

Vzťah medzi sebakritickosťou, hanbou a kvalitou života u dospelých

The Relation between Self-criticism, Shame and Quality of Life in Adults

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Abstrakt Cieľom štúdie bolo identifikovať súvislosti medzi sebakritickosťou, hanbou a kvalitou života u dospelých. Výskumný súbor tvorilo 134 participantov vo veku od 30 do 45 rokov ($M = 36,29$; $SD = 5,40$), žien bolo 81 (60,4 %) a mužov 53 (39,6 %). Na meranie sebakritickosti boli použité dva meracie nástroje: Škála úrovni sebakritickosti od Thompsona a Zuroffa (2004), slúžiaca na meranie dysfunkčného negatívneho sebahodnotenia a Škála foriem sebakritickosti a sebaopovrdzenia od Cheunga, Gilberta a Ironse (2004), ktorá zachytáva neadekvátne, nenávidené a sebaopovrdzujúce self. Na zistenie hanby u dospelých bola použitá Škála skúsenosti s hanbou od Andrews, Qian a Valentine (2002). Kvalita života bola meraná Dotazníkom kvality života vyvinutým Svetovou zdravotníckou organizáciou (1998). Výsledky výskumu poukazujú na významné negatívne vzťahy medzi sebakritickosťou a kvalitou života a taktiež na významné negatívne vzťahy medzi hanbou a kvalitou života. Silný negatívny vzťah medzi sebakritickosťou, hanbou a kvalitou života bol preukázaný predovšetkým s dimenziou psychické zdravie.

Kľúčové slová sebakritickosť, hanba, kvalita života, stredná dospelosť.

Abstract The goal of this study was to identify the relations between self-criticism, shame and quality of life in adults. Over the last few decades, Blatt's (1974) formulations concerning the role of the personality dimension of self-criticism in the onset, course, and clinical presentation of depression have attracted considerable research attention.

Self-criticism is a reflexive psychological behaviour in which most people occasionally engage. In some individuals, an almost relentless degree of self-criticism forms part of a personality trait which renders them vulnerable to depression. Shame is “*directly about the self, which is the focus of evaluation*” (Lewis, 1971, p. 30). It is a painful social experience linked to the perception that one is negatively judged and seen as inferior or unattractive (Gilbert, 2002). Several studies have already shown a strong association between shame and self-criticism and also an association between shame, self-criticism and psychopathology, but despite the fact, the relation between self-criticism, shame and quality of life remains underresearched. The research sample consisted of 134 participants, aged between 30 to 45 years. The mean age of the participants was $M = 36.29$, $SD = 5.40$. Out of the 134 participants, 81 were women (60.4%) and 53 were men (39.6%). Two measuring instruments were used to measure self-criticism. The first one was The Levels of Self-Criticism Scale, which serves to measure dysfunctional negative self-esteem. The second was The Forms of Self-Criticising/Attacking & Self-Reassuring Scale, in which we used the factors Inadequate and Hated Self. In order to measure the degree of shame in the adults we used The Experience of Shame Scale by Andrews, Qian and Valentine (2002). The subjects' quality of life was measured by the Quality of Life Questionnaire developed by the World Health Organization (1998). The results of the research showed that there is a significant negative relationship between self-criticism and quality of life. Since self-criticism is seen as a negative form of self-evaluation involving feelings of shame and guilt, we expect this can be the reason for the negative relationship between self-criticism and quality of life. We also found a significant negative relationship between shame and quality of life. We expect that the reason of negative relationship between shame and quality of life may be the fact pointed out that external shame is activated in the presence of possible social threats, and that social threats could have posed a threat for physical survival since our earlier evolutionary context; it is expected that it will have severe consequences for psychological functioning and we expect that for quality of life, too. The strong negative relationship between self-criticism, shame and quality of life was primarily found with the dimension of mental health. This finding was expected due to the fact that self-criticism and shame play a major role in many forms of psychological difficulty, including depression, social anxiety, personality disorders and interpersonal difficulties. As the study has shown a significant negative association between self-criticism, shame and quality of life in adults, we have thus confirmed the relevance of self-criticism and shame in connection with psychological problems. As stated by Castilho, Pinto-Gouveia a Duarte (2017), shame and self-criticism should be addressed in therapeutic interventions targeting the reduction of depression, anxiety, and stress symptoms.

Keywords self-criticism, shame, quality of life, middle adulthood.