindness, common humanity, and mindfulness. Meanwhile, the negative one consists of self-judgement, isolation, and over-identification.

Keywords: adaptation; bifactor exploratory structural equation modelling (bifactor esem); indonesian version; self-compassion scale

The definition of self-compassion is related to the more general definition of "compassion. "Compassion involves being open to and moved by the suffering of others, so that one desires to ease their suffering". It also involves recognizing that all humans are imperfect; make mistakes; show patience, kindness and nonjudgmental understanding to others. This is derived from Buddhist traditions as an alternative construct of a healthy attitude toward oneself (Neff, 2003a).

Neff developed self-compassion scale to measure three main components of self-compassion on separate subscales (self-kindness versus self-judgment, common humanity versus isolation, and mindfulness versus over-identification), with the intention of summing the subscale scores to create a total score that would represent a participant's overall level of self-compassion (Neff, 2003b). Neff and Germer (2013) updated self-compassion scale elements such as *self-judgment* which involves being harsh and extremely self-critical; whereas *self-kindness* refers to being caring, understanding and accepting

[1] Address for correspondence:
irfan.aulia@mercubuana.ac.id

of oneself. *Common humanity* refers to the recognition that failure, disappointment, and hardship are shared human experiences; which foster connectedness to others rather than leaving one feeling isolated when faced with suffering. *Mindfulness* represents the acceptance of the present experience and involves taking an objective stance on one's experience in order to gain perspective and to avoid *over-identification* with negative thoughts and emotions.

Empirical research showed that self-compassion is associated with psychological advantage and might be considered an important protective factor against the development and maintenance of several mental disorders such as depression and anxiety (Longden & Proctor, 2012). Self-compassion has been linked to decreased thought suppression, anxiety, and depression, and enhancing emotional coping skills. Self-compassion has also been proven as a stronger predictor of healthy functioning than self-esteem (Neff & Vonk, 2009).

Self-compassion is also beneficial for predicting psychological resiliency in young adults and adolescents. Empirical evidence found that self-compassion can help adolescents dealing with suffering from negative self-views (Neff & McGehee, 2010). Previous research demonstrated the usefulness of self-compassion in helping students to address failures in academic achievement (Neff, Hsieh, & Dejitterat, 2005). These two studies proved self-compassion can be useful not only for adults, but also for students and adolescents.

Neff (2016) updated the definition of self-compassion to an interplay of positive and negative constructs, including to pay attention to suffering (in a mindful or over-identified way), different ways that individuals emotionally respond to pain and failure (with kindness or judgment), and to cognitively understand their predicament (as part of the human experience or as isolating). This arises as there is criticism regarding the validation of the scale of self-compassion against the definition of self- compassion, whether self-compassion scale is a valid measurement for self-compassion.

From previous studies there were disagreements whether SCS is a dimensional or multi-dimensional. This implies how to apply SCS to a population, whether to use a total score or six sub scales score. In a study in Germany, the more precise is to use SCS in two factors, namely SCS negative and SCS positive (Coroiu et al., 2018). The critique of the SCS is that the negative items of the Self-compassion Scale (SCS), which represent reduced uncompassionate self-responding, are redundant with neuroticism and do not contribute to the concept of self-compassion and should be disposed. Responding to this, Neff, Tóth-Király, and Colossimo (2018**)** re-analyzed the existing data using the ESEM bifactor analysis**.** The result was self-compassion scale can be measured by the total score and six subscale score.

In Indonesia there are 77 research items (based on Google Scholar searches with the keyword "influence of self-compassion") and 71 research (based on a search in Google Scholar with keyword "self-compassion"). It shows considerable interest among researchers in Indonesia to research self-compassion. Most of them

linked self-compassion with other variables related to psychological wellbeing such as loneliness, resiliency, emotional competence and so on.

There are other models and measures of self-compassion, and a lack of consensus in the field on how to define or measure compassion for self or others (Gilbert et al., 2017; Strauss et al., 2016). In Indonesia, since 2016, most researchers use a scale of self-compassion based of Neff's construct to measure compassion for self. Item number variations ranging from 12 to 26 items (Sugianto, Suwartono, & Sutanto, 2020; Khumas & Lukman, 2019; Ariyani & Hadiani, 2018, Hidayati, 2016). We found one researcher using different measuring instruments in measuring compassion; namely compassionate love scale known as the Santa Clara Brief Compassion Scale (SCBCS) developed by Hwang, Plante, and Lackey (2008). The reason for this use was because it is more appropriate as measurement for compassion in educational and religious institutions. Another thing because compassion is measured by measuring compassion to others (Arli & Anandya, 2018).

Research on self-compassion in Indonesia varies from the adult population (Febrinabilah & Listiyandini, 2016; Hidayati, 2016; Aldyafigama, baihaqi, & Pujasari, 2018), the elderly (Kistyanti & Retnowati, 2017; Karmiyati & Wahyuningsih, 2019), and adolescents (Hidayati, 2016; Ramadhani & Nurdibyanandaru, 2014; Hasanah & Hidayati, 2017; Septiyani & Novitasari, 2017). There is a variation of use of the scale self-compassion in these eight studies. The number of self-compassion items utilized used among these eight studies varied from 18 to 27 items. The lowest reliability number on the self-compassion scale instruments used among these eight studies was 0.71 and the highest was 0.917. These eight studies generally examined the role of self-compassion in enhancing the ability of individual's psychological wellbeing. These eight studies showed that self-compassion in Indonesia is used in a variety of samples ranging from adolescents to elderly people.

In Indonesia there are few studies which aimed to adapt and examine the factor structure of the self-compassion scale. Only one research conducting validity and reliability analysis study on self-compassion scale in Indonesian version. The researcher named the Indonesian version of self-compassion scale with the term SWD (*Skala Welas Diri*) (Sugianto et al., 2020). This research sought to make cross-cultural adaptation to self-compassion scale to be used in Indonesia.

Cross-cultural adaptation is the process of translating an item by adjusting it to the cultural context in which the measuring instrument will be applied. This process includes the translation process and, if necessary, replacing the item or scaling to make it relevant and valid in the new culture (Beaton, Bombardier, Guillemin, & Ferraz, 2000). The process of adapting and examining the factor structure of self-compassion scale generally uses the CFA method with general single factor i.e., self-compassion (Tóth-Király, Bőthe & Orosz, 2017). In the case of measurements in certain populations such as measuring self-compassion in medical students, a measurement is

performed on one factor and two factors. The CFA results in this study indicated that the two factor model (formed by three positive and three negative components) indicated slightly better fit than the single factor model and for the single general self-compassion factor had a borderline acceptable fit (Babenko & Quo, 2019). From the results of the adaptation there are several models that appear, but the most commonly discussed is whether the self-compassion has a factor that applies in general or has two factors. According to Tóth-Király et al. (2017) we need more sophisticated approach of analyzing the self-compassion scale to answer it. The ESEM Model is considered to be better on examining the factor structure of self-compassion scale. In the context of adapting the self-compassion scale to a new culture, the ESEM model is considered to be more suitable for use because it can simultaneously measure factor structure by allowing cross-loading and simultaneously seeing confirmation factor analysis.

The research in this study used the CFA and ESEM bifactor models to obtain the most significant SCS adaptation in Indonesia. It is also used to see if there is a significant model difference between the population in Indonesia and the global model.

Methods

Procedure

This study was initiated by the first author and organized by all authors, who wanted to examine the factor structure in Indonesia version. Research began by reviewing the literature on self-compassion and its measurements. After obtaining theoretical reviews of self-compassion and measurement of SCS, researchers made scale adaptations using forward and backward translation techniques (International Test Commission, 2017). The research team conducted a direct translation of the SCS by using a group discussion of six people who understand English and psychological science. Then, researchers conducted reviews and corrections to translation results. After obtaining the most contextual translation, the Indonesian translation was then sent to four experts for expert assessment.

Existing data were then processed statistically following the directions of the inventor of the scale according to the instructions written in the journal entitled "Examining the Factor Structure of the Self-Compassion Scale in 20 Diverse Samples: Support for Use of a Total Score and Six Subscale Scores" by the second author. In this part, the authors examined the factor structure of the data under two models, namely ESEM and CFA. Both in ESEM and CFA, we tested six models, namely the 1 factor CFA & ESEM (Figure 1), 2 factors CFA & ESEM (Figure 2), 6 factors CFA & ESEM (Figure 3), 1g and 6 factors of bifactor CFA & ESEM (Figure 4), 2g's and 6 factors of CFA & ESEM (Figure 5), and last one was the hierarchical two factors CFA (Figure 6). In terms of model fit, the authors used three fit indices to asses model fit, namely the Root Mean Square Error of Approximation (RMSEA) (Steiger & Lind, 1980), Tucker and Lewis Index (TLI) (Tucker & Lewis, 1973) and Comparative Fit Index (CFI) (Bentler, 1990). According to Joreskog, Olsson, and

Wallentin (2006) the value of CFI ad TLI will lie between 0 and 1. However, since these indices are much better for comparing the model fit to a baseline model, the good model will has a CFI and TLI value close to 1 (Asparouhov & Muthen, 2009). Or at least minimum 0.95 indicating reasonable model fit (Thompson, 2004). For the RMSEA, values of roughly 0.06 or less are generally taken to indicate reasonable mode fit (Steiger & Lind, 1980; Thompson, 2004). The authors used these three model fit statistics to evaluate whether a model is reasonably fit or not. We used Mplus 8.4 (Muthen & Muthen, 2017) to analyze the data according to our hypothesis's models.

