



Impact Of Resilience And Optimism On Psychological Well-Being

¹ Shreshtha Chugh, ² Anjali Srivastava

¹ Student, ² Assistant Professor

¹ Amity University Noida,

¹ Amity University Noida, India

Abstract: The purpose of this research is to determine the strongest predictor of psychological well-being and the relationship between resilience, optimism, and psychological well-being. The process and result of effectively adjusting to tough or challenging circumstances in one's life is resilience. Those who are optimistic are more resilient in the face of difficulty and have a more optimistic view of the future. Resilience and optimism are essential for fostering and enhancing interpersonal interactions, which are a vital aspect of psychological health.

Key Words – Resilience, Optimism, Psychological Well-Being.

CHAPTER 1: INTRODUCTION

The American Psychological Association (APA) defines resilience as the ability to cope with difficult situations, during the adjustment process. The ability to be flexible in one's thoughts, feelings, and behavior in order to adapt to external as well as internal demands. A skill set that must be acquired gradually is necessary for resilience. Resilience is a skill that requires time, strength, and the support of others around you. There will most likely be roadblocks in one's way. It is influenced by a person's actions and communication skills as well as by external elements like the accessibility of resources and social support. Being resilient does not spare one from adversity, pain, or emotional upheaval.

The idea of resilience theory explains how individuals react to and cope with challenging circumstances like risk, loss, change, and hardship. Resilience theory has been researched in many different sectors, including human development, change management, and psychiatry. The notion of resilience states that resilience is not a fixed quality.

People can access their resilience with the help of flexibility, adaptability, and persistence by changing attitudes and habits. A study found that students who think they can develop and enhance their social and intellectual skills are more resilient, perform better, and exhibit less stress when faced with adversity.

Optimism, a fundamental component of psychology, has a rich and diverse history spanning many academic fields. Optimism has always been connected to philosophical concepts. For instance, Leibniz and Voltaire argued about optimism vs pessimism in the 18th century. This speech upsets the balance between optimism and taking responsibility for one's share of challenges.

The discovery of positive psychology in the late 20th century by scholars such as Martin Seligman brought optimism to the attention of psychology. Seligman's studies concentrated on the benefits of optimism for resilience and overall well-being. He coined the term "learned helplessness" and highlighted the need of developing optimism to overcome hardship and experience growth. "Animals learned that nothing they did

mattered and that the ability to escape was undermined by the realization that outcomes were independent of their responses." [Mayer & Seligman, 1967]

Optimism can improve physical health, including a stronger immune system and faster rates of recovery, according to studies conducted in the domains of medicine and health.

Human life has already been impacted by the fast-paced lifestyle, and not in a good way. People now tend to focus on the bad rather than the positive aspects of their opponent. Thus, to keep up or begin living a healthy lifestyle, one must possess high resilience, which is defined as the capacity to effectively adjust to life's responsibilities in challenging circumstances. One should also be able to cope with the situation and see its positive aspects, such as improved mental and physical health, interpersonal relationships, motivation, and performance. Furthermore, resilience and optimism are essential for developing and sustaining interpersonal relationships, which are a vital aspect of psychological wellness.

A crucial component of mental health is optimism. People that are optimistic typically tackle life's obstacles with optimism and confidence, believing they can overcome obstacles. This optimistic outlook can help to lessen anxiety and depressive symptoms, which enhances mental health in general.

CHAPTER 2: THEORETICAL BACKGROUND

The topic of the research is "Impact of Resilience and Optimism on Psychological Well-being".

The three variables include: "Resilience", "Optimism" and "Psychological Well-being".

There are quite a few theories that put an impression on the above-mentioned variables. Certain of them are:

Resilience Theory by Michael Rutter:

Michael Rutter developed the theory. It gives an interactive idea that addresses the coexistence of significant risk events and a largely favorable psychological result despite such experiences. Rutter (2006) defines resilience as "ability in the face of risk". Resilience, as defined by him in 2013, is the quality that "some individuals have a relatively good outcome despite having experienced serious stresses or adversities – their outcome being better than that of other individuals who suffered the same experiences" (Rutter, 2013). Over time, this definition has not changed. Rutter's early research on kids whose parents had schizophrenia served as the foundation for a significant amount of his work.

