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Gunjan & Sandeep Singh

# Resilience, Psychological Well-Being, and Quality of Life among College Students

Gunjan\* Sandeep Singh\*\*

## Abstract

*The main objective of the study is to evaluate the interrelationship among resilience, psychological well-being, and quality of life in undergraduate and postgraduate students of Haryana (India).*

***Method** – Data was collected from 150 students (age range = 18-30 years; mean age = 21.79 years) from various districts of Haryana (India). Self-report measures including BRS, PWB, and WHO QOL-BREF were used to collect data. After data collection, the data was analyzed for the preparation of results.*

***Results** – Descriptive analyses for the all the variables showed that mean value of participants scores on resilience is 19.17 (SE =.276), PWB is 89.00 (SE=.888), and QOL is 98.05 (SE=1.116). The results indicated that the correlation between resilience and PWB is .412, resilience and QOL is .396, and PWB and QOL is .517 which are all significant at .01 level.*

***Discussion** - The study concluded a statistically significant positive inter-relationship among resilience, PWB, and QOL in undergraduate and postgraduate students of Haryana.*

**Keywords** – Resilience, Psychological Well-Being (PWB), Quality of Life (QOL)

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## INTRODUCTION:

The word “resilience” was actually originated from the Latin verb ‘resilire’ which means to rebound or recoil. Resilience, generally defines as one’s ability to ‘bounce back’ from negative emotional experiences and flexibility of adapting oneself during such experiences. The APA dictionary of psychology defines resilience as “the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands”. High resilient individuals are more effective in coping with distressing events than less resilient people (Hjemdal et al., 2006). Resilience is positively correlated

to desirable life outcome, such as health status (Zimmerman, 2013).

Being healthy does not only involves having good physical health, but also encompasses psychological health, which includes mental and emotional wellbeing. Psychological well-being refers to the state where individuals achieve their full psychological potential. Ryff & Keyes (1995) proposed six components of PWB including “Self-acceptance, Environmental mastery, Positive relationships with others, Personal growth, Autonomy and Purpose in life”. Individuals are considered to be in a state of complete mental health when they experience all the components including emotional, psychological and social well-being (Keyes, 2002).

Quality of life is the extent to which a person obtains satisfaction from life. WHO define QOL as “an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns”. QOL is a wide, subjective and multidimensional term covering physical health and symptoms as well as operational status and daily activities. QOL is a multidimensional concept which includes all aspects of life such as health. It is not just about physical health, but it is about the feeling of health, satisfaction and self-esteem.

### **Resilience and Psychological Well-Being –**

Resilience has always been a prominent factor which helps people in achieving psychological well-being. Resilience is the dynamic ability of people which helps them to restore their mental health successfully in face of severe hardships or threat to life (Rutter, 1987). Literature review have revealed a significant correlation of resilience with positive psychological well-being (He et al., 2018; RiosRisque et al., 2018). A study conducted on 400 participants depicted the interrelationship between optimism, PWB, and resilience, where self-efficacy was determined as a mediating factor of the relationship between PWB and resilience (Sabouripour et al., 2021). Picardi et al. (2012) also reported a positive relationship between all dimensions of PWB and resilience; excluding ‘autonomy’. Another study on 325 college students depicted that negative life events were negatively correlated with PWB and resilience was found to be the partial mediator in that relationship (Faircloth, 2017). Thus, a resilient person is expected to show productive mental and physical health.

### **Resilience and Quality of Life –**

Literature review have declared a significant association between resilience and QOL

even in various population. Pardeller et al. (2020) concluded that resilience is moderately correlated with QOL in patients experiencing depressive disorder. Resilience, not only indicates the absence of psychopathological symptoms, but also acts as a prominent factor in enhancing QOL of such patients. Another study conducted by Lee et al. (2017) on patients with bipolar disorder also found significantly positive and independent relationship between resilience and QOL among participants. Trait resilience is found to have a positive effect on all aspect of QOL in diabetic patients (Nawaz et al., 2014). Even in patients with breast cancer, it was found that more resilient patients would have significantly better QOL (Ristevska-Dimitrovska et al., 2015). The findings of a study conducted on 338 university students indicates a significantly positive association between resilience and overall QOL including all of its domains (Bastaminia et al., 2016). Thus, an individual with greater level of resilience will also have greater sense of QOL and vice-versa.

