

عنوان مقاله:

Comparison of The self-compassion and body image of women from different ethnicities (Azeri, Kurdish, Persian) Urmia city

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خلاصه مقاله:

Abstract Aim: This study aimed to compare the self-compassion and body image of women from different ethnicities (Azeri, Kurdish, Persian) in Urmia city, and in fact, The goal was to create a fundamental understanding of the phenomenon of the subject of research. **Method:** This is Causal-comparative research whose statistical population consisted of ۳۴۲ women who were selected in ۲۰۲۲. Through a Stratified Sampling method, Statistical populations were chosen based on inclusion criteria and randomly assigned (Stratified random sampling). Data collection tools included a demographic checklist NEF(۲۰۰۳) Self-compassion scale (SCS); Cash et al(۱۹۹۰) Multidimensional Body- Self Relations questionnaire (MSRQ). Analysis of covariance (ANCOVA) was applied by the SPSS-۲۶ program. **Result:** Therefore, according to the results of the present study, There is no significant difference in the level of self-compassion ($F=۰.۶۴$ and $P < ۰.۰۵$) and body image ($F=۰.۶۶$ and $P < ۰.۰۵$) among different ethnicities. Based on this basic research, it is suggested that psychosocial variables should be investigated more in future research because a better understanding of them, provides a framework by which we can understand how we identify ourselves, and how we interact in groups and in society.

کلمات کلیدی:

Self-compassion, body image, ethnicity, women

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