

# THE RELATIONSHIP BETWEEN SELF-COMPASSION AND ACADEMIC PROCRASTINATION BEING MEDIATED BY SHAME AND ANXIETY

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**Abstract:** This study was conducted to investigate the direct and indirect influences of self-compassion on procrastination among Assumption University students in Thailand. The sample consisted of 200 respondents (male:  $n=74$ , 37%; female:  $n=126$ , 63%) who voluntarily filled in the study's survey questionnaire consisting of the State-Trait Anxiety Inventory (STAI- Form Y) to measure anxiety; the Procrastination Assessment Scale for Students (PASS) to measure the level of academic procrastination; the Self-Compassion Scale (SCS) to measure the level of self-compassion, and the Test of Self-Conscious Affect-3 (TOSCA-3) to measure the level of shame. Results from the path analysis indicated that the participants' reported level of self-compassion was negatively associated with their level of academic procrastination; that is, the higher their level of self-compassion, the lower their reported level of academic procrastination. It was also found that self-compassion had a negative influence on the participants' reported level of anxiety. Their reported level of self-compassion was not found to have any significant influence on their reported level of shame. Finally, neither shame nor anxiety had a significant influence on academic procrastination. The theoretical and practical implications of these findings are discussed.

**Keywords:** Procrastination, Academic Procrastination, Self-compassion, Shame, Anxiety, Graduate Students

## Introduction

For many university students, setting goals and accomplishing tasks that are directly relevant to the achievement of these goals are part-and-parcel of their academic life. However, despite having the best intentions, many students fail to complete their academic tasks in a timely manner. In other words, for many students, the desire to procrastinate represents a barrier to the successful completion of their degrees.

Procrastination is generally defined as the intention or the thought of completing a task but failing to finish the task within the expected time limit (Senecal, Koestner,

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