Self- Compassion as a Moderator of the Relationship between Dysfunctional Attitudes and Loneliness in Divorced Women

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Abstract

The research aims at examine the relationships among Self-compassion, Dysfunctional attitudes and loneliness in divorced women. It was hypothesized that self-compassion would mediate the relationship between, Dysfunctional attitudes and loneliness. Results supported partial mediation, indicating that self-compassion partially accountsfor the relationship between Dysfunctional attitudes and loneliness Implications for practice and research are discussed.

Keywords: Self-Compassion, dysfunctional Attitudes, psychological loneliness

The Report of the Central Agency for Mobilization and Statistics (CAPMAS) in Egypt (2017) indicated that the total number of divorcees reached (710,850), with an increase of 15% compared to 2016. The highest divorce rate in urban areas was 60.7%, whereas in the rural areas, the rate was 39.3%. Two hundred thousand divorce cases occur yearly, most of which are within the 25 – 30 years' age group.

Many studies have examined the psychological effects of divorce (Ben-Zur, 2012; Dykstra & Fokkema, 2007; van Tilburg, Aartsen, & van der Pas, 2014).suggest that divorce leads to increased psychological maladjustment. The majority of divorced women show symptoms of anxiety and depression. VanTilburg, et al. (2014) revealed a greater concentration of divorced women around themselves. They become extremely introverted, leading to increased feelings of loneliness over the years. Feelings of loneliness is considered the starting point for various psychological problems and disorders that divorced women suffer from (Knöpfli, Cullati, Courvoisier, Burton-Jeangros, & Perrig-Chiello, 2016; Zafar & Kausar, 2014).

Despite the scientific assertions on divorce as a stressful factor that leads to increased sense of loneliness, studies did not explain the causes behind the varying levels of loneliness among divorced women. These variations may occur due to psychological variables that increase the impact of stressful events such as the negative or dysfunctional attitudes towards the self and the world. Such variables increase the impact of divorce and add to the feeling of loneliness among divorced women. (Beck & Clark, 1988; Haeffel, Abramson, Voelz,Metalsky,Halberstadt,Dykman,Alloy ,2005; Weissman & Beck, 1978)explained that dysfunctional attitudes towards the self, the world, and the future increase the individual's susceptibility to pressure, making him or her vulnerable to many emotional and behavioral problems.

Dysfunctional attitudes prevent the individual from adapting with himself and with others, and increases the likelihood of the individual's misinterpretation of situations that he or she encounters in

life. The results of the studies (e,g., Huffziger&Liebsch,2009. , Nasir., Ahmad Zamani,., Khairudin, Wan Sulaiman, MohdSani, & Amin,2016) showed a positive correlation between dysfunctional attitudes and feeling of loneliness, which might indicate that dysfunctional attitudes have a role in increased feelings of loneliness among divorced women.Some studies pointed to the prevalence of distorted cognition and erroneous beliefs among most divorced women.For example, the study of Shahbazi, Foroughan Salman Roghani&Rahgozar (2016) on the prevalence of negative ideas and attitudes towards self and towards the world among divorced women Munoz-Eguileta (2007) found that a prevalence of irrational ideas among divorced women, which results in psychological in-alignment. Al-

On the other hand, with respect to psychological variables that may mitigate the effect of divorce as a stressful situation, (Hiyoshi,. Fall., Netuveli, & Montgomery, 2015) proved the role of psychological preventive variables in the divorcee's success in regaining her psychological balance and achieving compatibility after the divorce. Examples of such variables include psychological resilience, flexibility, social support, psychological firmness, positive emotions, wisdom and self-efficacy. These variables play a modifying and mitigating role to the different surrounding negative variables related to the divorced women, especially the self-compassion variable.

