

# RELATIONSHIP BETWEEN PSYCHOLOGICAL WELL-BEING ON RESILIENCE IN ADOLESCENCE AND ADULTS

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## Abstract

*The aim of the study is to determine the Relationship between psychological well-being and resilience in adolescence and adults. Alternative hypothesis was chosen for the study. The present study falls under the quantitative empirical correlational research design. Convenient sampling method in which 116 individuals between the age of 18 to 45, from various schools, colleges and job settings participated in the study on online mode. Data was collected using standardized questionnaires used to assess psychological well-being and resilience administered through google form. Pearson's Correlation coefficient for the data collected, was calculated using SPSS and it was found that correlation significant at the 0.05 level was present. Hence the alternative hypothesis is not rejected implying that psychological well-being is influenced by resilience among adolescence and adults.*

**Keywords:** Psychological well-being, Resilience, Adolescence, Adults

## 1. Introduction

We've had a COVID pandemic for the past two years, and people have been forced to deal with a lot of uncertainty in their routine life. Majority of the population all over the world struggled to adjust to the unexpected crisis during the pandemic and post-pandemic period. This led to an increase in mental health problems or psychological disorders during this period. When individuals talk about psychological well-being, they're usually referring to mental health and wellness. When you're psychologically well, you have positive feelings about yourself, are satisfied with your living status, and are hopeful about the future. So, it's crucial to understand the impact psychological well-being on overall health. This has prompted the interest about awareness and education related to mental health and self-care among the general public. People who priorities their mental health have been found to have lower physical health risks, greater happiness ratings, and more meaningful relationships throughout life.

People who have a better psychological well-being are more likely to live healthier and longer lives, according to studies. They are also more likely to have a higher standard of living and less social issues. People who have a high psychological well-being, for example, people are less prone to commit crimes or abuse drugs and alcohol, according to existing research. Furthermore, better incomes and other activities, such as volunteering, are associated with positive psychological well-being. Thinking positively also is a mutual contributor of psychological well-being. Psychological well-being is important since it affects your overall happiness and fulfilment in life. To reach that degree of happiness, you must be satisfied with your life and have a positive attitude on yourself and your

circumstances. Furthermore, improved psychological health has been linked to improved physical health. Positive thinking has been related to a lower risk of cardiovascular disease and consequences. Another benefit of psychological well-being is a better social life. You're more inclined to engage in social activities with others and seek out companionship if you're happy with your life and feel good about yourself. Close interactions have been shown to boost mental health and contribute to psychological well-being; thus, it functions in a mutually contributing manner. Carol Ryff's (2014) Six-Factor Model of Psychological Well-Being which includes autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance is a popular psychology theory. Psychological well-being, according to Ryff, is a balanced view of different facets of life, not only happy emotions. People evaluated with a survey centered on the six criteria of Ryffs found that lead to psychological well-being to determine overall well-being of an individual.

#### Resilience:

Dealing with change or loss is an ineluctable part of life. At some point, everyone gets varying degrees of lapses. Some of these challenges might be fairly minor (not getting into a class or being turned down for a creation at work), while others are disastrous on a much larger scale (hurricanes and terrorist attacks). Adaptability represents and capability to handle life's lapses and is an overall representation of rigidity. The website [positivepsychology.com](http://positivepsychology.com) describes "Resilience is that indefinable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resoluteness, they find a way to rise from the ashes." The tendency in People to remain calm in the face of disaster is what psychologists call adaptability. People with adaptability are suitable to use their chops and strengths to manage and recover from life's challenges, which can include severe stressors similar as Death of a loved one, Divorce, financial issues, Illness, Job loss, medical extremities, Natural disasters etc. Those who warrant adaptability may come overwhelmed by similar gestures. They may dwell on problems and use unhelpful coping mechanisms to deal with life's challenges. Disappointment or failure might drive them to unhealthy, destructive, or even dangerous behaviors. These individuals are slower to recover from setbacks and may experience more psychological distress as a result.

Resilient people are able to look at negative situations realistically, but in a way that doesn't center on blame or brooding over what cannot be changed. Instead of viewing adversity as insurmountable, reframe thoughts to look for small ways to tackle the problem and make changes that will help. Resilient people often have a number of different characteristics that help them weather life's challenges. Some of the signs of resilience include:

- A survivor mentality: When people are resilient, they view themselves as survivors. They know that even when things are difficult, they can keep going until they make it through.
- Effective emotional regulation: Resilience is marked by an ability to manage emotions in the face of stress. This doesn't mean that resilient people don't experience strong emotions such as anger, sadness, or fear. It means that they recognize those feelings are temporary and can be managed until they pass.
- Feeling in control: Resilient people tend to have a strong internal locus of control and feel that their actions can play a part in determining the outcome of events.
- Problem-solving skills: When problems arise, resilient people look at the situation rationally and try to come up with solutions that will make a difference.

- Self-compassion: Another sign of resilience is showing self-acceptance and self-compassion. Resilient people treat themselves with kindness, especially when things are hard.
- Social support: Having a solid network of supportive people is another sign of resilience. Resilient people recognize the importance of support and knowing when they need to ask for help.