PERMA Model:

Psychological wellbeing encompasses various theories and perspectives, but one influential framework is the PERMA model proposed by positive psychologist Martin Seligman.

1. 'Positive Emotion': This aspect focuses on experiencing and savoring positive emotions like joy, gratitude, contentment, and love. It's about appreciating the present moment and finding moments of happiness in everyday life.
2. 'Engagement': This is the state of being totally engrossed in endeavors or assignments that stretch and excite you. When you're engaged, you're usually too focused on your work to notice the passing of time. This state of "flow" contributes significantly to a sense of fulfillment and wellbeing.
3. 'Relationship': Meaningful social connections with friends, family and the community are crucial for psychological wellbeing. Positive, supportive relationships provide emotional support, a sense of belonging and opportunities for growth and learning.
4. 'Meaning': Having a feeling of direction and purpose in life gives you a reason to wake up each day with a sense of motivation and drive. This could be derived from personal values, a fulfilling career or contributing to a cause greater than yourself.
5. 'Accomplishment': Whether they are large or small, goals bring one a sense of competence and confidence. It's about feeling proud of what you've accomplished and realizing your own potential.

By focusing on these five elements, the PERMA model aims to provide a holistic framework for enhancing psychological wellbeing. It suggests that a balance across these dimensions is essential for leading a fulfilling and meaningful life.

Learned Helplessness and Learned Optimism Theory:

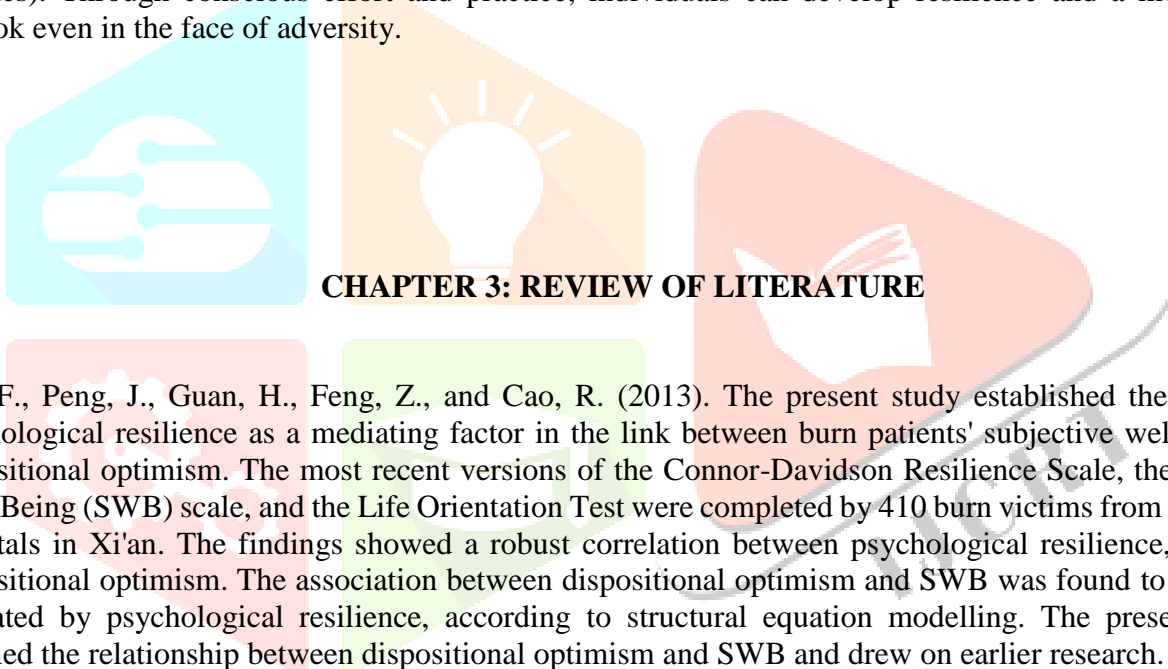
These theories were developed by Martin Seligman.

Learned Helplessness Theory:

This theory, initially developed by Martin Seligman and his colleagues, stems from experiments involving dogs. Dogs were given unpredictable, unavoidable electric shocks in these tests. Later, when placed in situations where they could potentially avoid the shocks, they didn't even try even though they could have. From these observations, Seligman proposed that when individuals perceive that they have no control over a situation, they may develop a sense of helplessness. This feeling of helplessness can lead to passivity, feelings of powerlessness, and even symptoms of depression.