Self-compassion, a new concept in the field of positive psychology and personality psychology. self-compassion was defined 'being open to and moved by one's own suffering, experiencing feelings of caring and kindness toward oneself, taking an understanding, non-judgmental attitude toward one's inadequacies and failures, and recognizing that one's experience is part of the common human experience' (Neff, 2003a,). Neff, described (2003a,Neff,2010) self-compassion consists of three interacting components: self-kindness versus self-judgment, mindfulness versus over-identification, common humanity versus isolation.

Recently, researchers started studying and examining the concept of self-compassion as a psychological concept associated with psychological compatibility (Gilbert & Irons, 2005, Leary, Tate, Adams, Allen, & Hancock, 2007)

The experience of self-compassion contribute to the building of positive feelings, positive strategy to coping in traumatic events, positive feelings to avoid self-blame towards painful, failure experiences and promoting happiness resources(e.g., Neff, Kirkpatrick & Rude 2007, Akin, 2010).

Additionally, some studies revealed a negative correlation between loneliness, self-kindness and human social relations as dimensions of self-compassion (Hakan&Halis, 2015, Taylor, 2015). Self-compassion also weakens the relationship between anxiety, loneliness, and depression (Karaoglu Budakoglu & ICoşkun, 2014). Moreover, the level of loneliness increases with the decrease in the level of self-compassion and vice versa (Körner, Coroiu, Copeland, Gomez-Garibello, Albani, & Zenger, 2015,Va Tiburg, et al., 2014). Isolation, excessive loneliness, and self-control, and self-control are considered predictors for the feeling of loneliness (Akin, Akin, 2015)

Many results relating to poor self-compassion and cognitive dysfunctions. For example, (Akin, 2010, b, 2012) concluded that there is a correlation between poor self-compassion and arbitrary judgments. Michael & Kendall (2010) disclosed that there is a correlation between poor self-compassion and perfectionism

Some studies indicated that self-compassion is one of the protective variables expected to mitigate the negative impact of life's difficulties. The studies of (Neff, Kirkpatrick & Rude

2007, Gilbert & Irons2005, Leary, Tate, Adams, Allen, & Hancock, 2007) pointed out that self-compassion is a vital and effective factor in psychology. It is considered influential in improving psychological performance. Neff (2003,a) stated that the three components of self-compassion work together to maintain psychological health .

In addition, this review shows that self-compassion enables the individual to adopt a non-avoidance compatibility strategy such as formulating the problem positively or adopting one of the problem-solving strategies when facing pressures Self-compassion also improves quality of life, reduces negative feelings, and promotes positive feelings such as optimism and satisfaction with life

(Abu Ghali, 2015). Self-compassion is positively associated with increased awareness, acceptance and good management of emotional experiences.

On the other hand, there is a negative correlation between self-compassion, mental and psychological disorders, and negative emotions (, Akin, 2012, Stefan&Koki, 2015)

The above also shows that self-compassion is a protective psychological variable that is supposed to reduce the impact of the dysfunctional attitudes and loneliness, especially since some studies linked self-compassion with different cognitive dysfunctions. Such studies(Neff ,2010, Hollis-Walker& Colosimo,2011, Clive, Shian,,Andrew &Jeffrey2012) These studies revealed a negative correlative relationship between the self-compassion and the various cognitive dysfunctions. Other studies examined the relationship between self-compassion and loneliness, such as (van Tilburg, Aartsen, & van der Pas, 2014, Taylor ,2015,). These studies revealed the presence of a statistically significant negative correlationbetween self-compassion and loneliness.

On the other hand, various studies confirmed self-compassion as a mediator variable between interrelated relationships and different variables. For example, the study of Raque-Bogdan, Ericson, Jackson, Martin & Bryan (2011) revealed self-compassion that fully mediates the relationship between psychological health and patterns of attachment, Keng, Smoski,Robins, Ekblad& Jeffrey (2012) showed self-compassion as the moderating effect of Relationship between Mono-Mental Vision and Targeting of Pressures.

In addition, Abu Ghali (2015) found self-compassion as a fully mediates variable the relationship between psychological suffering and self-satisfaction in widowed women. Based on the above, researchers asserted the effective role of self-compassion as a mitigating variable that can reduce the negative effects of life pressures such as divorce.

