UNDERSTANDING COLLEGE STUDENT ASSISTANTS OF DE LA SALLE LIPA: A MIXED METHODS STUDY ON SELF-COMPASSION AND PSYCHOLOGICAL WELL-BEING

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ABSTRACT

Title of the Research:	**UNDERSTANDING COLLEGE STUDENT ASSISTANTS OF DE LA SALLE LIPA: A MIXED METHODS STUDY ON SELF-COMPASSION AND PSYCHOLOGICAL WELL-BEING**
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This mixed methods research study is aimed at understanding the student assistants of De La Salle Lipa by exploring their self-compassion and psychological well-being. Following the concurrent triangulation design: convergence model, the quantitative and qualitative data were separately gathered, analyzed, and discussed in a single phase. Afterwhich, both data were ultimately converged to answer the research questions and achieve the objectives of the study. The Neff's Self-Compassion Scale and Ryff's Scales of Psychological Well-being were used to gather the quantitative data. The qualitative data were gathered by conducting semi-structured interviews and by following the methods of Interpretative Phenomenological Analysis.

A total of 319 student assistants accomplished the research instruments. Among which, 12 were purposively selected based on their scores on the Psychological Well-being Scale. These participants were then interviewed to gather their experiences that illustrate their self-compassion and psychological well-being.

Findings from the study showed that the way in which student assistants treat and view themselves during times of difficulty, suffering, and failure may be associated with and predict different aspects of their well-being.

The study concludes that the student assistants' self-compassion can lead to their psychological well-being.

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