

REVIEWER'S REPORT

Manuscript No.: IJAR-54929

Title: Self-Compassion and Psychological Well-Being as the Predictors of Humour Among Corporate Employees: A Gender-Based Study

Recommendation:

Accept as it is

✓Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality			✓	
Clarity			✓	
Significance		✓		

Reviewer Name: **Dr. Anam Zehra**

Reviewer's Comment for Publication.

A well-structured empirical manuscript that explores humour through the lens of self-compassion and psychological well-being among corporate employees, with a clear gender-based comparative design. The study is grounded in strong theoretical models (Neff, Ryff, Thorson, & Powell), uses appropriate standardized instruments, and applies parametric analyses (correlation and stepwise regression) effectively. The manuscript presents results clearly with detailed tables (Page 10), and findings are coherently discussed with support from previous research. However, several sections, particularly the Introduction and Review of Literature, are verbose, containing repetition and overlapping explanations of key constructs. Minor inconsistencies in spacing, paragraph sequencing, and table formatting also require refinement.

Recommendation: Accept after minor revision.

Detailed Reviewer's Report

STRENGTHS

1. **Strong theoretical grounding** in humour, self-compassion, and psychological well-being, with accurate definitions and models (Neff, Ryff, Thorson).
2. **Clear objectives and hypotheses**, systematically aligned with analytical procedures (H1–H6).
3. **Use of standardized and reliable scales**, with reported Cronbach's alpha values that enhance psychometric credibility (e.g., SCS $\alpha = .87$; MSHS $\alpha = .91$).
4. **Comprehensive statistical analysis**, including descriptive statistics, correlations, and well-interpreted stepwise regression (Table 1 & Table 2, Page 10).

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

www.journalijar.com

REVIEWER'S REPORT

5. **Insightful gender-based findings**, highlighting distinct predictors of humour for males (personal growth) and females (self-kindness, common humanity, self-judgement, mindfulness).
6. **Discussion is well-connected** to existing literature and positive psychology constructs, adding interpretative value to the results.

WEAKNESSES

1. **Lengthy and repetitive sections** in the Introduction and Review of Literature reduce readability and can be condensed.
2. Several definitions (e.g., humour, self-compassion) are repeated in multiple forms and should be streamlined.
3. **Formatting issues** in tables, spacing, and alignment, especially in Table 1 correlations (Page 10), need correction for publication.
4. The sampling method is not clearly justified; corporate employees from only two regions limit generalizability.
5. Discussion occasionally shifts into a textbook-style explanation instead of a deeper analytical linkage to study findings.
6. The conclusion section can be more concise and focused on implications rather than reiterating full findings.