It is clear from what has been shown that in spite of the abundant studies in foreign cultures that dealt with self-compassion as an intermediate variable in the relationship between the various psychological variables, there is hardly any in relation to the studies that dealt with self-compassion as an intermediate variable in the relationship between the Dysfunctional Attitudes and loneliness. The researcher did not find any study related to this. In the light of previous studies and research, the current research assumes that there is a direct influence of self-compassion on reducing the individual's Dysfunctional Attitudes toward himself and the surrounding world. Moreover, self-compassion itself is reflected and clearly affects the individual's sense of loneliness. The current study assumes that self-compassion has the role of mediator between the Dysfunctional Attitudes and loneliness.

Method
Participants and Sampling Procedures

Participants
The study sample consisted of (100) divorced women, distributed as follows: (10)divorced women selected from the Hamza Abdel Motteleb Association in Alexandria, 25 women from the Divorced Women Club in Cairo, (32)of the divorced women frequenting the office of the social workers in the Family Court of Imbaba, Giza Governorate, and(33) of the divorced women frequenting the office of the social worker at the Court of Qus District in the Governorate of Qena. The sample was divided into two groups by age range. The first group consisted of(45)divorced women within the age range of (25 and 35) years, with a mean age of 32(SD = 3.2.) years. The second group consisted of 55 divorced women aged between (36 and 54) years, with a mean age of 39.6 3. (SD = 8) years.

Instruments
The Self Compassion Scale, designed by (Neff 2003 ,b), translated to Arabic by Abdel Rahman and El Dabe' (2014): The scale consists of (26) items measuring three main components distributed into six sub-dimensions, which are self-kindness versus self judgement, common humanity versus isolation, and mindfulness versus over-identification. Choice responses ranged between scores of 1 and 5, where

'never applicable' receives one grade, 'somewhat applicable' receives two grades, 'applicable' receives three grades, 'applicable to a great extent' receives four grades, and completely applicable' receives five grades. The score is reversed in the negative dimensions (self-judgment, isolation, and over identification . The foreign version of the scale has good psychometric characteristics in terms of validity and reliability

Moreover, the Arabic version of the scale has good psychometric characteristics. Abdel Rahman andEl Dabe' (2014) found factorial validity where two factors were selected for the scale, where the total variation rate was 47%. The scale's reliability was verified through using the Alpha Cronbach coefficient, which reached 0.79, the split-half method for the scale as a whole, which reached 0.86, and the test-retest method, where reliability reached 0.61.The psychometric efficiency of the scale's validity and reliability for the current study was verified through: (1) Discriminant validity. Results showed the existence of statistically significant differences, which indicates the validity of the scale.(2) Concurrent validity was determined through calculating the correlation coefficient between the total score of the current scale and the total score of the Self Compassion scale, short version, (Neff,,Pommier,& VanGucht,2011), Arabized by the researchers. The correlation coefficient between the scales was 0.66, As for the reliability coefficient, the Alpha Cronbach reliability coefficient for the scale dimensions ranged between 0.70 and 9.73, and 0.72 for the total score of the scale. The split-half method reliability coefficient for the scale dimensions ranged between 0.76 and 0.82, and 0.92 for the total score. Finally, the reliability coefficient using the testing-retesting 0.65.