### **Psychological Well-Being and Quality of Life**

Psychological well-being is a crucial factor which is relevant to nearly all aspects of life. It is an important factor that can help people in achieving higher level of QOL. QOL is closely associated with individual's perception of his/her life situation. Therefore, different people perceive their lives differently. By increasing people's perception, higher levels of health-related QOL can be attained (Magallares et al., 2014). A study conducted on women with ovarian cancer stated that physical, psychological, social, and spiritual well-being are important factors in enhancing QOL (Ersek et al., 1977). Hamule and Vahed (2010) have found many domains of QOL to be significantly correlated to mental health. ‘General health perception and

physical function' domains have a significant correlation with the domains of mental health including 'anxiety, social function and depression'. A significant correlation has been seen in promoting PWB and improved QOL in patients with diabetes (Debono & Cachia, 2007).

### Objectives –

1. To study the correlation between resilience and psychological well-being among college students.
2. To study the correlation between resilience and quality of life among college students.
3. To study the correlation between psychological well-being and quality of life among college students.

### Hypotheses –

1. There shall be significant correlation between resilience and psychological well-being among college students.
2. There shall be significant correlation between resilience and quality of life among college students.
3. There shall be significant correlation between psychological well-being and quality of life among college students.

### Methodology

#### Tools –

1. **Brief Resilience Scale (BRS) (Smith et al., 2008)** - The BRS includes six items which helps in evaluating the level of resilience in respondents. The scale 5-point Likert scale response format from “strongly disagree to strongly agree”. The test-retest reliability of the scale is .69 and Cronbach's alpha ranging from .80-.91. High scores indicate higher level of resilience.
2. **Psychological Well-Being (Ryff & Keyes, 1995)** - The Psychological

Well-being (PWB) scale (shorter version) consists of 18 items. The scale is used to evaluate the level of PWB of the respondents. The scale has 7-point Likert scale response format from “strongly agree to strongly disagree”. The scale has internal consistency of .70 to .89 with 20-item parent scales. High scores indicate higher level of psychological well-being.

3. **World Health Organization Quality of Life-BREF (WHO, 1996)** - The scale contains 26 statements which helps in evaluating the level of QOL of the respondents. The scale has 5-point Likert scale response format from “very poor to very good”. Cronbach alpha coefficient calculates the internal consistency of the scale between 0.66-0.84. The test retest reliability of the test (ranging from 2 to 8 weeks) typically ranges from 0.66-0.87. High scores indicate higher level of QOL.

#### Sample –

The sample for the present study includes 150 undergraduate and postgraduate students within age range of 18 – 30 years. The participants for the study were selected from various districts of Haryana, India who were willing to participate in the study. The following inclusion and exclusion criteria were used to select the sample.

#### Inclusive criteria –

- Voluntary participation
- Age range – 18-30 years
- Can read and write English and Hindi

#### Exclusive criteria –

- Not willing to participate in the study

- Participants having any severe psychiatric or medical illness.
- Cannot read and write English and Hindi

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**Procedure –**

The present study includes a sample of 150 undergraduate and postgraduate students. Only the students whose age falls within 18 years and 30 years and who themselves were willing to be participants in the study were allowed to take part in the study. Data was collected from the sample with the help of Self-report measures including “Brief Resilience Scale (Smith et al., 2008),

Psychological Well-Being (Ryff & Keyes, 1995), and WHO QOL-BREF (WHO, 1996)”. After the data collection, the data was analyzed and the results were prepared using ‘pearson product moment correlation’.

**Results –**

The present study concerned the inter relationships among resilience, PWB, and QOL in a sample of 150 undergraduate and postgraduate students of Haryana (India). Age range of the participants were 18 - 30 years and mean age of the participants were 21.79 years. Descriptive analyses for all the variables are indicated in “Table – 1”.

**Table – 1 – Descriptive Statistics**

Descriptive Statistics			
	N	Mean	
	Statistic	Statistic	Std. Error
Resilience	150	19.17	.276
PWB	150	89.00	.888
QOL	150	98.05	1.116
N	150		

“PWB – Psychological Well-Being”

“QOL – Quality of Life”

‘Table – 1’ reveals the descriptive analyses for all the variables. The mean value for resilience is 19.17 (standard error = .276). The mean value for psychological well-being is 89.00 (standard error = .888).

The, mean value for quality of life is 98.05 (standard error = 1.116). The inter correlational matrix for the strength of the relationship among the variables is indicated in “Table -2”.