Learned Optimism Theory:

Seligman created the theory of taught optimism by expanding on the idea of learned helplessness. This theory asserts that people can be taught to adopt a more optimistic outlook on life. Learned optimism involves recognizing and challenging negative thought patterns. This can be achieved by actively disputing pessimistic beliefs and replacing them with more positive and realistic interpretations of events. Additionally, it entails cultivating a positive explanatory style. This means attributing positive events to personal, stable, and global factors (believing good things happen because of your abilities and efforts), while attributing negative events to external, temporary, and specific factors (believing bad things are situational and not a reflection of your abilities). Through conscious effort and practice, individuals can develop resilience and a more positive outlook even in the face of adversity.



(He, F., Peng, J., Guan, H., Feng, Z., and Cao, R. (2013). The present study established the validity of psychological resilience as a mediating factor in the link between burn patients' subjective well-being and dispositional optimism. The most recent versions of the Connor-Davidson Resilience Scale, the Subjective Well-Being (SWB) scale, and the Life Orientation Test were completed by 410 burn victims from five general hospitals in Xi'an. The findings showed a robust correlation between psychological resilience, SWB, and dispositional optimism. The association between dispositional optimism and SWB was found to be partially mediated by psychological resilience, according to structural equation modelling. The present findings clarified the relationship between dispositional optimism and SWB and drew on earlier research.

(Liu, R. T., Jager-Hyman, S. G., Kleiman, E. M., Chiara, A. M., Choi, J. Y., & Alloy, L. B. (2017). Optimistic attributions, the illusion of control, positive expectancies for the future, and self-enhancing biases are some of the various definitions of optimism that this study looks at. These diverse facets of optimism and its relationships to mental and physical health have not been extensively studied. The current study employed a prospective vulnerability-stress paradigm to assess the complex nature of optimism. The dimensions PEs, Inferential Style (IS), Sense of Invulnerability, and Overconfidence were identified through an initial main component analysis. Studies revealed that PE decreased the impact of stressful life events on depressed symptoms and was linked to fewer depressive episodes.

(Hasani ad, T., and Souri, H. (2011). Investigating the connections between resilience, optimism, and psychological well-being is the aim of this research. 414 medical students, 213 men and 191 women, were chosen using cluster sampling, and they were requested to complete the Connor-Davidson Resilience Scale (CD-RISC), the Ryff Scale of Psychological Well-Being, and Scheier and Carver's Life Orientation Test. According to the findings, optimism played a small mediating effect in the relationship between psychological well-being and resilience, and resilience may predict psychological well-being. The findings showed that, independent of resilience levels, psychological well-being is influenced by other personal traits in addition to resilience, and that psychological well-being can be partially attributable to an individual's optimism.

(Jutta, M. V., and Maheshwari, A. (2020). The objective of the study is to ascertain how university students' optimism and resilience towards one another have been impacted by the COVID-19 pandemic. One hundred university students (sixty-six females and thirty-six men) had their optimism and resilience assessed using a brief resilience test and an optimism-pessimism scale. University students between the ages of 18 and 23 were contacted via a digital survey approach, and the Pearson correlation coefficient method was taken to ascertain the relationship between the variables. As a result, a positive connection (0.507) between optimism and resilience was found to stay true in both good and bad situations. The findings demonstrated that resilience is increased by adopting a more upbeat and hopeful mindset. The research may prove advantageous.

(Lotfnejadafshar, S., Khakpour, R., & Dokaneei Fard, F. (2022). This research was done with the intention of examining a structural model of psychological well-being prediction that is based on optimism, resilience, and family functioning mediated by social adequacy. This study employed descriptive correlation analysis using structural equation modelling (SEM). The statistical population consisted of 250 students from the Allameh Tabatabaei Campus in Urmia (for females) and the Shahid Rajaei Campus in Urmia (for brothers). A suitable selection process was then utilised to pick the sample from this group. The findings showed a good correlation between well-being and resilience. At the 0.01 level, the positive path coefficient showing the link between psychological well-being and social adequacy was statistically significant. The study demonstrated a statistically significant negative indirect route coefficient at the 0.01 level between psychological well-being and resilience, optimism, and family functioning. The results demonstrated that the relationships between resilience and optimism and between family functioning and psychological well-being were positively and significantly mediated by social adequacy; resilience and optimism were negatively and significantly predicted by family functioning, and psychological well-being was positively and significantly predicted by resilience and optimism.