The Short Version of the Social and Emotional Loneliness Scale for Adults (SELSA-S): (DiTommasso, Brannen, & Best, 2004) was Arabized by the researchers. It consisted of 15 items covering three dimensions: the family loneliness dimension consists of five items (numbers 1, 4, 7, 10, and 13), the emotional loneliness dimension consists of five items (numbers 2, 5, 11, 14, and 15), and the social loneliness dimensions consists of five items (numbers 3, 6, 8, 9, and 12). Response choices were added with scores from 1 to 7, where 'strongly disagree' receives 1 grade, 'disagree to a great extent' receives 2 grades, 'disagree to some extent' receives 3 grades, 'neutral' receives 4 grades, 'agree to some extent' receives 5 grades, 'agree to a great extent' receives 6 grades, and 'strongly agree' receives 7 grades. Thus, the maximum score for the family loneness dimension is 5 x 7, the maximum score for the emotional loneliness dimension is 5 x 7, and the maximum score for the social loneliness dimension is 5 x 7 The short version of the scale in its foreign form exhibited good psychometric characteristics in terms of validity and reliability, where Alpha coefficient reached 0.88 for the loneliness within family measure, 0.95 for the emotional loneliness measure, and 0.88 for the social loneliness measure. On the other hand, examining the correlation of the sub-measures of the scale's short version with the approved criteria proved the presence of high correlations between the sub-measures and the University of California loneliness scale (Adamczyk, &DiTommaso, 2014).

The psychometric efficiency of the scale's validity and reliability for the current study was verified, Concurrent validity was determined through calculating the correlation coefficient between the total score of the current scale and the total score ofUCLA Loneliness Scale(Russel,, 1996). The correlation coefficient between the scales was 0.68, as for the reliability coefficient, the Alpha Cronbach reliability coefficient for the scale dimensions ranged between 0.76 and.78, and 0.72 for the total score of the scale. The split-half method reliability coefficient for the scale dimensions ranged between 0.77 and 0.82, and 0.92 for the total score. Finally, the reliability coefficient using the testing-retesting 0.63

Dysfunctional Attitudes Scale (Weissman & Beck, 1978, Arabized by the researchers): The foreign form of the scale consists of 40 items that revolve around a set of false assumptions including self-criticism, low self-esteem, feelings of guilt, misguidance, and dependency, feelings of helplessness, weakness, and fear of rejection, as well as generalization of failure and seeking perfection. A set of choice responses and scores from 1 to 7 were added to the question. The response 'I completely disagree' receives one grade, 'I strongly disagree' receives two grades, 'I disagree to some extent' receives three grades, 'neutral' receives four grades, 'agree to some extent' receives five

grades, 'strongly agree' receives six grades, and finally 'completely agree' receives seven grades. The items number 2, 6, 12, 17, 24, 29, 30, 35, 37, and 40 are scored in reverse.This scale in its original form includes psychometric characteristics Beck determined the scale's reliability through testing re-testing with eight weeks' interval between tests, where the scale reliability reached 0.7. The Alpha Cronbach reliability coefficient reached 0.90, while the concurrent validity for the scale reached 63 in parallel with Beck's depression scaleIn the current study, The scale was applied to a psychometric sample of 50 divorced women. To verify the scale's validity and reliability, several methods were used. (1) Content validity: a panel of expert judges examined the items in the Arabized form of the scale, performing a qualitative assessment of the scale items' and determining if they match the content domain. The judges' assessment of the scale indicated, with 80% agreement rate, the matching of the items to the goal required for measurement. (2) Discriminant validity: a comparison was made between two divergent groups. The first group represented the least 25% (minimum quartile) of the psychometric sample on the scale, while the second group represented the highest 25% (maximum quartile). The purpose was to test the scale's ability to distinguish between the least and the highest quartiles. Results showed the existence of statistically significant differences, which indicates the validity of the scale. (3) Calculating the concurrent validity and the dysfunctional attitudes scale designed by(Baza ,2001). This was done through calculating the correlation coefficient between the total score on the current scale and the total score of the dysfunctional attitudes scale designed by(Baza 2001), where the correlation coefficient was 0.75, which indicates the validity of the scale.

The total scale reliability reached 0.80 using Alpha-Cronbach co-efficient, while the scale's split-half reliability coefficient reached 0.71. Finally, the test-retest reliability coefficient reached 0.66.

Procedure

The subjects (N=100) participated voluntarily in the study. The study tools were applied individually in the office of the social workers in the Family Court of Imbaba. The researcher informed all participants about the aim of the study before the measures were administered. Participants completed the instruments in approximately 30-45 minutes.

