

**The Relationship between Resilience and Self-compassion with Arabic Language Classroom Anxiety among Female Students of Kharazmi University**

**Ali Mohammad Naemi\***

Assistant Professor of Educational Sciences, Islamic Azad University of Sabzevar Branch,  
Sabzevar, Iran

**Zohreh Naemi\*\***

Assistant Professor of Arabic Language and Literature, Kharazmi University,  
Tehran, Iran

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The aim of this study was investigating the relationship between resilience and self-compassion on the one hand and Arabic language classroom anxiety of female students of Kharazmi University on the other. The present research was descriptive and correlative. The population of this study included all undergraduate students of Arabic Language and Literature at Kharazmi University in 2014, totally 127 students. Using sample size with the help of Cochran's formula for sample size, 101 of students were selected through simple random sampling method. The data were collected using Conner-Davidson Resilience Scale, Neff self-compassion Scale and Foreign Language Classroom Anxiety Scale. Pearson correlation and stepwise regression were run to analyze the data. The results showed that there were significant and negative correlation between resilience and self-compassion with Arabic language classroom anxiety. In addition, it was found that resilience could respectively explain 41 Percent and self-compassion 48 percent of variance Arabic language classroom anxiety among students. Therefore, increasing positive psychology structures like resilience and self-compassion can help reduce Arabic language classroom anxiety among female students.

**Key words:** Resiliency, Self-Compassion, Classroom Anxiety, Arabic Language, Foreign Language.

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\* amnaemi@yahoo.com

\*\* naemi.zohreh@gmail.com