(Sagone, E., and M. E. De Caroli (2014). In a sample of 183 Italian students selected from the University of Catania's three degree programmes in East Sicily, Italy, this study looked at the relationships between coping techniques, psychological well-being traits, and dispositional resilience. The study's participants ranged in age from 20 to 26. The results demonstrated a positive correlation between avoidance and high levels of helplessness/alienation, while a negative correlation was found between avoidance coping and high levels of positive attitude and problem-solving and reinterpretation approaches. Moreover, a negative link was observed between psychological well-being and elevated degrees of alienation or helplessness, while an optimistic attitude was positively associated with almost every facet of psychological well-being. Last but not the least, almost all facets of psychological wellbeing exhibited a positive link with problem-solving coping and a negative correlation with avoidance strategy; personal growth furthermore demonstrated a favourable correlation with reinterpretation. We will discuss the implications for future educational initiatives that highlight the roles that coping strategies and resilience play in psychological well-being.

(Sagone, E., & De Caroli, M. E. (2014). This study used the Wagnild and Young model and Ryff's perspective to examine the relationships between psychological well-being and resilience in a sample of 224 middle- and late-adolescents. We used the 18-item Psychological Well-Being Scale and the 10-item Resilience Scale, each of which have six categories: self-acceptance, positive connections with others, environmental mastery, autonomy, and purpose in life. The results showed a positive correlation between resilience and PWB (personal growth, environmental mastery, and self-acceptance). Adolescents were more resilient when they could choose environments that suited their needs, when they believed they were growing and maturing, and when they were content with their lives. Boys showed higher levels of well-being than girls in terms of environmental mastery and self-acceptance, and late adolescents showed higher levels of well-being than middle adolescents in terms of personal growth and life purpose. Future research may examine the relationships between psychological well-being and self-efficacy in more detail.

(Chinmai, H., Damodar, S. K., & Ranjan, A. (2021). The purpose of the analysis is to look into the optimism and psychological well-being of female emerging adults. The Life Orientation Test-Revised (Scheier, Carver, and Bridges, 1994) and the Psychological Well-Being Scale (Ryff & Singer, 1989) were used in the analysis. A total of 120 female participants, aged 18 to 25, were chosen for the study. The data were analysed using One Way ANOVA, and the results showed that there was a significant difference between the three optimism levels and that optimism had an effect on psychological well-being.

(Kim, K. M., & Lim, J. H. (2012). This study examined the relationship between college students' psychological well-being and their attitudes towards happiness and optimism. The age range of the 412 participating college students was 20 to 28. The data were evaluated using Cronbach's alpha, frequencies, percentiles, means, standard deviations, two-way ANOVAs, and hierarchical regression models. Gender and year of college studies did not significantly affect optimism. Male students were more inclined than female students to pursue participation in happiness when it came to orientations towards pleasure, and seniors reported pursuing happiness at a significantly higher level than freshmen. In terms of psychological well-being, first-year students performed significantly worse than seniors. Second, dispositions towards happiness and optimism significantly predicted the psychological well-being of college students. There was still a 13% variation in psychological well-being among orientations towards happiness even after adjusting for circumstances and optimism.

(Souri, H. (2013). The sources of stress and adverse circumstances have increased over the past few years. Previous research suggests that optimism and resilience are helpful traits that promote adaptation to challenging circumstances and, ultimately, well-being. This study was out to predict psychological well-being by looking at optimism and resilience. Using multistage cluster sampling, 414 medical students—213 boys and 191 girls—with an average age of 21–24 and a standard deviation of 2.2 were chosen. They had to finish the Connor-Davidson's (CDRISC), Ryff Scales (RSPWB), and Carver and Scheier's Optimism Scales (Life Orientation Test, LOT) questionnaires. It was found that resilience is a 27% predictor of psychological well-being. Between the two genders, there was no discernible variation in the factors. The findings demonstrated that resilience and other personality traits had an impact on psychological well-being. No matter how resilient a person is, optimism might help them feel more balanced.