Results
Preliminary Analyses

A preliminary analysis was performed to examine variables in this study. Using recommendations from Kenny & Baron(1986) in which the cutoff for the means (M), standard deviations (SDs) in order to test for mediation in this study, Significant Relationship would occur between (a) the predictor (Dysfunctional Attitudes, DAS) and the mediator (Self-compassion), (b) and the outcome (loneliness), values are presented in Table 1.

Table 1: Means, standard deviations primary variables(N=100)

Self-compassion	M	SD	Loneliness	M	SD
Self-kindness	16.2929	3.87628	Family	17.5354	6.90949
Self-judgment	13.3838	5.14029	Romantic,	22.9495	6.50333
Common Humanity	14.7778	3.61842	Social	15.6162	5.45428
Isolation	11.0606	2.80240	Loneliness Total	56.1010	15.85038
Mindfulness	14.6162	3.16133	Dysfunctional Attitudes	M	SD
Over-identification	10.2222	3.34284	**DAS**	159.8384	33.19199
Self-compassion Total	**80.3535**	**9.96147**			

Correlations

First, we used *Pearson correlation coefficient* to investigaterelations between Dysfunctional Attitudes, loneliness and Self- Compassion.Resultsshowed that Dysfunctional Attitudes had a significant positive

association with loneliness- total (r = 0, 608, p<0.0 0), family loneliness(r = 0,61, p<0.001), Social loneliness(r =473, p<0.0 0) and Romantic loneliness (r = 433[**], p<0.0 0).

Strong negative correlations were found between **Relationships between** Dysfunctional Attitudes **and** Self-Compassion-**total** (r = -0, 31p<0.0 0)**,** positive with self-judgment (r = -0, 31p<0.0 0)**,**

The results refers that there is Considerable negative correlation between loneliness-total and Self- Compassion-total (r= -0,36, p<0.001), Social loneliness (r = -0, 30, p<0.001) and Emotional loneliness (r = -0, 30, p<0.001). Furthermore, the results refers that there is negative correlation between positive Common Humanity and Social loneliness (r = -0, 32, p<0.001) and Common Humanity was negatively associated between global score loneliness (r = -0, 32, p<0.001).

The results refers that there is Considerable negative correlation between -compassion. Social loneliness and Self-kindness (r =-0, 32, p<0.001) and Self-kindness was negatively associated between family loneliness ((r =-0, 32, p<0.001).

While the results shown is considerable positive correlation between Over-Identification and social loneliness (r =0,24, p<0.05) and romantic, loneliness(r = 0.64, p<0.001). Furthermore there is a positive correlation between Over-Identification and between global score loneliness.((r = 0.28*, p<0.05). The positive correlation between social loneliness and (Isolation) (0,32 p<0.001) and Isolation was positively associated with global score loneliness(0,2 5* p<0.05). Finally, Table 1 shows that there is a positive correlation between family loneliness and self-judgment (r = 0,32 , p<0.001).

Mediation

Second, we used partialCorrelation to investigate theeffect of control of self-compassion **on** the association between loneliness both Dysfunctional Attitudes**.** Results show After controlling the scores of self-compassion the relation between loneliness and Dysfunctional Attitudes scores remarkably decreased(r = 0,13, p<010). .

Thirdly, Hierarchical regression procedures used self-compassion and Dysfunctional Attitudes as variables predictors of loneliness among divorced woman. Table 2 summarizes these results. The independent variable (Dysfunctional Attitudes contributed to the prediction of loneliness,(β = 24, p <.0.00 .). The results indicate that self-compassion contributed to the prediction of loneliness (β = −.47, p < ,000). The results showed that the interaction between self-compassion and Dysfunctional Attitudes contributed to the prediction of loneliness (β = −.32, p < , 0,002). These analyses indicated that dysfunctional attitudes have a direct effect on loneliness. Where there are significant positive correlation between loneliness and dysfunctional attitudes.Also, these analyses indicated that Self-compassion have mediating effect between loneliness and dysfunctional attitudes.

