



A Corelational study: of Life satisfaction and Resilience Among Young Adults During Covid 19

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Abstract

Covid 19 has thrown the world and India into highly tough and stressful conditions and occurrences. Under the covid situation, it is important to find out the approach of the society, to make plans and change the methods accordingly. The current study aims to investigate the relationship between the resilience of the young adults affected by covid-19 pandemic and life satisfaction. Two self report questionnaire – Satisfaction with Life (SWLS) and Brief Resilience Scale (BRS) were administered on 100 young adults (male-50 and female-50) age ranged from 15-24 years. Co-relational analysis has been done to take a look at how life satisfaction is related to young adult's resilience. Result indicates that life satisfaction is positively correlated with resilience of young adults affected by covid 19 pandemic. Young adult who have better life satisfaction are more resilient than other. However, further studies need to be conducted using different data collection approaches (e.g., qualitative). The finding obtained in the current research are restricted to the study group and covid period in which data were collected. Further research can be done in other population to increase the generalizability of the findings.

Keywords: Resilience, Life satisfaction, covid 19 pandemic

Introduction

In Wuhan, China, scientists have found the coronavirus (Covid-19), whose etiology is considered to be zoonotic. More than a hundred million infections and hundreds of deaths have been reported globally in just a few weeks, and the figure is growing day by day (Garfin et al., 2020). The coronavirus Covid-19 epidemic is the most serious global health disaster of our time and the most significant issue we've faced since WWII. Countries are attempting to contain the virus's transmission by screening and treating patients, tracking contacts, restricting travel, quarantining people, and prohibiting large gatherings such as sporting events, festivals, and schools. Nearly every day, people lose their jobs and money, unsure when their lives will rebound, or they are badly impacted. The tendency to endure great discomfort and stress is commonly discussed in the literature as resilience, which impacts people in terms of dealing with adverse conditions (Garnezy, 1991; Masten, 2001). Resilient individual is able to endure and maintain their association with environment irrespective of environmental problem. They are the people who do not get consumed in stressful situation or they are the individual who do not get irritated when they were placed in stressful circumstances. Resilient people recover quickly and they can manage and solve problems effectively. They know how to learn from their experiences and apply their learning in the future. (Henderson & Milstien, 1996). Resilience can simply be defined as how quickly a person bounces back to their normal situation. Various concepts of resilience share three similar points A) risk or difficulty, b) positive adaptation and coping competence and c) protective factors. In this circumstance resilience can be defined as “a phenomenon that happens as a result of strong interplay between variables linked with healthy adaptation and risk factors that contribute to adaptation process” (Windle, 1999). It has been noticed that people who are resilient can cope up with adversity or tragedy, recover quickly from traumas or tragedy are psychologically flexible have specific qualities. There are four fundamental traits of resilient individual identified by Krovertz (1999). they are 1) social competence: the ability to form favourable interaction with people and create positive bond with peers and adults. Individual who has good social, emotional, cognitive and behavioural skills are considered as social competent. Social competence enables individual to develop positive relationship with peers and adult. 2) Problem solving: The ability to seek assistance from others and to organize actions that are under one's control. It is a method of identifying problem, finding possible solutions and taking appropriate action to solve the problem. People who possess these skills are generally good thinkers, they do not panic in stressful

situations and learn from their mistakes. 3) Autonomy: it is an ability to have his or her identity, act freely and exert influence over his or her surroundings. In other words, autonomy can be described as capability to know oneself. Autonomous person value themselves, they have a sense of worth and positive self-image. 4) Having objectives and a sense of future: having goals, hope for life. They have a realistic future plan which can be achievable. Two important factors have been highlighted under the concept of resilience. Many researchers have studied resilience in relation to life satisfaction. Life satisfaction is determined by how much an individual assess the gap between his or ideal self and real self. Ideal self is how the person wants to be in his or her future or how a person would like to see oneself in the near future. On the other hand, real self is what the person is now. In other words, life satisfaction is an individual's subjective assessment of the amount to which his or her needs, goals, wishes are realized. Individual who maintains a sense of stability in their lives and make favourable judgments about their living standards are believed to be very satisfied. Life satisfaction has been linked to resilience (Morris et al., 2019). Life satisfaction is the evaluation of an individual's life in overall domain of life. Not only is the life satisfaction is more consistent than happiness, but it also has a broader reach. It's how we feel about our lives in general and how happy we are with our lives. Work, relationship. Social status, health etc are the factors which contribute to give satisfaction in life. Many studies were conducted to find out the possible factors which contribute to the life satisfaction. Career, health, social status, financial status and community support came up as the most influencing factor in life satisfaction.