(Fotiadou, M., Barlow, J. H., Powell, L. A., & Langton, H. (2008). To identify the characteristics of optimistic parents of children with cancer. to look into the interaction between parents of cancer patients and parents of healthy children in terms of coping strategies, optimism, anxiety, depression, and subjective health perception. One hundred parents of children with cancer were recruited for oncology out-patient clinics at a regional cancer centre in the United Kingdom. As a reference group, 117 parents of healthy children were also assembled. A questionnaire about the child's demographics, health, subjective health judgements, dispositional optimism, psychological discomfort, and life satisfaction was completed by each parent. Parents of children affected by cancer showed increased degrees of worry, despair, optimism, life satisfaction, and subjective health perception when compared to the comparison group. Optimism was significantly positively correlated with subjective health perception, anxiety, depression, and life satisfaction in both groups.

(Padhy, M., Chelli, K., & Padiri, R. A. (2015). This study looked at the connection between police officers' psychological well-being (PWB) and optimism. Two equal groups of sixty police officers, one for each gender, ranging in age from 26 to 57, were formed. Group 1 included individuals with less than ten years of work experience, while Group 2 included those with more than ten years. The Life Orientation Test and the Psychological Well-Being Scale were given to them. The findings indicate that there were notable differences in the optimism levels of the police officers in these two groups. Optimism and PWB showed significant positive relationships for both Group 2 and the whole police officer group. The results of this study show that in order to control health outcomes and enhance the PWB of these patients, organization-specific interventions are required to boost optimism.

(Naemi, A. M. (2015). The aim of the study was to investigate the effects of resilience interventions on the life satisfaction, optimism, and mental health of women-led families in Sabzevar. This semi-experimental study included a pretest-posttest with a control group. 42 women who agreed to participate in the training programme (10 sessions, each lasting 90 minutes, and occurring within 10 weeks) were selected using the available samples, and each group (n = 21) was randomly assigned to the experimental and control groups. The Diener, Emmons, Larsen, and Gryphon Satisfaction with Life Scale, the Scheier and Carver Optimism Scale (LOT-R), the Goldberg General Health Questionnaire (28-GHQ), and the demographic questionnaire were used to collect the data (SWLS). The findings of the covariance analysis showed how resilience training might enhance mental well-being, optimism, and life satisfaction. Thus, fostering resilience in children can be a helpful tactic to enhance the mental health, optimism, and contentment of women-led homes.

(Yu, J., & Chae, S. (2020). This study looked into the potential impact of resilience in reducing the relationship between academic burnout and the psychological well-being of medical students. Participants included ninety-

seven medical students. Scales from the Maslach Burnout Inventory-Student Survey, Ryff's Psychological Well-Being, and the Korean Resilience Quotient-53 were used. The data were analysed using multiple regression analysis, t-test, correlation analysis, and descriptive statistics using IBM SPSS ver. 22.0 (IBM Corp., Armonk, USA). Resilience was found to be a mediating factor in the significant effects of academic burnout on medical students' psychological well-being. First- and second-year preclinical students experienced higher levels of burnout than third- and fourth-year clinical students; male students had higher average cynicism scores than female students; and academic burnout had a negative correlation with medical students' psychological well-being and a positive correlation with resilience. Enhancing psychological well-being requires resilience, and it has been shown that academic burnout and resilience are important factors in explaining the psychological well-being of medical students.

(Sabouripour, F., & Roslan, S. B. (2015). The primary focus of this study is the relationship among international students between resilience, optimism, and social support. International students studying as foreign students usually experience increased levels of stress and anxiety during their studies. They have to go past challenges and adjust to the strange environment. Resilience in students is essential because it enables them to handle the stresses and hardships of daily life. Examining the trends and ranges of optimism, social support, and resilience among international students is the goal of the current study. The instruments employed were the Connor-Davidson Resilience Scale (CD-RISC) for resilience, the Life Orientation Test Revised (LOT-R) for optimism, and the Multidimensional Scale of Perceived Social Support (MSPSS) for social support. In total, 291 international students participated in the study. The findings indicated that there was a significant racial difference in the resilience level, with African children scoring better than other pupils. Regression analysis was utilised to show that optimism and social support are major predictors of resilience.