Table 2: Summary of Hierarchical Regression Analysis for dysfunctional attitudes, self-compassion, and their interaction in relating to loneliness

Variable	Steps	R	R2	Adjusted R	Beta	F	Sig	t	Sig
Dysfunctional Attitudes	Step1	0.24	0,06	0,052	0.24	6,4	0,01		7.9
Self-Compassion	Step2	0.36	0.13	0,12	-0,47	15.4	.000		3,9
Dysfunctional-altitudes* Self-Compassion	Step3	0.38	0.15	0,13	0,32-	8.6	.000		3.1

Discussion

The results of this study will be discussed and interpreted at two levels: firstly, a detailed discussion of the results. We will describe our hypotheses and the extent to which they are relevant to the variables of the psychological loneliness of divorced women and the role of self-compassion. We will look at the different trends in this matter and whether they are fulfilled, by indicating the extent of agreement or difference of these results with previous studies and theoretical perceptions. The second level will be

concerned with a general discussion of the results, and concludes with the recommendations, most important ideas raised by the study and suggestions for further research:

First Level: In Light of the Hypotheses the Results will be Discussed as Follows

Findings revealed that significant correlation between self-compassion scores and the social support of their family Loneliness. Findings were consistent with those of previous ones. In general there was a positive correlation between Dysfunctional Attitudes and a low level of family Loneliness support (total score and after the familyloneliness), a negative correlation between Romantic Loneliness (social Loneliness, total score) and dimensions Positive Self-compassion (kindness and common humanity). Among these results, it is clear that increasing the level of Dysfunctional Attitudes is accompanied by an increase in the Romantic Loneliness of divorcees. This result has been agreed with several results of studies on the relationship between Dysfunctional Attitudes and Romantic Loneliness. Samples of university students and children and disease psychologists from these studies mention studies, Nasir., Ahmad Zamani,., Khairudin, Wan Sulaiman, Mohd Sani,.& Amin,2016,Shahbazi , Foroughan , Salman Roghani & Rahgozar,2016, Gonzalez ,2017, Akyunus, &Gençöz, 2017).

These results are intuitive, reflecting that the most extreme individuals, who have a high level of erratic Dysfunctional Attitudes to distorted thinking about themselves and the world, this thus leads to the formation of a negative perception of both self and others, and they lack the skills to coping with others and thus withdraw from social interactions

We also attribute this result to the theory of Heinrich &Gullone,(2006) that what a person thinks of themselves can affect their ability to form satisfactory relationships with others, because it acts as a frame of reference for interpreting the behavior of others. For those with a high level of disoriented perceptions this leads to low self-esteem, low importance, lack worth and are unpopular and socially incompetent, which impedes their ability to enter into meaningful and stable social relations with others.

Our findings are consistent with Cacioppo,Ernst, Burleson, McClintock, Malarkey, Hawkley & Berntson, (2000) attributed the vagaries in establishing good social relations to the process of a bias in the cognitive perception of social stimuli. This bias stems from a negative self-centered view of themselves in their interactions with others. The increase of this bias and persistence in everyday interactions leads to more complications that negatively affect any future social relationships, which help to form feelings of l loneliness.

However, Jeffrey(1985) argue that the formation of erroneous beliefs are negative strategies for self-assessment and others. These strategies impede social communication skills, which negatively affect social relationships, making the individual more prone to isolation.

In addition, these findings can be explained in the light of the cognitive model of depression for Beck and his colleagues in 1972 and 1979. In his interpretation of depression, he relied on so-called cognitive imbalances, such as the negative self-perception, environment and future, self-worthlessness, and lack of social desirability. Cognitive imbalances make the individual more susceptible to life stress and negative outcomes such as mental disorders, including loneliness (Jeffrey, Esther.& Marcus, 2009).