Research was conducted by Karatas, Z., & Tagay, O (2021) to find out the relationship between the resilience of adults who are affected by covid 19 pandemic and life satisfaction, meaning in life, intolerance of uncertainty, psychological trauma and hope. Sample size for the study was 929 including male and female. Online mode was used to collect the data of adults for the study. Results of the research suggested that hope, life satisfaction, not having psychological trauma, meaning in life are positively correlated with the adult's resilience on the other hand intolerance in uncertainty, covid 19 fear are negatively associated with resilience of adults. Another study conducted by Labrague, L.J. (2021). Through the intermediary role of resilience, this study looked at the direct and indirect impacts of stress connected with the pandemic on student nurses' life satisfaction and psychological wellbeing. Design of the study was cross sectional method. Online survey was used to collect data from the participants. The information was gathered during September and October

2020. Nurses from Filipino reported significant levels of stress related to the epidemic, but moderate to high level of resilience, life satisfaction and psychological well-being. Less life satisfaction and poor psychological well-being were linked to increased pandemic related stress. Furthermore, resilience was discovered to lessen the detrimental impacts of pandemic related stress on student nurse's satisfaction of life and wellbeing. During the covid-19 pandemic, this study emphasises the significance of establishing resilience in nurses to enhance their wellbeing which improves satisfaction in their life. The aim of the research conducted by Zakeri, M.A., Hossini Rafasnajanipoor, S.M., Zakeri, M., & Dehghan, M. (2021) to see if there was a link between nurse's psycho-social status, life satisfaction and resilience when covid-19 disease was prevalent. Between march and April 2020, 185 nurses caring for covid-19 patients took part in trial. A demographic form was created to take details about the sample. Scales like life satisfaction scale and Connor-Davidson resilience scale were used to collect sample. Finding suggest that poor life satisfaction, non-resilience attitude, not being infected by covid all linked to a higher risk of psychological illness. The pandemic has a serious effect on the mental health of nurses. One of the most successful methods is to provide appropriate psychological therapies for nurses. Meditation, mindfulness can be effective in regulating stress and improve wellbeing in nurses.

The objective of the current study was to examine the relationship between life satisfaction and resilience of young adults affected by covid 19 pandemic.

Hypothesis: On the basis of the above objectives following hypothesis have been formulated:

1. There would be no significant correlation between life satisfaction and resilience of young adult affected by covid 19 pandemic.

Method

Participants:

A total 100 young adult, both male and female in an equal ratio, age range 15-24 years and either they were affected by covid or any of their immediate family member were affected by covid were participated. Participants were enrolled in different courses.

Measures

Following tools were used in this study:

Brief Resilience scale (BRS): The six item of brief resilience scale administered a range of resilience related constructs, coping strategies etc. the scale consists of both positive and negative items. Item 1,3,5 is positive and 2,4,6 are negative items. The scale is five-point Likert scale having option strongly agree, agree, neutral, disagree and strongly disagree. Scoring for positive items are SA-5, A-4, N-3, D-2, SD-1 and reverse scoring is done for negative items. The reliability of BRS scale was found out to be 0.71.

Satisfaction with life scale (SWLS): This scale was designed by Ed Diener and his colleagues to measure global life satisfaction. The scale consists of five items. The scale is seven-point Likert scale. There are seven options strongly agree, agree, slightly agree, neither agree nor disagree, slightly disagree, disagree and strongly disagree. The SWLS has been administered to many different groups of participants and has high internal consistency and reliability. The test re test reliability was found out to be 0.82.