However, resilience has different dimensions, each of which can influence a person's ability to cope with various forms of stress. Physical resilience refers to how the body deals with change and recovers from physical demands, illnesses, and injuries. Research suggests that this type of resilience plays an important role in health. It impacts how people age as well as how they respond and recover from physical stress and medical issues.

Mental resilience refers to a person's ability to adapt to change and uncertainty. People who possess this type of resilience are flexible and calm during times of crisis. They utilize this mental strength to solve problems, move forward, and remain hopeful even when they are facing setbacks. Emotional resilience involves being able to regulate emotions during times of stress. They are aware of their emotional reactions and tend to be in touch with their inner life. Because of this, they are also able to calm their mind and manage their emotions when they are dealing with negative experiences. This type of resilience also helps people maintain a sense of optimism when times are tough. Because they are emotionally resilient, they understand that adversity and difficult emotions are temporary and won't last forever.

One of the most important factors associated with resilience is Social Adaptability. This involves the capability of individuals to recover from delicate social situations. It involves connecting with others and working together to deal with problems that affect people both collectively and inclusively. Aspects of social adaptability include coming together after disasters, supporting each other socially, getting apprehensive of the pitfalls that the community faces, and erecting a sense of community. Similar responses can be important during challenges similar as natural disasters that affect communities or large groups of people. Some people come by these capacities naturally, with personality traits that help them remain unshakable in the face of challenge. Still, these behaviors aren't just inborn traits set up in a select many. Adaptability is the result of a complex series of internal and external characteristics, including genetics, physical fitness, internal health, and terrain. Social support is another critical variable that contributes to adaptability. Mentally strong people tend to have the support of family friends and social contacts who help bolster them up in times of trouble.

Flexible people may show the qualities of having internal locus of control, having high emotional intelligence and managing feelings effectively, holding positive views of themselves and their capacities, enjoying the capacity to make realistic plans and stick to them and viewing themselves as fighters rather than victims of circumstance. Adaptability is what gives people the cerebral strength to manage with stress and difficulty. It's the internal force of strength that help them to carry them through without falling apart during contingencies. Psychologists believe that flexible individualities are more suitable to handle adversity and rebuild their lives after a struggle.

This approach can also be used to help children learn how to more manage with challenges. Encourage them to handle challenges in more positive, hopeful ways. This way, rather of getting stuck in a circle of negative feelings, a child can learn to see these events as openings to challenge themselves and develop new coping methods to Manage Stress. Building healthy attitude towards life.

Recent research by Chloe et al, (2022) suggested that the depression and anxiety are just as prevalent among postgraduate researchers who had significantly lower wellbeing and

resilience levels in comparison to the general population. The analysis of qualitative survey responses highlighted five factors that affected the participants' perceived well-being: supervision, expectations, support, balance, and coping.

This article by Dr. Bhutekar et al, (2022) reviewed the conflict, psychological well-being among college students, and concluded that conflict management is very important to increase psychological well-being.

Seema Vinayak et al, (2018) study examined the predictors of psychological wellbeing among adolescents. A sample of 150 adolescents (13-15 years) was administered psychological well-being scale (Ryff, & Keyes, 1995), Conner-Davidson resilience scale (Campbell-Sills & Stein, 2007) and Toronto empathy questionnaire (Spreng, McKinnon, Mar & Levine, 2009) and it was found that Resilience and empathy positively related to psychological well-being.

This study by Egon Dejonckheere et al (2018) demonstrated a relation between emotion dynamics and psychological well-being and findings indicate that conventional emotion research is currently unable to demonstrate independent relationships between affect dynamics and psychological well-being.

This study Sharon et al (2017), showed that problematic smartphone usage was correlated with lower well-being on almost all scales. In particular, negative affect, autonomy, and environmental mastery had the largest negative correlations with problematic smartphone usage.

This study Jane et al, (2015), examined the most recent empirical evidence on the relationship between childhood obesity and body dissatisfaction, self-esteem and depression. This study on clinical samples reported poorer psychological well-being in treatment seekers when compared with population-based obese and normal weight controls.

This study by Elisabetta et al, (2014), focused on the relationships among the dispositional resilience, the dimensions of psychological well-being, and the coping strategies in a sample of 183 Italian university students aged 20-26 years and recruited from three Degree Courses at University of Catania (East Sicily, Italy) and found that that high levels of positive attitude were correlated positively with the strategies of reinterpretation and problem solving, but negatively with avoidance coping, and high levels of helplessness/alienation were related positively to avoidance. Moreover, high levels of positive attitude were positively correlated with almost all dimensions of psychological well-being; high levels of helplessness/alienation were negatively correlated with psychological well-being.

The purpose of this study is to focus on psychological well-being in the past 2 years, Due to the COVID19 crisis, people have been dealing with a lot of uncertainty as a result. As a result, many people struggled to adjust during the pandemic and post-pandemic eras. Many people suffered from mental health or psychological disorders during pandemic conditions. And many people failed to maintain resilience in the post-pandemic eras, and suffered from mainly stress and other psychological distress.