(Pathak, R., & Lata, S. (2018). This study's primary goal was to investigate the connections between young adults' perceptions of stress, resilience, and optimism. Convenience sampling was used to pick 200 young adults (100 boys and 100 girls) from universities and institutions in the Varanasi city, with ages ranging from 18 to 25. The assessments used were the resilience scale (Conner and Davidson, 2003), the perceived stress scale (Cohen, 1983), and the life orientation scale (Scheier, Carver, & Bridges, 1994). The data were analysed using both descriptive statistics and correlation analysis. The findings indicate a positive association between resilience and optimism and a negative correlation between optimism and perceived stress.

(Khosla, I. (2021). The way that people view life's obstacles and their overall quality of life have been profoundly affected by the shifting patterns of the twenty-first century. Therefore, it was thought to be valuable to investigate the ways in which men and women from different age groups perceive and assess their lives and feelings. The two primary factors under investigation were psychological health and optimism. A sample of 120 participants was drawn, evenly split between males and females, and categorised into two age groups: the young (18–24 years old) and the elderly (60–65 years old). Ryff's Psychological Well-Being Scale (Ryff, 1989) and the Life Orientation Test (LOT) (Scheier et al., 1994) were the quantitative scales used to measure the variables. Using ANOVA and correlations, the data were displayed in terms of age and gender disparities. Males were found to be more optimistic than females, although there were no differences in psychological well-being according to age or gender. Optimism and psychological well-being were found to be positively correlated across all age groups, including young adults, elderly people, and men and women. The study has effects on wellbeing and health.

(Kardas, F., Zekeriya, C. A. M., Eskisu, M., & Gelibolu, S. (2019). Most of the focus in mainstream psychology has been on the harmful factors putting people's mental health at risk. Studies on human strengths have started to be undertaken, and the amount of study on happiness and well-being has increased as the positive psychology approach has gained favour. This study aims to ascertain the extent to which life satisfaction, hope, optimism, and thanksgiving are predictive of psychological well-being.

(Souri, H. (2013). The sources of stress and adverse circumstances have increased over the past few years. Previous research suggests that optimism and resilience are helpful traits that promote adaptation to challenging circumstances and, ultimately, well-being. This study was out to predict psychological well-being by looking at optimism and resilience. Using multistage cluster sampling, 414 medical students—213 boys and 191 girls—with an average age of 21–24 and a standard deviation of 2.2 were chosen. They had to finish the Connor-Davidson's (CDRISC), Ryff Scales (RSPWB), and Carver and Scheier's Optimism Scales (Life Orientation Test, LOT) questionnaires. It was found that resilience is a 27% predictor of psychological well-

being. Between the two genders, there was no discernible variation in the factors. The findings demonstrated that resilience and other personality traits had an impact on psychological well-being. No matter how resilient a person is, optimism might help them feel more balanced.

CHAPTER 4: RESEARCH METHODOLOGY

Aim:

The study's objective was to find the effects of optimism and resilience on psychological health.

Objectives:

- How Resilience and Psychological Well-being can be correlated.
- How Optimism and Psychological Well-being can be correlated.
- How Resilience and Optimism can be correlated.
- Which age group has the highest Psychological Well-being.
- Which variable i.e. (Resilience and Optimism) has more influence on Psychological Well-being.

Hypothesis:

- There is a positive relationship between Resilience & Optimism.
- Optimism & Resilience are positively correlated with psychological well-being among people in young adulthood and middle adulthood.

Sample:

- Sample Size: 80-100
- Sample Group: 20-40, 40-60, 60 & above.
- Sample Gender: Male, Female, Others

Method:

The study was done in quantitative manner with the help of correlation and regression.

Scale/Tools:

1. Psychological Well-Being Scale.
2. Brief Resilience Scale
3. Life Orientation Scale (LOT-R)

CHAPTER 5: ABOUT THE TESTS

Brief Resilience Scale (BRS) is a 6-item measure used to find a person's capacity to bounce back from stress. To the participant, read the following instructions: "Please read each statement and indicate the extent to which you generally feel or think this way."

Psychological Well-Being Scale-in this scale, a psychological assessment instrument is used to measure a number of psychological well-being dimensions. Carol D. Ryff and Corey Lee M. Keyes delivered it. There are six dimensions to it.

There are usually six elements on the scale for each dimension. Respondents are asked to rate their agreement or disagreement with each statement on a Likert-type scale.