Procedure:

The present study has involved survey method of data collection. As the study was conducted during covid-19 and movement was restricted due to covid-19 protocol and targeted population for data collection was spread all over the state, the data was collected through online medium. The questionnaire were converted into google form and sample were asked to give their response to the question asked. Through the electronic form all the demographic details like name, age, education qualification, gender, number of family member affected by covid etc and other details and consent for participation was collected and then further calculation and interpretation were carried out. The dependent variable was resilience and independent variable was life satisfaction.

Results:

After data collection, careful scoring of data was done. The data was analysed using correlation using SPSS version 20 and result of the analysis is presented on the table below:

Table 1: *Mean and standard deviation of life satisfaction and resilience*

	<i>M</i>	<i>SD</i>
Life satisfaction	24.4	6.00337
resilience	18.11	3.06131

Table-1 indicates Mean, SD of life satisfaction and resilience. The mean value of life satisfaction and resilience is 24.4 and 18.11 respectively and the Standard deviation value of life satisfaction and resilience is 6.00337 and 3.06131 respectively through the standard deviation output.

Table 2: *Correlation between life satisfaction and resilience*

variables	M	SD	1
Life satisfaction	24.4	6.00337	
			0.37
resilience	18.11	3.06131	

* $P < 0.05$ (2-tailed), $N = 100$, life satisfaction, Resilience

Since there is significance at 0.05 level, which means there is a significant correlation between life satisfaction and resilience of young adults affected by covid 19 pandemic. Hence the hypothesis of present study is rejected that is there would be no significant correlation between life satisfaction and resilience of young adult affected by covid-19 pandemic.

Discussion

The goal of the present study was to find out if there is any significant correlation between life satisfaction and resilience of young adult. It was hypothesized that there is no significant correlation between life satisfaction and resilience of young adult. Based on the data we gathered from the population we found that a significant correlation exists between life satisfaction and resilience in young adult. Life satisfaction is a manifestation of the equilibrium between personal desires and existing circumstances. In other words, the bigger the gap between individual desires and current circumstances, the lower the level of satisfaction (Pavot & Diener, 1993). When presented with perilous situations, a person's ability to attain physiologic, psychological, and cognitive balance is linked to life satisfaction (Conner & Davidson, 2003). People who are unsatisfied with their lives will have unfavourable attitudes toward life and the challenges they will face. As a result, life pleasure is projected to be favourably connected with resilience.

The evidence for the present finding can be found in the study conducted by Karataş, Z., & Tagay, Ö. (2021). Research was conducted by Karatas, Z., & Tagay, O (2021) to find out the relationship between the resilience

of adults who are affected by covid 19 pandemic and life satisfaction, meaning in life, intolerance of uncertainty, psychological trauma and hope. Sample size for the study was 929 including male and female. Online mode was used to collect the data of adults for the study. Results of the research suggested that hope, life satisfaction, not having psychological trauma, meaning in life are positively correlated with the adult's resilience on the other hand intolerance in uncertainty, covid 19 fear are negatively associated with resilience of adults.

Finding from the study conducted by Wang,Q & colleagues (2022) among medical students to find out association between academic burnout, resilience and satisfaction with life. The goal of this longitudinal study was to look at the relationship between academic burnout, resilience and satisfaction with life among medical students. The study also focuses on the potential role of resilience between burnout and satisfaction with life. The study was conducted for the twenty month that is from October to June. The sample size for the study was 190 students from medical colleges. Results suggested that there was a positive association between satisfaction with life and resilience whereas resilience and academic burnout negatively correlated with each other. It was found out that resilience played an important role in improving life satisfaction of medical students and decreasing academic burnout. Medical educators must find and implement effective strategies to fight against academic burnout. Resilience based techniques could help to mitigate the negative effects of academic burnouts, which will also help in improving life satisfaction. effective interventions of resilience should be applied in medical colleges to help and improve the overall wellbeing of students.

Implication and Limitations

Resilience is a diverse and complicated structure that is still being studied. The goal of the current study was to discover the elements that can be especially useful in dealing with tough conditions like the Covid-19 pandemic and establishing resilience, in order to provide recommendations for future research. According to the findings of this study, in challenging times such as the Covid-19 global epidemic, people's life satisfaction positively affects resilience. As a result, studies targeted at strengthening individual resilience might be organised through workshops on optimism and finding purpose in life and life satisfaction.

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