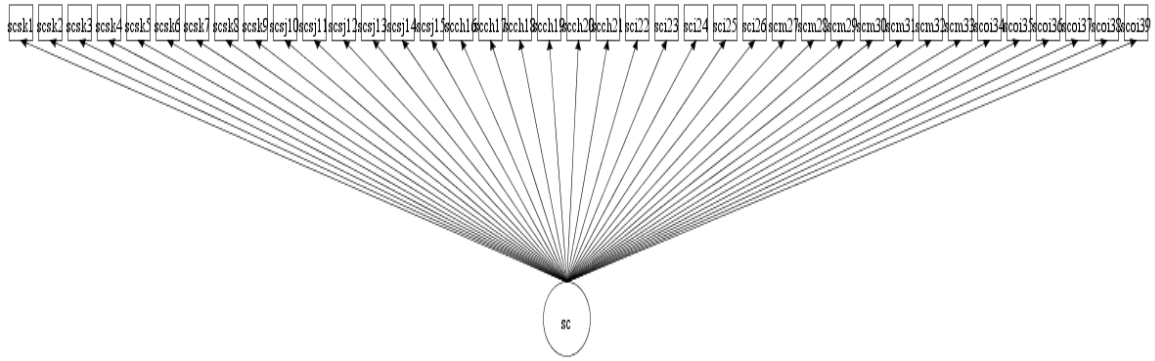

Figure 1. One factor model

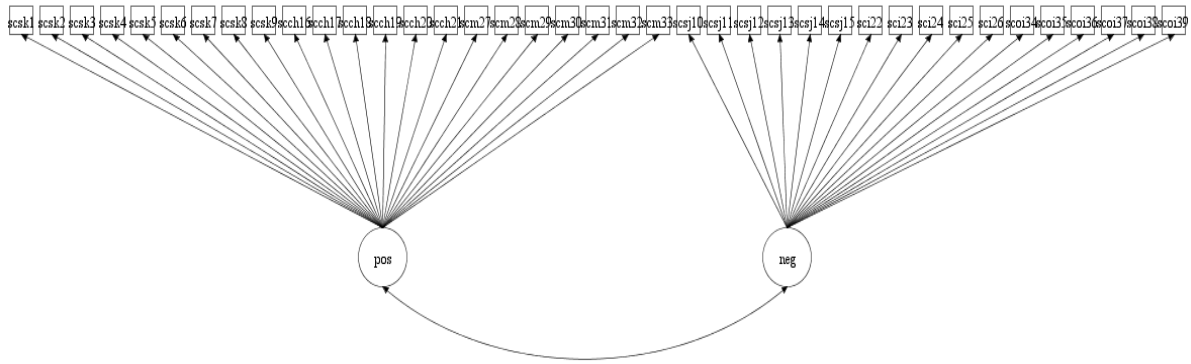

Figure 2. Two factors model

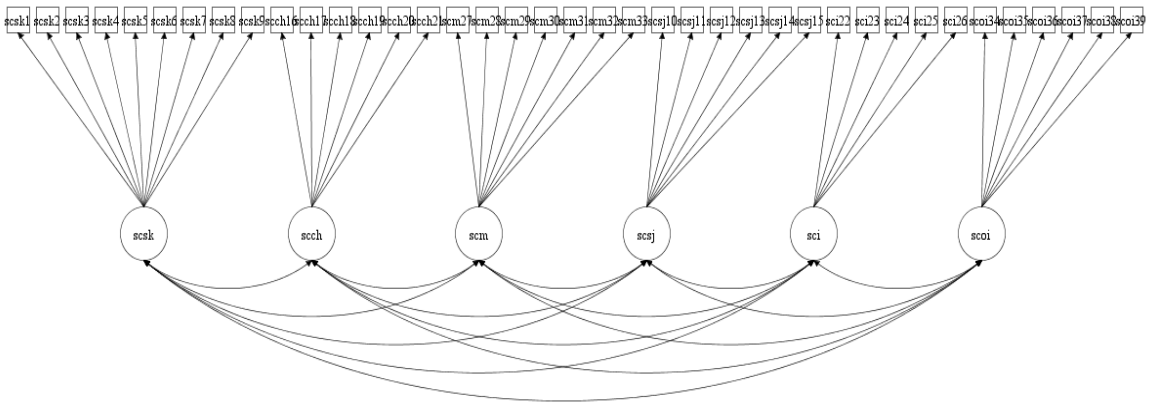

Figure 3. Six factors model

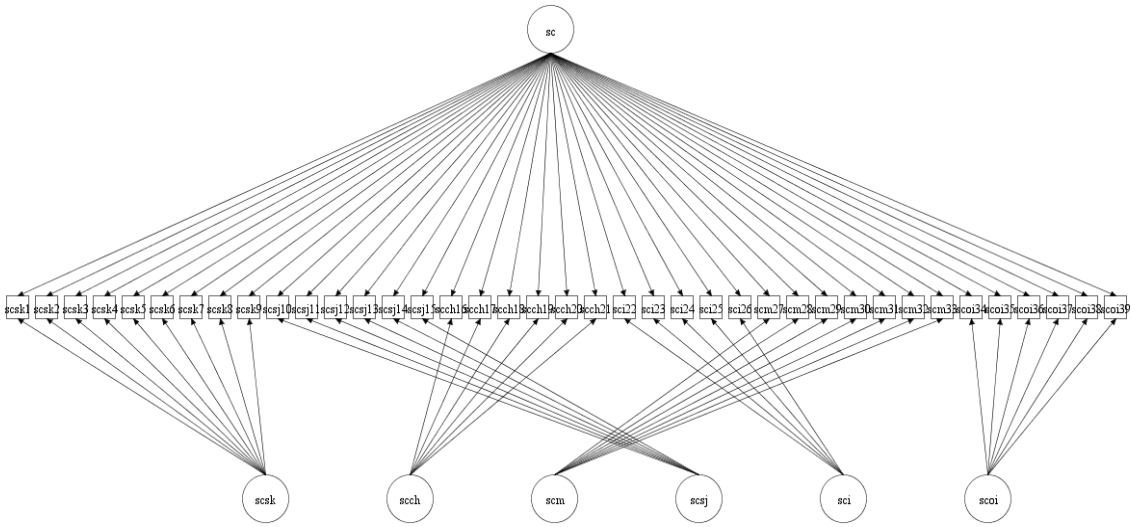

Figure 4. 1g's and six factors of bifactor model

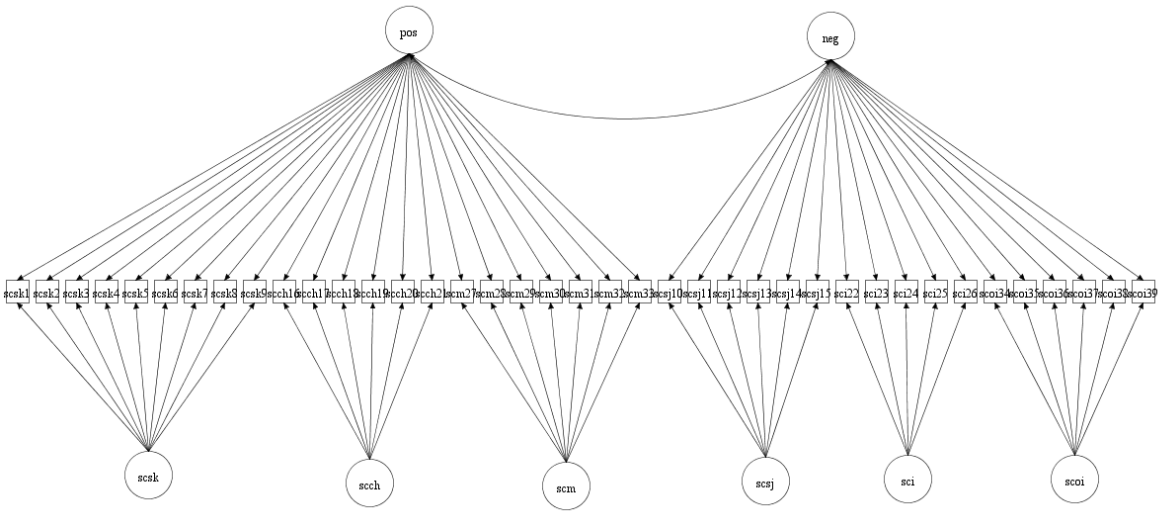

Figure 5. 2g's and six factors of bifactor model

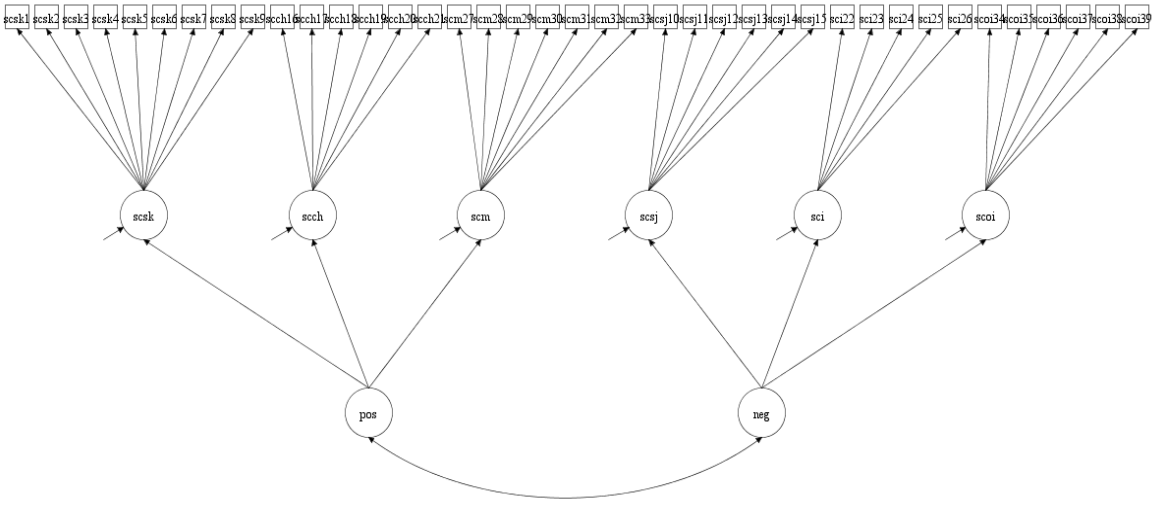

Figure 6. Hierarchical two factors model

Instruments

Appropriate approval from Institutional Review Board (IRB) at Mercu Buana University was received before collecting these data. In data processing the first author did correspondence with Kristin Neff via email to get permission adapting and validating self-compassion in Indonesian language. Email replies were received by the first author on May 9, 2020 with suggestion to use the procedure contained in the journal Neff et al. (2019) entitled "Examining the Factor Structure of the Self-Compassion Scale in 20 Diverse Samples: Support for Use of a Total Score and Six subscale Scores.

The instrument in this study was a Self-Compassion Scale (SCS) from Neff et al. (2019). The original version of the instrument consists of 26 items; however, the authors add another 13 items in this study—these items added to adapt to the culture in Indonesia. For example, in Self-Kindness subscale, the authors added four items, e.g. "*Saya mau menerima ketika ditunjukkan kesalahan saya*". Therefore, The SCS has a 39-items with six dimensions of self-compassion: Self-Kindness (SCSK, 9 items; e.g., "*Saya menghargai diri sendiri ketika mengalami penderitaan*"), Self-Judgement (SCSJ, 6 items; e.g., "*Ketika saya mengalami masa-masa sulit, saya cenderung menyalahkan diri sendiri*"), Common Humanity (SCCH, 6 items; e.g., "*Saya mencoba mengingatkan diri sendiri bahwa perasaan tidak mampu dimiliki oleh sebagian besar manusia*"), Isolation (SCI, 5 items; e.g., "*Saya cenderung merasa dikucilkan ketika gagal*"), Mindfulness (SCM, 7 items; e.g., "*Ketika sesuatu membuat saya jengkel, saya berusaha menjaga emosi tetap seimbang*"), Overidentification (SCOI, 6 items; e.g., "I"). The responses are provided on a scale from 5 (almost always) to 1 (almost never).

All the items were constructed in favorable wordings according to each dimension. Note that all the items in the Mindfulness subscales, Common Humanity and Self-Kindness are positively correlated with self-compassion. Meanwhile, all the items under the Self-Judgement, Isolation and Overidentification subscales are negatively correlated with self-compassion. From Neff's study in 2003 (Neff, 2003b) the internal reliability of the SCS scale was 0.92 (Cronbach Alpha = 0.92) with the range of internal consistency reliability for each subscale from 0.75 to 0.81. Furthermore, the test-retest reliability over three weeks interval was satisfying with a Cronbach Alpha 0.93 for the SCS scale, and for the subscales were ranging from 0.75 to 0.81. Moreover, also from Neff's study in 2019 (Neff et al., 2019) they found that the total scale has 0.96 of omega (ω) reliability estimate and the reliability of each subscale were ranging from 0.67 to 0.84.

Participants

The number of participants was 483 from 3 groups, 124 undergraduate students (18 – 24 years old), 337 emerging adults (18 – 41 years old), and 22 mid and late adult age (42 – 60 years). In total, the final sample is 483 respondents included 174 males and 309 females (M = 3.374, SD = 0.671). All participants were recruited by sharing online scale links in Google Forms. To investigate the factor structure of a test instrument, the recommended minimum observations are 300 samples (International Test Commission, 2017; Wolf, Harrington, Clark, & Miller, 2013),