**Table – 2 – Correlation matrix for Resilience, PWB, and QOL**

		Resilience	PWB	QOL
Resilience	r	1	.412**	.396**
	Sig. (2-tailed)		.000	.000
	N	150	150	150
PWB	r	.412**	1	.517**
	Sig. (2-tailed)	.000		.000
	N	150	150	150
QOL	r	.396**	.517**	1
	Sig. (2-tailed)	.000	.000	
	N	150	150	150

\*\* significant at the 0.01 level,

The ‘pearson product moment correlation’ was used to test the correlation among the variables. ‘Table – 2’ reveals the inter-correlational matrix for the strength of the relationship among the variables. The value of ‘pearson product moment correlation coefficient’ for resilience and PWB is .412 ( $r_{\text{res-PWB}} = .412$ ) which is significant at .01 level. The “ $r_{\text{res-PWB}}$ ” value of .412 indicated that resilience and PWB are significantly positively correlated at moderate level. So, our hypothesis that “there shall be significant correlation between resilience and psychological well-being among college students” is accepted. Thus, the correlation between resilience and PWB is statistically significant and positive with  $p < .01$ . Which clearly indicates that greater level of resilience will lead to greater level of PWB and vice-versa.

The value of ‘pearson product moment correlation coefficient’ for resilience and QOL is .396 ( $r_{\text{res-QOL}} = .396$ ) which is significant at .01 level. The “ $r_{\text{res-QOL}}$ ” value of .396 indicated a significantly positive, but satisfactory correlation between resilience and QOL. So, our hypothesis that “there shall be significant correlation between resilience and quality of life among college students” is accepted. Thus, the correlation between resilience and QOL is statistically significant with  $p < .01$ . The

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correlation between these variables is yet positive but is satisfactory.

The value of ‘pearson product moment correlation coefficient’ for PWB and QOL is .517 ( $r_{\text{PWB-QOL}} = .517$ ) which is significant at .01 level. The “ $r_{\text{PWB-QOL}}$ ” value of .517 indicated a high, significantly positive correlation between PWB and QOL at moderate level. So, our hypothesis that “there shall be significant correlation between psychological well-being and quality of life among college students” is also accepted. Thus, a statistically significant positive correlation is found between PWB and QOL with  $p < .01$ . The results demonstrate that higher level of PWB will lead to higher level of QOL and vice-versa.

#### Discussion -

The concept of resilience, psychological well-being, and quality of life shares important feature for effective functioning of an individual. Literature have also revealed a strong relation of these variables in enhancing well-being of a person. The results have shown that the correlation between resilience and PWB is .412 ( $p < .01$ ), which indicate a moderate level of correlation between the variables. The correlation between resilience and QOL is .396 ( $p < .01$ ), which indicates a satisfactory

correlation between the variables. The correlation between PWB and QOL is .517 ( $p < .01$ ), which indicates a moderate level of correlation between the variables.

This study adds to the body of knowledge on psychological well-being as a correlative factor of resilience among individuals from different social strata. Our research supports the results of (Sagone & Caroli, 2014) which stated a positive relationship between the factors of PWB including “environmental mastery, personal growth, and self-acceptance resilience”. The findings of a research describe resilience as an indicator of PWB (Souri & Hasanirad, 2011). There is a significant positive association between resilience and QOL among medical students (Tempski et al., 2015) and patients with bipolar-I disorder (Post et al., 2018). The previous researches also stated the relationship between PWB and QOL such as Debono and Cachia (2007); Ersek et al. (1977). Mindfulness has been seen as a technique which can mark a positive effect on an individual. Mindfulness based techniques such as Mindfulness Based Stress Reduction (MBSR) can be helpful in enhancing PWB and QOL (Nykliček & Kuijpers, 2008). Thus, our all hypotheses are accepted as a significant inter-correlation has been found in the variables.

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Conclusively, the study has shown a statistically significant positive inter-relationship among resilience, PWB, and QOL in undergraduate and postgraduate students of Haryana.

#### Limitations and directions for future research –

The main purpose of the study is to evaluate the inter-relationship among resilience, psychological well-being, and quality of life and the impact of these variables on the college students. Sample size used in the study is small, which restricts the research for generalization. Gender differences are also not measured in the study. For further research, more sample size can be used to increase the effectiveness of the study. Similar researches can be done with more variables and on different social strata.

#### Major findings of the study –

1. There is a moderate level of correlation between resilience and psychological well-being.
2. There is a satisfactory correlation between resilience and quality of life.
3. There is a moderate level of correlation between psychological well-being and quality.

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