

Rumination, Optimism, and Psychological Well-Being among the Elderly: Self-Compassion as a Predictor

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This research explored the predicting role of self-compassion for rumination, optimism, and psychological well-being among elderly people in Pakistan. Study comprised of pilot testing of the Self-Compassion Scale (Neff, 2003a), Ruminative Response Scale (Nolen-Hoeksema & Morrow, 1991), and the Warwick-Edinburgh Mental well-being Scale (Tennant et al., 2007). Pilot testing indicated soundness of psychometric properties for these scales. Main study used data from 209 elderly people (60-90 years, ($M_{age} = 66.4$, $SD = 6.40$) employing convenient and snowball sampling. Among them 139 were men and 70 were women. Step-wise regression analysis indicate that self-judgment, isolation, over-identification and common humanity significantly predicted rumination. Over-identification, self-kindness and isolation significantly predicted optimism. Self-kindness, isolation, mindfulness and common humanity were significant predictors of psychological well being. Results indicate other age groups' compassion toward self serves to foster optimism, well-being, and combat ruminative tendencies among elderly people.

Keywords. Self-compassion, rumination, optimism, psychological well-being, elderly.