Life Orientation Test (LOT-R) – This scale was created to gauge a person's dispositional optimism and pessimism. Ten statements make up the LOT-R, each of which is intended to convey an optimistic or pessimistic viewpoint. Respondents are asked to use a Likert-type scale, usually varying from 0 to 4, to indicate if they agree with each statement or not.

Reliability

Internal consistency of Brief Resilience Scale is 0.68 to 0.81

Psychological well-being has an internal consistency range of 0.86 to 0.93, indicating strong internal consistency.

The Life Orientation Test-Revised had an internal consistency of 0.80.

Validity

The Life Orientation Test-Revised's 10 items have an internal correlation ranging from 0.34 to 0.65.

The 18 Psychological Well-Being items have an internal correlation of 0.73.

CHAPTER 6: SCORING

Brief Resilience Scale:

Given by Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The scoring is done on a 5-point Likert scale. Add the responses for each of the six questions, varying from 1 to 5, divide the entire amount by the total number of questions answered, within the range of 6 to 30.

The Psychological Wellbeing Scale:

Scale was developed by C.D. Ryff et al. The Likert scale, with seven points, is used for scoring. The range of results that correspond to "Strongly Agree to Strongly Disagree," which is 1 to 7. For the following items, the scoring is inverted: 1, 2, 3, 8, 9, 11, 12, 13, 17 and 18. Reverse scoring an item uses the following formula:

$$((\text{Scale point total}) + 1) - (\text{Answer provided by the respondent})$$

The raw score obtained is the total of the answers.

Life Orientation Test:

Given by Scheier, M. F. et al., Likert scales with five points are used for scoring. The range of results, which go from 1 to 5, which indicate "Agree a lot to Disagree a lot," For items 3, 7, and 9, the scoring is inverted. For items 2, 5, 6, and 8, there is no consideration given to the scoring. The raw score obtained is the total of the answers.

CHAPTER 7: RESULT

The outcome was computed for a total of 100 participants. Women made up the majority of the responses. The majority of the population was in the 18–27 age bracket. The results were computed for the 18–27 and 30–60 age groups. To derive final scores, each participant's scoring for Resilience, Optimism and Psychological Well-being scales was conducted separately.

Using the coefficient formula,

- The study found a correlation of 0.49 between resilience (x variable) and optimism (x variable), as illustrated in Result Table 1.
- Additionally, the study found a correlation of 0.46 between resilience (x variable) and psychological well-being (y variable), as illustrated in Result Table 2.
- Also, the study found a correlation of 0.71 between optimism (x variable) and psychological well-being (y variable), as illustrated in Result Table 3.

RESULT TABLE 1:

1.

VARIABLES		CORRELATION (r)
RESILIENCE	X	0.49
OPTIMISM	X	

Resilience & Optimism have a positive correlation, which implies that as optimism rises, so does resilience.

RESULT TABLE 2:

2.

VARIABLES		CORRELATION (r)
RESILIENCE	X	0.46
PSYCHOLOGICAL WELL-BEING	Y	

Resilience & Psychological Well-being have a positive correlation, which implies that as resilience rises, so does psychological well-being.

RESULT TABLE 3:

3.

VARIABLES		CORRELATION (r)
OPTIMISM	X	0.71
PSYCHOLOGICAL WELL-BEING	Y	

Optimism & Psychological Well-being have a positive correlation, which implies that as optimism rises, so does Psychological Well-being.

CHAPTER 8: DISCUSSION

The study's objective is to determine how optimism and resilience affect psychological health.

The ability to handle challenging or unpleasant circumstances in life, both during the adjustment process and afterwards, is known as resilience. It is the ability to alter thoughts, feelings, and actions in reaction to both internal and external pressures. Resilience requires a skill set that must be gradually acquired. Resilience is a skill that requires time, strength, and the support of others around you. It is influenced by a person's actions and communication skills as well as by external elements like the accessibility of resources and social support.

Optimism is the tendency to have a positive outlook for the future. Optimistic individuals tend to believe that things will work out for the best and are more likely to see challenges as temporary setbacks rather than insurmountable obstacles.

Psychological Well-Being is a condition of mental and emotional health characterized by good feelings, engagement, meaningful relationships, a feeling of accomplishment as well as a purpose. It represents general contentment and delight with life.