therefore the number of samples on this research was sufficient to see the factor structure of a self-compassion scale.

Results

From the expert examination, there are some items that need to be improved. Items containing the word "kindness" need to get an adjustment with the proper Indonesian language because the word "*kasih*" can be ambiguous with "*kasih*" for Christians in Indonesia. Items that contain the word "tough" cannot be replaced "*keras*" because it is less understandable to the community with lower education level (in the context of Indonesia, it is not obliged to study for 9 years; elementary school and junior high school). Items with the word "judgment" should not be translated with the word "*menghakimi/penghakiman*" but replaced with the word "*menyalahkan diri*". Items with sentences containing "isolation" and "suffering" need to be explained better because the meanings of suffering and isolation are not the same for every society in Indonesia. From the results of the expert examination, we added 13 items to the original self-compassion scale and 39 final items that were ready to be tested as seen at appendix A.

Structural analysis

We first tested the fit of the one-factor model of CFA and ESEM. In this model, there was only one latent variable (self-compassionate) and 39 items. Results from Table 1, showed that both models did not fit adequately. The one-factor CFA and ESEM had CFI with 0.566 and 0.605; TLI = 0.543 and 0.583; RMSEA 0.139 and 0.133, respectively. Table 1 presents the model results of one-factor CFA and ESEM as follows.

Table 1.
Statistical Indices of One-Factors CFA and ESEM

	One-Factor CFA (1st)	**One-Factor ESEM (2nd)**
CFI	0.605	0.605
TLI	0.583	0.583
RMSEA	0.133	0.133
90% CI	[0.130 - 0.136]	[0.130 - 0.136]
Factor loading		
S-KI 1	0.613	0.613
S-KI 2	0.629	0.629
S-KI 3	0.254	0.254
S-KI 4	0.383	0.383
S-KI 5	0.490	0.490
S-KI 6	0.539	0.539
S-KI 7	0.523	0.523
S-KI 8	0.494	0.494
S-KI 9	0.397	0.397
S-JU 10	0.572	0.572
S-JU 11	0.645	0.645
S-JU 12	0.650	0.650

	One-Factor CFA (1st)	One-Factor ESEM (2nd)
S-JU 13	0.542	0.542
S-JU 14	0.488	0.488
S-JU 15	0.484	0.484
C-HU 16	0.129	0.129
C-HU 17	0.561	0.561
C-HU 18	0.550	0.550
C-HU 19	0.690	0.690
C-HU 20	0.410	0.410
C-HU 21	0.607	0.607
ISO 22	0.733	0.733
ISO 23	0.622	0.622
ISO 24	0.654	0.654
ISO 25	0.706	0.706
ISO 26	0.640	0.640
MIN 27	0.523	0.523
MIN 28	0.596	0.596
MIN 29	0.655	0.655
MIN 30	0.729	0.729
MIN 31	0.603	0.603
MIN 32	0.703	0.703
MIN 33	0.591	0.591
O-ID 34	0.465	0.465
O-ID 35	0.664	0.664
O-ID 36	0.537	0.537
O-ID 37	0.717	0.717
O-ID 38	0.624	0.624
O-ID 39	0.561	0.561

From Table 1, although the value of factor loading for each item was slightly different, the direction (positive or negative dimensions) of the loading was consistent over the two models. These factor loadings were reported in standardized coefficients. The two models had similar results both in statistical fit indices and factor loadings as well.

The next model we tested was two-factor CFA and two-factor ESEM. The two factors consisted of positive and negative aspects. The positive aspect included common humanity, mindfulness and self-kindness. The negative aspect consisted of isolation, over-identification, and self-judgement. The results are as follow.

