



**SELF-COMPASSION, HUMOR STYLES AND FLOURISHING AMONG
TEACHERS**

**A Research Project Presented to
Bahria School of Professional Psychology
Bahria University Islamabad, E-8 Campus**

**In Partial Fulfilment of the Requirements for the
Degree of Bachelor of Science
BS Psychology**

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We certify that the research work presented in this research project, to the best of my knowledge, is our own. All the sources used, and any help received in the preparation of this thesis have been acknowledged. We hereby declare that we have not submitted this material, either in whole or in part, for any other degree at this or any institution.

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DEDICATION

We dedicate this thesis to our beloved families who supported us throughout our journey with unwavering love and prayers, being our greatest strength and foremost to our supervisor who helped us on every small step of our thesis, inspired our curiosity and guided us with wisdom and kindness. To all the educators who dedicate their lives in shaping young minds this work is a small tribute to their commitment and resilience.

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ABSTRACT

Teacher's has a vital role in shaping the coming generations, their well-being is an important area of research, which can benefit them to work efficiently and be productive in their work. This research investigated the relationship between self-compassion, humor styles and flourishing among teachers. A total of 268 participants of different ages (between 20-70) were recruited. The results demonstrated positive relationship between self-compassion, adaptive humor styles (affiliative, self-enhancing) and flourishing whereas, negative relationship between maladaptive humor styles (aggressive, self-defeating) and flourishing. Further, results stated that self-compassion and adaptive humor styles (self-enhancing) significantly positively predicts flourishing but affiliative humor is non-significant predictor of flourishing, whereas, maladaptive humor (aggressive, self-defeating) significantly negatively predicted flourishing. Moreover, results revealed no significant differences in levels of self-compassion, humor styles and flourishing among men and women.

Key words: Self-Compassion, Humor Styles, Flourishing.