## 2. Materials & Methods

### Aim

- To identify the psychological well-being among adolescence and adults.
- To identify the resilience among adolescence and adults.
- To determine the relationship between the psychological well-being and resilience.

### Hypothesis: (H)

- H1- There will be a significant relationship between psychological well-being and resilience.

### Research design:

The present study falls under the quantitative empirical correlational research design. This research design investigates relationships between two or more variables without the researcher controlling or manipulating any of them. It's a non-experimental type of quantitative research. The research was conducted using standardized questionnaires to collect data on psychological well-being and resilience among young adults in online mode using google forms which was statistically analyzed using SPSS

### Samples and sampling technique:

116 individuals from various schools, colleges and job settings in the age range of 18-45 years from both the genders who had adequate knowledge to comprehend the questions in tools were selected randomly for this study.

### Statistical analysis:

Collected data was analyzed for quantitative correlational statistical methods. The analysis was done with the help of Statistical Package for Social Science (SPSS).

### Tool description:

Psychological well-being is the self-report questionnaires consisting of 18 items. Developed by Ryff & Keyes in (1995). Any comprehensive assessment of well-being would need to assess the extent to which people experience a positive sense of purpose at places. RPWBS has a test-retest reliability coefficient of 0.82.

The CD-RISC-10 version generated by Campbell-Sills and Stein (2003) is 10 items questionnaire developed from the Connor Davidson resilience scale (CDRSC) (Connor et.al, 2003). It is a self-reported measure of stress coping abilities. Each item has a minimum score of 0 and a maximum score of 4. Respondents rate items on a 5- point scale, ranging from 0 (not at all true) to 4 (true nearly all the time).

## 3. Result & Discussion

**Table 3.1: indicates the distribution of the psychological well-being and resilience**

S.no	Variable	Mean	Standard Deviation	N	r
1.	Psychological well-being	74.8707	7.34706	116	.200*
2.	Resilience	28.38276	6.38276		

\*Correlation is significant at the 0.05 level (2-tailed)

Table 3.1 shows the relationship between the two variables psychological well-being and Resilience. For the psychological well-being mean score is 74.8707 and the standard deviation is 7.34706 and the N is 116 and correlation is .200\*. The resilience mean score is 28.38276, standard deviation is 6.38276 N is 116 and correlation is .200\*. In the table the Pearson's Correlation coefficient 2-tailed was calculated and correlation is significant at the 0.05 level. Since there is significance at 0.05 levels the alternate hypothesis is accepted. So, psychological well-being directly proportional to resilience among young adults from which it can be inferred that higher the psychological well-being better the resilience.

Psychological wellbeing, which can be characterized as hedonic (pleasure) and eudemonic (meaning, fulfilment) happiness, as well as resilience, is a key feature of mental health (coping, emotion regulation, healthy problem solving)

Happiness is mostly determined by one's psychological well-being. It is in charge of one's pleasant sentiments, thoughts, and satisfaction. There are two aspects to psychological well-being. The first of these pertains to how much happiness and good feelings are experienced by humans. Subjective well-being is a term used to describe this component of psychological well-being. According to Diener (2000), the stress process hypothesis, both good and negative features of a relationship can have a significant impact on an individual's well-being. Family relationships are tools that can help a person manage with stress, participate in healthy behavior, and boost self-esteem, all of which lead to higher self-esteem.

People who experience psychological well-being seek for opportunities to laugh and engage in joyful conversations that can provide a welcome distraction during difficult times which aids developing the resilience of the individual. Instead of having a fixed vision of family duties and norms, resilient families have a flexible structure that they can alter to match their needs and circumstances. This enables the family to adjust to changes that may arise as a result of a crisis or adversity. Families that are resilient are better able to deal with life's obstacles. As a result, increasing families' resilience during times of stress can help them maintain and improve their health and well-being. A climate of mutual trust encourages resilient people to share a spectrum of emotions, exhibit empathy, and provide comfort to one another.

Thus, this study validates that importance of psychological well-being in developing resilience. This result can be a guiding factor how developing psychological well-being can help in recovering from an uncertainty by building resilience in the individual

#### **4. Conclusion**

By testing the hypothesis of the current study, we came to know that there is critical relationship between psychological well-being in resilience. And furthermore, results have concluded that, psychological well-being is influenced in resilience among young adults and higher the psychological well-being the better the resilience

The study confirms the results of the previous studies on relationship between psychological well-being and resilience in a different population, and resilience is affected if there is no psychological well-being.

Implications of the present study:

The implications of the findings in the present study can improve the insight of how psychological well-being impacts the resilience among adolescence and adults. Can be used in the clinical setting and in the counselling process. By knowing the one of the factors that psychological well-being impact on the adolescence and adult's gains insight

to overcome or to make interventions to increase the resilience among adolescence and adults which can have huge impact on their mental health.

Limitations of the present study:

- The samples were collected in the online mode
- In future, present study may expanded by using different methodology.

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