Table 2.
Statistical Indices of Two-Factor CFA and ESEM

	Two-Factor CFA (3rd)	Two Factor ESEM (4th)
CFI	0.835	0.829
TLI	0.826	0.809
RMSEA	0.086	0.09
90% CI	[0.083 - 0.089]	[0.087 - 0.093]

Table 3.
Standardized Factor Loading of Six-Factor CFA and ESEM

	Two Factor CFA	**Two Factor ESEM**	
Factor loading POS		**POS**	**NEG**
S-KI 1	**0.687**	**0.556**	-0.192
S-KI 2	**0.698**	**0.566**	-0.199
S-KI 3	**0.355**	**0.524**	0.231
S-KI 4	**0.473**	**0.573**	0.137
S-KI 5	**0.56**	**0.532**	-0.056
S-KI 6	**0.613**	**0.585**	-0.051
S-KI 7	**0.601**	**0.592**	-0.021
S-KI 8	**0.577**	**0.596**	0.022
S-KI 9	**0.471**	**0.517**	0.056
C-HU 16	**0.221**	**0.437**	0.299
C-HU 17	**0.649**	**0.657**	0.006
C-HU 18	**0.641**	**0.688**	0.064
C-HU 19	**0.781**	**0.793**	0.013
C-HU 20	**0.51**	**0.612**	0.151
C-HU 21	**0.689**	**0.699**	0.011
MIN 27	**0.596**	**0.571**	-0.051
MIN 28	**0.673**	**0.644**	-0.053
MIN 29	**0.711**	**0.613**	-0.162
MIN 30	**0.801**	**0.724**	-0.128
MIN 31	**0.678**	**0.661**	-0.039
MIN 32	**0.778**	**0.747**	-0.063
MIN 33	**0.654**	**0.615**	-0.071
Factor loading NEG			
S-JU 10	**0.66**	0.124	**0.738**
S-JU 11	**0.738**	0.22	**0.86**
S-JU 12	**0.745**	0.233	**0.875**
S-JU 13	**0.612**	-0.12	**0.535**
S-JU 14	**0.577**	0.089	**0.64**
S-JU 15	**0.587**	0.195	**0.721**
ISO 22	**0.806**	-0.184	**0.693**
ISO 23	**0.699**	-0.092	**0.646**
ISO 24	**0.73**	-0.069	**0.695**
ISO 25	**0.78**	-0.135	**0.699**
ISO 26	**0.722**	-0.017	**0.723**
O-ID 34	**0.543**	-0.036	**0.525**
O-ID 35	**0.734**	-0.143	**0.648**
O-ID 36	**0.601**	-0.174	**0.485**
O-ID 37	**0.787**	-0.138	**0.707**
O-ID 38	**0.699**	-0.127	**0.621**
O-ID 39	**0.64**	-0.056	**0.611**

Target factor loadings are in bold

We evaluated the two factor models based on the information in Table 2 and 3, both CFA and ESEM had better fit compared to the one-factor model. The CFI and TLI index of two-factor CFA were 0.835 and 0.826 respectively, and the two-factor ESEM had CFI and TLI 0.829 and 0.809, respectively. The RMSEA index of two-factor CFA and ESEM were 0.086 and 0.09 respectively. Overall, the two-factor CFA had slightly better fit indices than two-factor ESEM. However, these two models were not fit according to the fit criteria from Bentler (1990), Tucker and Lewis (1973), Steiger and Lind (1980). From this model, the authors considered that self-compassion consists of two aspects; namely positive and negative aspects. This assumption was supported by the data, where the CFA model had slightly better fit indices than the ESEM model.

For the next model, we tested the six correlated factors, namely common humanity, self-judgement, self-kindness, over-identification, mindfulness and, isolation. Each factor has their items, respectively. Moreover, all the factors were confirmed to correlate with each other. The results are as follow.

Table 4.
Statistical Indices of Six-Factor CFA and ESEM

	Six-Factor CFA (5th)	**Six-Factor ESEM (6th)**
CFI	0.915	0.95
TLI	0.908	0.929
RMSEA	0.062	0.055
90% CI	[0.059 - 0.066]	[0.051 - 0.059]

Table 5.
Standardized Factor Loadings for Six-Factors ESEM and EFA

	Six-Factor CFA	**Six-Factor ESEM**					
Self-Kindness		S-KI	C-HU	MIN	S-JU	ISO	O-ID
S-KI 1	**0.762**	**0.404**	-0.046	0.364	-0.192	-0.268	0.316
S-KI 2	**0.782**	**0.478**	-0.053	0.318	-0.19	-0.325	0.374
S-KI 3	**0.403**	**0.427**	0.105	0.1	0.091	0.079	0.131
S-KI 4	**0.536**	**0.554**	0.09	0.038	0.073	0.054	0.039
S-KI 5	**0.639**	**0.841**	-0.186	-0.13	0.155	-0.141	-0.129
S-KI 6	**0.697**	**0.827**	-0.145	-0.064	0.089	-0.093	-0.087
S-KI 7	**0.672**	**0.476**	0.141	0.148	-0.226	0.27	-0.059
S-KI 8	**0.651**	**0.684**	0.081	-0.032	-0.142	0.142	0.035
S-KI 9	**0.532**	**0.565**	0.083	-0.041	-0.021	0.203	-0.143
Common Humanity							
C-HU 16	**0.289**	0.02	**0.391**	0.084	0.186	0.102	0.025
C-HU 17	**0.753**	0.049	**0.7**	-0.012	-0.051	-0.036	-0.031
C-HU 18	**0.741**	-0.03	**0.715**	0.078	0.045	-0.174	0.095
C-HU 19	**0.902**	-0.017	**0.802**	0.098	-0.022	-0.121	0.015
C-HU 20	**0.604**	0.064	**0.659**	-0.014	-0.078	0.137	0.034

	Six-Factor CFA			Six-Factor ESEM			
C-HU 21	**0.796**	0.004	**0.631**	0.177	-0.073	-0.032	0.026
Mindfulness							
MIN 27	**0.634**	0.051	-0.044	**0.699**	0.069	0.101	-0.199
MIN 28	**0.707**	0.12	0.005	**0.687**	-0.007	0.056	-0.06
MIN 29	**0.752**	0.066	0.018	**0.674**	-0.005	0.002	-0.171
MIN 30	**0.841**	0.071	0.209	**0.622**	-0.016	-0.02	-0.114
MIN 31	**0.714**	0.231	0.145	**0.422**	0.123	-0.062	-0.115
MIN 32	**0.82**	0.224	0.315	**0.354**	0.13	-0.125	-0.124
MIN 33	**0.692**	0.192	0.329	**0.224**	-0.004	0.003	-0.134
Self-Judgement							
S-JU 10	**0.763**	-0.047	-0.014	0.063	**0.676**	0.121	0.019
S-JU 11	**0.836**	0.014	0.05	-0.047	**0.899**	-0.052	0.01
S-JU 12	**0.844**	-0.004	0.039	0.007	**0.883**	-0.01	0.01
S-JU 13	**0.716**	-0.173	-0.061	0.005	**0.498**	-0.011	0.157
S-JU 14	**0.684**	-0.038	-0.118	0.149	**0.65**	0.018	0.08
S-JU 15	**0.697**	0.02	-0.004	0.144	**0.547**	0.173	0.158
Isolation							
ISO 22	**0.862**	0.016	-0.103	-0.146	0.14	**0.648**	0.072
ISO 23	**0.745**	-0.08	-0.035	0.033	0.003	**0.714**	0.096
ISO 24	**0.783**	-0.058	-0.009	0.001	0.108	**0.549**	0.234
ISO 25	**0.833**	-0.081	-0.103	0.043	0.071	**0.637**	0.192
ISO 26	**0.771**	-0.077	-0.023	0.103	0.129	**0.59**	0.217
Over-Identification							
O-ID 34	**0.589**	0.041	0.164	-0.255	0.119	-0.055	**0.614**
O-ID 35	**0.796**	0.114	-0.013	-0.29	0.181	0.158	**0.504**
O-ID 36	**0.657**	-0.022	0.076	-0.25	-0.006	0.119	**0.526**
O-ID 37	**0.854**	0.086	-0.078	-0.179	0.202	0.233	**0.5**
O-ID 38	**0.755**	-0.142	-0.021	0.04	0.087	0.174	**0.586**
O-ID 39	**0.692**	-0.049	-0.005	0.026	0.034	0.284	**0.514**

Target factor loadings are in bold

Table 6.
Correlation Factor of Six-Factors CFA and ESEM

	1	2	3	4	5
Self-Kindness	1				
Common Humanity	0.514 / 0.555	1			
Mindfulness	0.639 / 0.502	0.574 / 0.491	1		
Self-Judgement	-0.245 / -0.14	-0.140 / -0.159	-0.243 / -0.232	1	
Isolation	-0.405 / -0.277	-0.251 / -0.160	-0.43 / -0.276	0.619 / 0.513	1
Over-Identification	-0.359 / -0.291	-0.203 / -0.14	-0.452 / -0.219	0.544 / 0.363	0.705 / 0.429

value on the left side is the correlation of six-factor CFA, and the right side is six-factor ESEM

As can be seen in Table 4 these two models have small differences in fit indices. The correlated factor model of CFA has slightly increased in CFI and TLI with 0.915 and 0.908, respectively. Meanwhile, the correlated factor model of ESEM had slightly larger CFI and TLI with 0.95 and 0.929, respectively. The RMSEA value of the second model was 0.055 compared to the first model with 0.133. The authors calculated chi-square differences between CFA 3rd and 5th model and found the differences was significant. It can be concluded that the two CFA models had improved and statistically significant, in which the latest model had better fit indices (Bentler, 1990; Steiger & Lind, 1980; Tucker & Lewis, 1973).