We interpret the existence of a positive correlation between loneliness and the negative dimensions of Self- compassion (isolation, self-judgment and loneliness), this result is logical if these negative dimensions are related to self-compassion which means self-centeredness and cruelty (Akin,2010 a, Taylor,2015), which ended with a positive correlation between (self-rule, isolation ,hyperactivity) and anxiety, depression and loneliness as well as the presence of stratification authorities are positive and negative function between those pathetic self-judgments and automatic cognitive distortions anddimensions.

The existence of negative and functional associations between loneliness(social loneliness and total degree) and the positive dimensions of self-compassion (self-kindness and common humanity),suggest that individuals with high levels of Self-compassion feel more psychological loneliness compared to non-self- Compassion individuals because the self-helpers have a positive

ability to easily establish relationships with others, to maintain those relationships and to feel comfortable in their social interactions. The self-pitying individuals are self-effacing towards others and lack the social skills that are necessary to establish good social relationships; this thus leads to a sense of psychological loneliness. Which agrees with the results of the previous studies including those of: (van Tilburg, Aartsen, & van der Pas,2014, Akin&Akin,2015,Toylor,2015, Haynes ,2017).

However disagree with this and support Neff, & Beretvas (2012) showed that Self-compassion is instead a strong predictor of social relationships. Akın & Eroglu (2013) also found that those who have Self-Compassion are instead more cohesive with others and experience less psychological loneliness.This result also supports the conception of Neff (2003,a) showed that common humanity that one of the components of Self-Compassion is a that is concerned with seeing one's own experiences as part of general human experience, rather than isolating themselves from others.

It also confirms with numerous results of the studies For example, the study of Neff,Hsieh&Dejitterat (2005) found that Self-Compassion enhances social interaction through its positive association with emotional intelligence. This association contributes to the effective emotional regulation, coping strategies, acceptance and a coherence with others. Neff, &Pommier(2013) argue that Self-Compassion scores are positively associated with pardoning others, which instead promote social cohesion, those who are self-sufficient are able to resolve conflicts and sympathize with others.

The main findings found evidence for the role of Self-Compassion in modifying the relationship between Dysfunctional Attitudesand loneliness. This means that high levels of Self-Compassion are associated with a decreased level of both psychological loneliness and Dysfunctional Attitudes. In other words, Low indirect effect values of dysfunctional attitudes on loneliness through Self-compassion among divorced women. This means that the presence of a statistically significant effect of the variable of Self-compassion after statistical isolation in the strength of the relationship between dysfunctional attitudes and loneliness.This result also means divorcees with low degrees of Self-compassion showed higher levels in the dysfunctional attitudesThey were associated with high levels of psychological loneliness, and divorcees with a high level of Self-compassion tend to display low scores in the directions of the imbalance which was associated with low levels of psychological loneliness and this result is consistent with the results of our first hypotheses.

This finding is consistent with several previous studies on Self-compassion as a controlled variable that has an important influence on the modification of correlative relationships between psychological variables. For example, Abu Ghai (2015) conclude that Self-compassion affects the ability of individuals to alter the relationship between psychological suffering and happiness. Maki, Yipi, Shioi,& Law (2016) sought to test the hypothesis Self-compassion is considered as mediator in the effect the relationship between mental fatigue and the Job stress..Keng,& Liew.(2016) found the ability of Self-Compassion to modify the relationship between mono-vision and psychological problems.

On the other hand, this finding supports the findings of Rendon (2007) that self-compassion is a sign of psychosocial compatibility and that Pauley& McPherson,(2010) found linkages between Self-compassion and social acceptability Which helps the individual to increase his ability to reconcile himself with social cohesion and subject his personal needs to the needs of the group and accept the criteria of the group and compatibility. Neff (2003b) found also linkages between Self-Compassion, cognitive knowledge disorder, and self-criticism.

The effect of modified Self-compassion on the relationship between dysfunctional attitudes and psychosocial loneliness is attributed to what Neff(2003b) noted that Self-Compassion is a positive concept that raises the possibility of a person encountering a problem by adopting a non-consensual consensus strategy such as reformulating the problem in a positive way or adopting a strategy of strategies Problem solving and that such methods of compatibility may reduce the sense of loneliness from adopting dysfunctional attitudes.