For the ESEM model, according to the Table 2 and 4, the 4th and 6th model had completely different results of fit indices and statistically significant. The latest model had better fit indices than the 4th model. In the 6th model, majority of items from all intended factors had sufficient value of factor loadings. Therefore, all the items were loaded perfectly to each factor.

From Table 6, all six factors were correlated moderately. The lowest correlation was -0.14 from the correlation between self-judgement with self-kindness, and common humanity with self-judgement. The highest correlation was 0.705 between over-identification with isolation. From this standpoint, we can see that there are two pattern correlations between the six factors. The factors like common humanity, mindfulness, and self-kindness were correlated positively. Meanwhile, among self-judgement, isolation and over-identification had a positive correlation as well.

The next model we examined was the bifactor model with 1-g and six factors model. We run this model with CFA and ESEM analysis. The 1-g factor was a general factor that considered as a self-compassionate, and six factors models were the same as the previous model. The results are as follow.

Table 7.
Statistical Indices of Bi Factor CFA and ESEM

	BiFactor CFA (7th)	**BiFactor ESEM (8th)**
CFI	0.817	0.963
TLI	0.796	0.944
RMSEA	0.093	0.049
90% CI	[0.09- 0.096]	[0.044 - 0.053]

Table 8.
Standardized Factor Loadings for the Bifactor CFA and ESEM

Items	Bi Factor CFA		Bi Factor ESEM						
	GF	SF	GF	S-KI	C-HU	MIN	S-JU	ISO	O-ID
Self-Kindness									
S-KI 1	0.614	0.327	**0.787**	***-0.001***	0.127	-0.165	0.119	0.187	0.227
S-KI 2	0.629	0.356	**0.761**	***0.081***	-0.1	-0.115	0.079	0.089	0.252
S-KI 3	0.212	0.428	**0.301**	**0.286**	-0.068	0.041	0.208	0.185	0.147

Items	Bi Factor CFA		Bi Factor ESEM						
	GF	SF	GF	S-KI	C-HU	MIN	S-JU	ISO	O-ID
S-KI 4	0.342	0.462	**0.375**	**0.405**	0.166	0.084	0.154	0.089	0.092
S-KI 5	0.404	0.604	**0.411**	**0.624**	0.127	0.079	0.129	-0.195	-0.029
S-KI 6	0.454	0.622	**0.475**	**0.586**	0.138	0.087	0.108	-0.119	0.011
S-KI 7	0.514	0.352	**0.501**	**0.332**	-0.074	0.14	-0.065	0.242	0.001
S-KI 8	0.451	0.497	**0.467**	**0.485**	-0.046	0.051	-0.012	0.123	0.091
S-KI 9	0.356	0.427	**0.346**	**0.462**	0.136	0.072	0.053	0.134	-0.08
Common Humanity									
C-HU 16	0.075	0.452	**0.141**	0.07	**0.34**	0.075	0.232	0.17	0.056
C-HU 17	0.501	0.563	**0.496**	0.09	**0.548**	0.055	0.012	0.024	0.026
C-HU 18	0.480	0.579	**0.506**	-0.002	**0.539**	0.072	0.103	-0.019	0.139
C-HU 19	0.621	0.628	**0.621**	0.015	**0.613**	0.088	0.063	0.022	0.065
C-HU 20	0.336	0.583	**0.342**	0.127	**0.553**	0.094	-0.005	0.134	0.085
C-HU 21	0.559	0.510	**0.538**	0.027	**0.49**	0.183	0	0.043	0.096
Mindfulness									
MIN 27	0.451	0.549	**0.503**	-0.006	-0.041	**0.491**	0.128	0.154	-0.088
MIN 28	0.514	0.579	**0.567**	0.023	-0.004	**0.506**	0.064	0.118	0.061
MIN 29	0.601	0.465	**0.638**	-0.03	-0.011	**0.422**	0.084	0.11	-0.073
MIN 30	0.683	0.466	**0.689**	0.003	0.144	**0.446**	0.056	0.073	0.007
MIN 31	0.552	0.473	**0.511**	0.202	0.126	**0.481**	0.08	-0.088	0.031
MIN 32	0.677	0.402	**0.591**	0.22	0.266	**0.446**	0.076	-0.141	0.033
MIN 33	0.591	0.259	**0.516**	0.181	0.275	**0.271**	0.017	-0.003	-0.033
Self-Judgement									
S-JU 10	-0.460	0.596	**-0.428**	0.067	0.051	0.069	**0.585**	0.166	0.047
S-JU 11	-0.441	0.749	**-0.442**	0.147	0.101	0.039	**0.733**	0.026	0.045
S-JU 12	-0.441	0.767	**-0.413**	0.107	0.091	-0.001	**0.764**	0.109	0.037
S-JU 13	-0.529	0.351	**-0.492**	-0.059	-0.014	0.05	**0.388**	0.016	0.143
S-JU 14	-0.405	0.554	**-0.368**	0.028	-0.047	0.105	**0.565**	0.104	0.094
S-JU 15	-0.412	0.523	**-0.364**	0.096	0.072	0.172	**0.498**	0.199	0.182
Isolation									
ISO 22	-0.710	0.440	**-0.684**	0.138	0.05	-0.025	0.164	**0.449**	0.052
ISO 23	-0.565	0.573	**-0.541**	0.022	0.088	0.029	0.099	**0.562**	0.079
ISO 24	-0.633	0.437	**-0.567**	0.042	0.098	0.061	0.156	**0.43**	0.216
ISO 25	-0.672	0.490	**-0.596**	-0.002	0.025	0.01	0.161	**0.536**	0.159
ISO 26	-0.606	0.483	**-0.551**	0.032	0.091	0.154	0.175	**0.463**	0.211
Over-Identification									
O-ID 34	-0.400	0.576	**-0.411**	0.06	0.182	-0.04	0.085	-0.053	**0.556**
O-ID 35	-0.641	0.459	**-0.625**	0.175	0.074	0.002	0.121	0.05	**0.457**
O-ID 36	-0.506	0.455	**-0.501**	0.022	0.114	-0.058	-0.02	0.059	**0.465**
O-ID 37	-0.705	0.411	**-0.627**	0.119	0.024	-0.007	0.188	0.177	**0.442**
O-ID 38	-0.597	0.458	**-0.505**	-0.125	0.03	0.025	0.13	0.221	**0.515**
O-ID 39	-0.537	0.432	**-0.455**	-0.036	0.061	0.044	0.097	0.281	**0.462**

Note. GF = General Factor; SF = Specific Factor; Target factor loadings are in bold; non-significant items are in italic

According to Table 7, the 7th model did not fit with the CFI and TLI 0.817 and 0.796, respectively. These indices were too far from the minimum index (0.90) (Thompson, 2004). Even the RMSEA value showed that the model was not fit (RMSEA = 0.093) (Steiger & Lind, 1980). However, the 8th model had better fit with CFI and TLI 0.963 and 0.944, respectively. The RMSEA value was relatively small with 0.049. It indicated the ESEM analysis for 1-g factor and six-factors was fitted to the data. However, in Table 8, there were two items that not significant in factor self-kindness, that is item 1 and item 2. Moreover, item 1 has negative loading on factor self-kindness.

The next model we tested was two general factors that consisted of positive and negative aspects and six specific factors (common humanity, self-judgement, self-kindness, mindfulness, isolation, and over-identification). We tested this model under CFA and ESEM analysis. The results of this model as follow.

Table 9.
Statistical Indices of Two Bifactor CFA and ESEM

	Two BiFactor CFA (9th)	**Two BiFactor ESEM (10th)**
CFI	0.843	0.963
TLI	0.826	0.944
RMSEA	0.086	0.049
90% CI	[0.083 - 0.089]	[0.045 - 0.053]

Table 10.
Standardized Factor Loadings for the Two-Bifactor CFA and ESEM

	Two-BiFactor CFA			**Two-BiFactor ESEM**						
	POS	**NEG**	**SF**	**POS**	**NEG**	**S-KI**	**C-HU**	**MIN**	**S-JU**	**ISO**	**O-ID**
Self-Kindness											
S-KI 1	**1.000**		**1.000**	**1**		**-0.022**	0.386	0.383	-0.133	-0.211	-0.169
S-KI 2	**0.686**		**0.034**	**0.38**		**0.229**	0.304	0.359	-0.179	-0.255	-0.101
S-KI 3	**0.356**		**-0.128**	**0.199**		**0.327**	0.266	0.224	0.157	0.074	0.033
S-KI 4	**0.476**		**-0.240**	**0.164**		**0.466**	0.24	0.249	0.095	-0.021	-0.012
S-KI 5	**0.536**		**-0.462**	**0.164**		**0.69**	-0.023	0.19	0.063	-0.273	-0.105
S-KI 6	**0.596**		**-0.464**	**0.179**		**0.674**	0.04	0.246	0.003	-0.23	-0.097
S-KI 7	**0.614**		**-0.217**	**0.123**		**0.442**	0.297	0.332	-0.213	0.087	-0.142
S-KI 8	**0.582**		**-0.279**	**0.186**		**0.573**	0.254	0.231	-0.138	-0.015	-0.039
S-KI 9	**0.469**		**-0.277**	**0.101**		**0.518**	0.206	0.18	0.001	0.049	-0.15
Common Humanity											
C-HU 16	***0.072***		**1.000**	**0.007**		0.098	**0.393**	0.156	0.241	0.143	0.014
C-HU 17	**0.575**		**0.435**	**-0.039**		0.224	**0.655**	0.219	-0.104	-0.105	-0.099
C-HU 18	**0.562**		**0.440**	**-0.018**		0.138	**0.676**	0.274	-0.027	-0.162	-0.009
C-HU 19	**0.699**		**0.479**	**-0.029**		0.184	**0.768**	0.326	-0.097	-0.157	-0.105
C-HU 20	**0.434**		**0.440**	**-0.052**		0.211	**0.611**	0.198	-0.056	0.051	0.014
C-HU 21	**0.63**		**0.367**	**-0.044**		0.174	**0.612**	0.37	-0.144	-0.105	-0.043

	Two-BiFactor CFA			Two-BiFactor ESEM						
	POS	**NEG**	**SF**	**POS**	**NEG**	**S-KI**	**C-HU**	**MIN**	**S-JU**	**ISO**	**O-ID**
Mindfulness											
MIN 27	**0.437**		**1.000**	**0.005**		0.119	0.085	**0.689**	-0.001	0.003	-0.223
MIN 28	**0.601**		**0.380**	**0.036**		0.159	0.145	**0.73**	-0.082	-0.06	-0.1
MIN 29	**0.647**		**0.354**	**0.037**		0.137	0.165	**0.684**	-0.11	-0.096	-0.266
MIN 30	**0.755**		**0.284**	**0.008**		0.177	0.318	**0.708**	-0.128	-0.139	-0.187
MIN 31	**0.643**		**0.249**	**-0.03**		0.308	0.208	**0.6**	0.019	-0.203	-0.065
MIN 32	**0.756**		**0.198**	**-0.059**		0.351	0.355	**0.586**	0.002	-0.27	-0.077
MIN 33	**0.648**		**0.113**	**-0.022**		0.301	0.368	**0.412**	-0.079	-0.131	-0.148
Self-Judgement											
S-JU 10		**1.000**	**1.000**		**1**	-0.011	-0.078	-0.151	**0.295**	0.216	-0.022
S-JU 11		**0.746**	**-0.200**		**0.38**	0.037	-0.027	-0.121	**0.739**	0.168	0.152
S-JU 12		**0.754**	**-0.208**		**0.372**	0.005	-0.001	-0.106	**0.758**	0.219	0.115
S-JU 13		**0.627**	**-0.184**		**0.281**	-0.174	-0.152	-0.14	**0.412**	0.161	0.258
S-JU 14		**0.590**	**-0.140**		**0.319**	-0.059	-0.127	0.003	**0.543**	0.195	0.16
S-JU 15		**0.600**	**-0.134**		**0.321**	0.012	-0.027	0.05	**0.483**	0.3	0.257
Isolation											
ISO 22		**0.705**	**1.000**		**0.205**	-0.038	-0.149	-0.3	0.265	**0.662**	0.237
ISO 23		**0.639**	**0.293**		**0.209**	-0.115	-0.049	-0.159	0.125	**0.704**	0.199
ISO 24		**0.705**	**0.187**		**0.206**	-0.097	-0.052	-0.142	0.215	**0.59**	0.352
ISO 25		**0.749**	**0.201**		**0.22**	-0.147	-0.107	-0.168	0.196	**0.679**	0.283
ISO 26		**0.698**	**0.192**		**0.211**	-0.104	-0.062	-0.053	0.237	**0.622**	0.346
Over-Identification											
O-ID 34		**0.387**	**1.000**		**0.184**	-0.048	0.079	-0.197	0.131	0.062	**0.651**
O-ID 35		**0.671**	**0.360**		**0.216**	0.014	-0.115	-0.271	0.223	0.253	**0.631**
O-ID 36		**0.541**	**0.325**		**0.186**	-0.1	-0.021	-0.26	0.025	0.196	**0.583**
O-ID 37		**0.736**	**0.299**		**0.223**	-0.041	-0.132	-0.225	0.27	0.353	**0.597**
O-ID 38		**0.650**	**0.302**		**0.289**	-0.229	-0.064	-0.106	0.088	0.314	**0.586**
O-ID 39		**0.600**	**0.262**		**0.199**	-0.139	-0.027	-0.073	0.106	0.375	**0.542**

Note. POS = Positive Aspects; NEG = Negative Aspects; Target factor loadings are in bold

In Table 9, the model number 9 with two-g's and six-factors CFA had no satisfying fit indices with CFI and TLI 0.843 and 0.826, respectively. The RMSEA index was 0.086 and it was slightly smaller compared to the previous model. The 10th model had much better fit indices with CFI and TLI 0.963 and 0.944, respectively. The RMSEA value was 0.049 and it indicates that the ESEM factor analysis had a model fit better than the CFA analysis (Steiger & Lind, 1980).

According to Table 10, all the factor loadings in model Two-BiFactor CFA, from both positive and negative aspects, were showing positive correlation with each factor. However, when the similar data was analyzed under Two-BiFactor ESEM, we obtained the correlation between some items of common humanity and mindfulness with the positive aspect were negative. It contradicted with the CFA analysis. Even though, the ESEM analysis had better fit model, the factor loadings of these two aspects slightly did

not align with the factor. However, in the specific factor, all the items were positively correlated with the targeted factors.

Since all the models did not show reasonable fit, the authors proposed another model based on the CFA and ESEM results from model 3rd, 4th, 5th and 6th. From these models, the authors obtained insight about structure of the data where there were two correlation factors namely negative and positive aspects and for each aspect consists of three dimensions. Since the correlations between dimensions were moderate, the author proposed a hierarchical two-factor model. The first level was three dimensions for each aspect and the second level was two aspects (in Figure 6). However, we deleted some items with factor loadings that were not significant ($p > 0.05$). Therefore, we only examined items with significant factor loadings. Items that we deleted were item number 3, 4, 9 of self-kindness and item 16 of common humanity. So, the authors examined these models only under CFA analysis because ESEM analysis cannot estimate a latent variable.

Table 11.
Hierarchical Two-Factors CFA

Hierarchical Two-Factors CFA (11th)	
CFI	0.935
TLI	0.93
RMSEA	0.059
90% CI	0.056 – 0.063

Table 12.
Standardized Factor Loadings for the Two-Bifactor CFA

Hierarchical Two-Factors CFA	
Factor loading Positive Aspect	
SCSK	0.82
SCCH	0.747
SCM	0.916
Self-Kindness	
S-KI 1	0.773
S-KI 2	0.79
S-KI 5	0.632
S-KI 6	0.696
S-KI 7	0.661
S-KI 8	0.631
Common Humanity	
C-HU 17	0.746
C-HU 18	0.736
C-HU 19	0.904
C-HU 20	0.579
C-HU 21	0.798

Hierarchical Two-Factors CFA	
Mindfulness	
MIN 27	0.637
MIN 28	0.71
MIN 29	0.758
MIN 30	0.847
MIN 31	0.711
MIN 32	0.813
MIN 33	0.681
Factor loading of Negative Aspect	
SCSJ	0.683
SCI	0.923
SCOI	0.9
Self-Judgement	
S-JU 10	0.762
S-JU 11	0.836
S-JU 12	0.845
S-JU 13	0.716
S-JU 14	0.684
S-JU 15	0.695
Isolation	
ISO 22	0.863
ISO 23	0.743
ISO 24	0.784
ISO 25	0.831
ISO 26	0.773
Over-Identification	
O-ID 34	0.588
O-ID 35	0.797
O-ID 36	0.653
O-ID 37	0.856
O-ID 38	0.753
O-ID 39	0.694
Correlation	
Positive aspect with Negative aspect	-0.542

Based on Table 11, the hierarchical two factors CFA had good fit indices with RMSEA 0.059, CFI and TLI were 0.935 and 0.93. It indicated that these models had reasonably fit well to the data (Bentler, 1990; Tucker & Lewis, 1973). Also, all the items were load highly on each factor. The lowest factor loading of item was 0.579 and the highest factor loading of item was 0.904. In the second level, as can be seen in Table 12, the factor loadings of each dimension from each factor were showing reasonably well. The self-kindness had 0.82 of factor loading, common humanity had 0.747 of factor loading and mindfulness had 0.916 of factor loading on positive aspect. Meanwhile, on the negative aspect, the self-judgement had 0.683 of factor loading, isolation had 0.923 of factor loading and over-identification had 0.90 of

factor loading. These results were satisfying and reasonably fit well to the data.