Second Level: General Discussion

The results of the current study have been able to answer their basic questions. The current study has shown that there is a noticeable effect on the feelings of social, Romantic and family loneliness among divorced women. The two main variables of the current study were divided according to their nature. Loneliness in its various forms in the case of its height, such as the directions of the imbalance.

The positive psychological variable is the pity itself, which reduces the output of stressful events in the case of height and therefore Self-Compassion particularly weaken the feeling of loneliness and the results of the current study are consistent with the results in the total with the findings of previous studies that dealt with the psychological loneliness in relation to self-compassion on the other hand, Studies that dealt with psychological loneliness in relation to dysfunctional attitudes. We conclude from these studies that there is almost a consensus that dysfunctional attitudes play a role in increasing the level of Loneliness. In contrast, Self-Compassion reduces psychological loneliness, but Self-Compassion itself modifies the strength and form of the relationship between psychological loneliness and dysfunctional attitudes

In this general discussion of the findings of the present study, we should note that divorce is one of the crises of women's social ties, which may cause them many difficulties in integrating into society or with severe psychological shocks that affect their lives (Greenberg, 2008).

The social factors are also important factors in increasing the sense of psychological loneliness and the dysfunctional attitudes of divorced women. If divorce is one of the social transformations and changes that have negative effects on women, it is not limited to loss of relationship with the husband but extends to other relationships related to the continuation of marriage, (Kalmijn & Broese van Groenou, 2005).

On the other hand, the societies of the nature of preserving the divorced women impose psychological and social Stress. For example, the Egyptian society views the absolute as an invalid member of the society, making it feel useless and useful, which leads to feelings of loneliness, psychological alienation and depression.

As well as the absolute need for social and emotional relations and lack of intimate prayer and close to someone else, individuals who separated from their spouses live this kind of psychological unity, which is called romanticloneliness. They also lack social relations in which the individual is part of the group of friends and shares their interests and common interests.

It should be noted that dysfunctional attitudes remain latent until the individual passes through any compressor event that triggers activation. Therefore, the effect of the erratic trends on the individual clearly shows which causes mental disorders. In support of this stress-pathological perspective, many long-term studies have shown that there is an effect of the interaction between dysfunctional attitudes and stressful life events, which results in many emotional disorders (Christopher ,George & Hammen,2015).

Self-compassion of some is also activated in painful attitudes and experiences which are a positive self-direction that involves kindness, lack of criticism, intense experience and experience as part of the experience experienced by all people and the treatment of painful feelings.

Limitations and Future Research

Despite these limitations, this study has contributed to Confirm self-compassion as an important construct for positive psychology. The current study empirically examined role Self-compassion as a mediator of the relationship between dysfunctional attitudes and loneliness. The results of this study Confirmed that self-compassion was be related to lower levels dysfunctional attitudes and associated with lower levels loneliness. Moreover, this study contributes to our understanding of the relationships between self-compassion, dysfunctional attitudes and Loneliness, but it is not without limitations, 1-Sample studied was limited to import divorced women and not possible therefore be generalized to divorced males. 2-The sample size of the current study was small. It would be helpful in future

studies.Finally, this is discussion; the researchers could reach a number of conclusions regarding the variables of the current study: Provide mentoring programs based on the development of Self-compassion to address the psychological problems of divorced women, increase the number of family counseling centers in order to modify the erroneous trends and cognitive and emotional imbalances of some divorcees and Intensifying the visual and audiovisual media of family programs to change the negative stereotype of divorced women in society

Proposals for Future Studies

It is recommended to study the same variables on a sample of divorced males, it is recommended to study the same variables on a sample of divorced males and study the relationship of self-compassion in particular with various positive variables such as self-confidence, self-efficacy Psychological resilience, flexibility and strength of the samples of different age groups.

Acknowledgements

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