Based on the overall results, the authors suggested the structure data of this study was a hierarchical two-factors model with the final 35 item, where the two factors are negative aspect and positive aspect. The positive one consists of mindfulness, self-kindness, and common humanity. Meanwhile, the negative one consists of over-identification, self-judgement, and isolation.

Reliability

In the reliability analysis, the authors only analyzed 35 valid items (in Appendix B) with each dimension and aspect. The authors calculated the reliability analysis using Alpha Cronbach reliability. The scale is reliable if the Alpha-Cronbach index close to 1 and as minimum standard reliability is 0.7 (Nunally & Bernstein, 1994). The results are as follow.

Table 13.
Alpha Cronbach Reliability

Aspect	A
Positive Dimension (18 items)	0.901
Negative Dimension (17 items)	0.913
Unidimensional Factor (35 items)	0.761

Based on Table 13, each dimension had reasonably well reliability index. The positive dimension had 0.901 of Cronbach's Alpha reliability and the negative dimension had 0.913 of Cronbach's Alpha reliability. However, for the unidimensional factor where all the items considered as a single factor or score, the reliability index decreased significantly to 0.761. These findings were consistent with the results from hierarchical two-factors CFA and the score cannot be treated as a single score.

Discussion

This measuring instrument model supports self-compassion as a concept that can measure one G factor i.e. self-compassion and six sub-scales. It is demonstrated from the model that is in Table 7 by using the ESEM Bi Analysis tool factor. The numbers are acceptable on the allowed threshold of RMSEA 0.049, CFI 0.963, and TLI 0.944. In this model there are only two items on self-kindness unrelated to the self-kindness construct i.e., Item No 1 and Item No 2. These result support Neff et al.'s (2019) argument that the bifactor-ESEM was the most conceptually appropriate way to interpret the SCS because it can simultaneously specify both the specific and overall relationship of items using a bifactor framework approach as well as their interaction as a system with an ESEM approach.

From the overall result we gained insight to make sharper modifications to get a better fit model. The results from our analysis proposed a hierarchical two-factor model thathat has two levels of models. The first level is three aspects of two factors (common humanity, self-kindness, and mindfulness as positive factors; isolation, self-judgment, and over identification as negative factors). The second level is two factors, positive and negative. This implicates that there are two total score factors i.e., the total negative score and the total positive score.

In bifactor studies, interpretation of the score can be determined from the

fittest models of the data (Rodriguez, Reise, & Haviland, 2016a). One of the important data is the coefficient alpha, from the data in this study of coefficient alpha with two-factor hierarchical models better than the bi factor models. Neff et al. (2019) has carried out global measurements and found evidence that self-compassion is measured better with the total score and six sub-scale score. According to us the results of this research do not necessarily change the global self-compassion. This research enhances the use of self-compassion especially in Indonesia. From the results of the construct and data model that we acquired; we suggest modifications in calculating the total score of self-compassion. According to Neff (2003b) to calculate the total score is by doing reverse coding on the negative aspects (self-judgment, over identification, and isolation), the results are then added to the positive aspects. The result of the summation aspect becomes the total score of self-compassion. We advise that for use in Indonesia, to get the total score of the overall self-compassion is by making a deduction between the total positive score with the total negative score.

The result of this summation will then show whether the total score of the participant's self-compassion is in the total positive score or the total negative score. The total positive score indicates that participants have good self-compassion, and a negative total score indicates a lack of good self-compassion.

These measuring models need to be tested in several special groups such as entrepreneurs and workers. Research in entrepreneurs and workers in Indonesia that have been done recently mostly discussed the quality of life (Syaiful & Bahar, 2016; Wardani & Anwar, 2019). Another research in Indonesia that is also widely cited is self-compassion and resilience in drug addicts. In Indonesia resiliency in drug addicts has been discussed separately (Syaiful & Dearly, 2015) or linked to self-compassion (Febrinabilah & Listiyandini, 2016).

The interesting thing about self-compassion is that the construction is something that can be taught and studied (Neff et al., 2019; Neff & Garmer, 2013). The results of present study can inspire educators or therapies in Indonesia that teach self-compassion for sensitive viewing of negative and positive behaviors of the measurement results of self-compassion scale.

Conclusion

From the results of this study we suggest the use of Self compassion model in Indonesia using two-factor hierarchical models. Further research needs to be done by relating this model when applying self-compassion intervention in Indonesia.

This research also opens up opportunities for researchers who want to measure self-compassion in Indonesia to see the consistency of items in measuring self-compassion. According to Rodriguez, Reise, and Haviland (2016b), the results of the analysis data factor structure need to be demonstrated in field research. It is a challenge for further research in Indonesia to determine which model is better when studying and teaching self-compassion in Indonesia.

The research also inspires researchers in Indonesia that self-compassion is

something that needs to be defined as a form of behavior in Indonesia. The hierarchical two factor model can help researchers or psychologists who want to teach self-compassion in Indonesia by giving an understanding of the positive and negative factors of self-compassion.

This research has a limitation because of non-proportionate sample that is less proportional between adults and the mid and late adults. Further research can conduct research with better sample compositions.

Suggestions

This research has a limitation because of non-proportionate sample that is less proportional between adults and the mid and late adults. Further research can conduct research with better samples.

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Author's contribution

Irfan Aulia Syaiful built theoretical concepts, constructs measurement tools, discussions and conclusions. Adiyo Roebianto conducted statistical analysis and developed a measuring instrument model that is adaptive and fit with conditions in Indonesia.

Conflict of interests

The authors declare that there is not conflict of interest in this research..

Orcid id

Irfan Aulia Syaiful: https://orcid.org/0000-0001-7225-813X

Adiyo Roebianto: https://orcid.org/0000-0002-9144-383X

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Appendix A

Initial Items

Translation of items in the Self Kindness Subscale

No	Original Item	Translation	Additional Item W Final Assesment
S-KI 1	I'm kind to myself when I'm experiencing suffering	Saya menghargai diri sendiri ketika saya mengalami penderitaan.	
S-KI 2	When I'm going through a very hard time, I give myself the caring and tenderness I need.	Ketika saya sedang melalui masa yang sangat sulit, saya memberikan diri saya penerimaan dan penghargaan yang saya butuhkan.	
S-KI 3	I try to be loving towards myself when I'm feeling emotional pain.	Saya mencoba untuk menerima rasa sakitnya ketika saya sedang tersakiti.	
S-KI 4	I'm tolerant of my own flaws and inadequacies.	Saya mau menerima kecerobohan dan kekurangan saya sendiri.	
S-KI 5			Saya mau menerima ketika ditunjukan kesalahan saya oleh orang lain
S-KI 6			Saya menerima diri saya saat di kritik oleh orang lain ketika melakukan kesalahan.
S-KI 7	I try to be understanding and patient towards those aspects of my personality I don't like.	Saya mencoba untuk memahami dan sabar terhadap aspek-aspek kepribadian saya yang tidak saya sukai.	
S-KI 8			Saya mencoba menerima kekurangan dari kepibadian saya setelah mendapatkan umpan balik dari orang lain.
S-KI 9			Saya mencoba menerima ketidaksukaan orang lain terhadap aspek kepribadian dan kekurangan diri saya.

Translation of items in the Self Judgment Subscale

No	Original Item	Translation	Additional Item with Final Assesment
S-JU 10	When I see aspects of myself that I don't like, I get down on myself.	Saya menyalahkan diri sendiri, ketika saya melihat aspek-aspek diri saya yang tidak saya sukai.	
S-JU 11	When times are really difficult, I tend to be tough on myself.	Ketika saya mengalami masa-masa sulit, saya cenderung menyalahkan diri sendiri.	
S-JU 12	I can be a bit cold-hearted towards myself when I'm experiencing suffering.	Saya dapat menyalahkan diri sendiri ketika saya mengalami penderitaan.	
S-JU 13	I'm intolerant and impatient towards those aspects of my personality I don't like.	Saya tidak toleran dan tidak sabar terhadap aspek-aspek kepribadian saya yang tidak saya sukai.	
S-JU 14	I'm disapproving and judgmental about my own flaws and inadequacies.	Saya tidak setuju dan menyalahkan diri sendiri tentang kecerobohan dan kekurangan saya sendiri.	
S-JU 15			Saya menyalahkan diri sendiri saat saya tidak dapat dan/atau gagal memenuhi harapan orang lain.

Translation of items in the Common Humanity Subscale

No	Original Item	Translation	Additional Item with Final Assesment
C-HU 16	When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.	Saya mencoba mengingatkan diri sendiri bahwa perasaan tidak mampu dimiliki oleh sebagian besar manusia.	
C-HU 17	I try to see my failings as part of the human condition.	Saya mencoba melihat kegagalan saya sebagai hal yang lumrah dan terjadi pada setiap orang.	
C-HU 18	When I'm down and out, I remind myself that there are lots of other people in the world feeling like I am.	Ketika saya sedih dan putus asa, saya mengingat-kan diri sendiri bahwa ada banyak orang di dunia yang merasa seperti saya.	

No	Original Item	Translation	Additional Item with Final Assesment
C-HU 19	When things are going badly for me, I see the difficulties as part of life that everyone goes through.	Ketika segalanya berjalan buruk bagi saya, saya melihat kesulitan sebagai bagian dari kehidupan normal yang dilalui semua orang.	
C-HU 20			Ketika ada yang mencela diri saya, saya melihat bahwa tidak ada manusia yang tanpa cela.
C-HU 21			Ketika saya mengalami kegagalan, saya cenderung mampu melihat hal ini juga dialami oleh orang yang paling sukses sekalipun.

Translation of items in the Isolation Subscale

No	Original Item	Translation	Additional Item with Final Assesment
ISO 22	When I fail at something that's important to me, I tend to feel alone in my failure.	Saya merasa menjadi satu-satunya orang yang paling gagal dan tidak ada yang mau membantu saya.	
ISO 23	When I'm really struggling, I tend to feel like other people must be having an easier time of it.	Saya cenderung merasa dikucilkan ketika gagal.	
ISO 24	When I'm feeling down, I tend to feel like most other people are probably happier than I am.	Ketika saya merasa sedih, saya cenderung merasa banyak orang lebih bahagia dari saya.	
ISO 25		Ketika ada orang yang mencela diri saya, saya merasa diri saya tidak berarti.	
ISO 26	When I think about my inadequacies it tends to make me feel more separate and cut off from the rest of the world.	Ketika saya mengalami kegagalan, saya cenderung merasa bahwa saya merasa sedang dihukum oleh dunia.	

Translation of items in the Mindfulness Subscale

No	Original Item	Translation	Additional Item with Final Assesment
MIN 27	When something upsets me, I try to keep my emotions in balance.	Ketika sesuatu membuat saya jengkel, saya berusaha menjaga emosi saya tetap seimbang.	
MIN 28	When I'm feeling down, I try to approach my feelings with curiosity and openness.	Ketika saya merasa sedih, saya mencoba mendekati perasaan saya dengan rasa ingin tahu dan keterbukaan.	
MIN 29	When something painful happens, I try to take a balanced view of the situation.	Ketika sesuatu yang menyakitkan terjadi, saya mencoba untuk melihat situasi dengan seimbang.	
MIN 30	When I fail at something important to me, I try to keep things in perspective.	Ketika saya gagal pada sesuatu yang penting bagi saya, saya mencoba untuk tetap menjaga hal positif dalam perasaan dan pikiran.	
MIN 31			Ketika saya dicela orang lain, saya melihat hal itu sebagai pembelajaran bagi diri saya.
MIN 32			Ketika saya gagal, saya menerima kegagalan itu sebagai proses pembelajaran.
MIN 33			Ketika saya tersakiti, saya menerima itu sebagai keseimbangan dalam hidup.

Translation of items in the Over Identification Subscale

No	Original Item	Translation	Additional Item with Final Assesment
O-ID 34	When something upsets me, I get carried away with my feelings.	Ketika sesuatu membuat saya jengkel, saya cenderung terbawa perasaan.	
O-ID 35	When I'm feeling down, I tend to obsess and fixate on everything that's wrong.	Ketika saya merasa sedih, saya cenderung terobsesi dan terpaku pada semua yang salah.	

No	Original Item	Translation	Additional Item with Final Assesment
O-ID 36	When something painful happens, I tend to blow the incident out of proportion.	Ketika sesuatu yang menyakitkan terjadi saya cenderung menampilkannya secara berlebihan.	
O-ID 37	When I fail at something important to me, I become consumed by feelings of inadequacy.	Ketika saya gagal pada sesuatu yang penting bagi saya, saya menjadi termakan oleh perasaan tidak mampu.	
O-ID 38			Ketika saya dicela, saya melihat itu sebagai penyerangan terhadap diri saya.
O-ID 39			Ketika saya tersakiti, saya melihat diri saya sebagian besar dalam posisi korban.

Appendix B

Final Items

Final items in the Self Kindness Subscale

No	Final Item
S-KI 1	Saya menghargai diri sendiri ketika saya mengalami penderitaan.
S-KI 2	Ketika saya sedang melalui masa yang sangat sulit, saya memberikan diri saya penerimaan dan penghargaan yang saya butuhkan.
S-KI 5	Saya mau menerima ketika ditunjukan kesalahan saya oleh orang lain
S-KI 6	Saya menerima diri saya saat di kritik oleh orang lain ketika melakukan kesalahan.
S-KI 7	Saya mencoba untuk memahami dan sabar terhadap aspek-aspek kepribadian saya yang tidak saya sukai.
S-KI 8	Saya mencoba menerima kekurangan dari kepibadian saya setelah mendapatkan umpan balik dari orang lain.

Final items in the Self Judgment Subscale

No	Final Item
S-JU 10	Saya menyalahkan diri sendiri, ketika saya melihat aspek-aspek diri saya yang tidak saya sukai.
S-JU 11	Ketika saya mengalami masa-masa sulit, saya cenderung menyalahkan diri sendiri.
S-JU 12	Saya dapat menyalahkan diri sendiri ketika saya mengalami penderitaan.
S-JU 13	Saya tidak toleran dan tidak sabar terhadap aspek-aspek kepribadian saya yang tidak saya sukai.
S-JU 14	Saya tidak setuju dan menyalahkan diri sendiri tentang kecerobohan dan kekurangan saya sendiri.
S-JU 15	Saya menyalahkan diri sendiri saat saya tidak dapat dan/atau gagal memenuhi harapan orang lain.

Final items in the Common Humanity Subscale

No	Final Item
C-HU 17	Saya mencoba melihat kegagalan saya sebagai hal yang lumrah dan terjadi pada setiap orang.
C-HU 18	Ketika saya sedih dan putus asa, saya mengingatkan diri sendiri bahwa ada banyak orang di dunia yang merasa seperti saya.
C-HU 19	Ketika segalanya berjalan buruk bagi saya, saya melihat kesulitan sebagai bagian dari kehidupan normal yang dilalui semua orang.
C-HU 20	Ketika ada yang mencela diri saya, saya melihat bahwa tidak ada manusia yang tanpa cela
C-HU 21	Ketika saya mengalami kegagalan, saya cenderung mampu melihat hal ini juga dialami oleh orang yang paling sukses sekalipun.

Final items in the Isolation Subscale

No	Final Items
ISO 22	Saya merasa menjadi satu-satunya orang yang paling gagal dan tidak ada yang mau membantu saya.
ISO 23	Saya cenderung merasa dikucilkan ketika gagal.
ISO 24	Ketika saya merasa sedih, saya cenderung merasa banyak orang lebih bahagia dari saya.
ISO 25	Ketika ada orang yang mencela diri saya, saya merasa diri saya tidak berarti.
ISO 26	Ketika saya mengalami kegagalan, saya cenderung merasa bahwa saya merasa sedang dihukum oleh dunia.

Final items in the Mindfulness Subscale

No	Final Items
MIN 27	Ketika sesuatu membuat saya jengkel, saya berusaha menjaga emosi saya tetap seimbang.
MIN 28	Ketika saya merasa sedih, saya mencoba mendekati perasaan saya dengan rasa ingin tahu dan keterbukaan.
MIN 29	Ketika sesuatu yang menyakitkan terjadi, saya mencoba untuk melihat situasi dengan seimbang.
MIN 30	Ketika saya gagal pada sesuatu yang penting bagi saya, saya mencoba untuk tetap menjaga hal positif dalam perasaan dan pikiran.
MIN 31	Ketika saya dicela orang lain, saya melihat hal itu sebagai pembelajaran bagi diri saya
MIN 32	Ketika saya gagal, saya menerima kegagalan itu sebagai proses pembelajaran.
MIN 33	Ketika saya tersakiti, saya menerima itu sebagai keseimbangan dalam hidup.

Final items in the Over Identification Subscale

No	Final Items
O-ID 34	Ketika sesuatu membuat saya jengkel, saya cenderung terbawa perasaan.
O-ID 35	Ketika saya merasa sedih, saya cenderung terobsesi dan terpaku pada semua yang salah.
O-ID 36	Ketika sesuatu yang menyakitkan terjadi saya cenderung menampilkannya secara berlebihan.
O-ID 37	Ketika saya gagal pada sesuatu yang penting bagi saya, saya menjadi termakan oleh perasaan tidak mampu.
O-ID 38	Ketika saya dicela, saya melihat itu sebagai penyerangan terhadap diri saya.
O-ID 39	Ketika saya tersakiti, saya melihat diri saya sebagian besar dalam posisi korban.