This research aims to explore the connections among psychological well-being, resilience, and optimism. 414 medical students—213 men and 191 women—were chosen via cluster sampling, and after that, they were requested to complete the Connor-Davidson Resilience Scale, the Ryff Scale of Psychological Well-Being, and Scheier and Carver's Life Orientation Test. According to the findings, optimism played a small mediating effect in the relationship between Psychological Well-being and Resilience, and Resilience may predict Psychological Well-being. The findings showed that, independent of resilience levels, psychological well-being is influenced by other personal traits in addition to resilience, and that psychological well-being can be partially attributable to an individual's optimism.

(Hasanirad, T., and Souril, H. (2011).

The current study's objective is to determine the COVID-19 epidemic's impacts on the optimism and resilience of university students towards one another. A short resilience test and an optimism-pessimism scale were used to evaluate the optimism and resilience of one hundred university students (sixty-six females and thirty-six males). A digital survey strategy was utilized to reach university students between the ages of 18 and 23, and the Pearson correlation coefficient method was employed to determine the link between the variables. Consequently, it was discovered that optimism and resilience have a positive correlation (0.507) that holds true in both favorable and unfavorable circumstances. The results showed that having a more optimistic and hopeful outlook increases resilience. Studying could be beneficial. (Maheshwari, A., & Jutta, M. V. (2020).

The purpose of the analysis is to look into the optimism and psychological well-being of female emerging adults. The Life Orientation Test-Revised (Scheier, Carver, and Bridges, 1994) and the Psychological Well-Being Scale (Ryff & Singer, 1989) were used in the analysis. A total of 120 female participants, aged 18 to 25, were chosen for the study. The data were analyzed using One Way ANOVA, and it was shown that there was a good amount of difference between the three optimism levels and that optimism had an effect on psychological well-being. (Chinmai, H., Damodar, S. K., & Ranjan, A. (2021).

Examining the connections among young individuals' perceptions of stress, resilience, and optimism was the primary goal of this study. 200 youths, aged 18 to 25, were selected by convenience sampling from the universities and other institutions in Varanasi city (100 men and 100 women). The Life Orientation Scale (Scheier, Carver, & Bridges, 1994), the stress scale (Cohen, 1983), and the resilience scale (Conner and Davidson, 2003) were the assessments that were used. Both correlation analysis and descriptive statistics were used to analyze the data. The negative link was shown between optimism and perceived stress and Resilience & Optimism were positively correlated.

In 2018, Pathak, R., and Lata, S.

It appears that the study investigates the connections between participants' psychological well-being, optimism, and resilience across various age groups. Based on the relationships discovered, the following is an interpretation of the research's scope:

Optimism and Resilience (Result Table 1):

Resilience and optimism appear to have a moderately good association, as indicated by their 0.49 correlation. This suggests that optimism tends to increase when resilience does, and vice versa. According to the study, people who are more resilient also frequently exhibit greater levels of optimism.

Resilience and Psychological Well-being (Result Table 2):

Psychological Well-being and resilience appear to have a moderately good link, as indicated by their 0.46 correlation. This suggests that psychological well-being tends to develop in tandem with increased resilience, and vice versa. According to the study, people who possess greater resilience also generally exhibit higher levels of Psychological Well-being.

Optimism and Psychological Well-Being (Result Table 3):

Psychological Well-being and optimism have a substantial positive association ($r = 0.71$), indicating this relationship. This suggests that psychological well-being tends to rise along with optimism and vice versa. According to the study, people who are more upbeat also typically have better levels of psychological well-being.

CHAPTER 9: CONCLUSION

The study looked at the connections between psychological well-being, optimism, and resilience in 100 participants. The findings show that optimism and psychological well-being have a strong positive association (0.71), and optimism and resilience have moderately good correlations (0.49), (0.46), and (0.47). According to these results, people of all ages who exhibit higher degrees of optimism and resilience generally have higher psychological well-being. The study emphasizes how crucial it is to develop resilience and optimism to enhance psychological well-being, especially in young adults.

CHAPTER 10: REFERENCES

1. Sabouripour, F., Roslan, S., Ghiami, Z., & Memon, M. A. (2021). Mediating role of self-efficacy in the relationship between optimism, psychological well-being, and resilience among Iranian students. *Frontiers in psychology*, 12, 675645.
2. He, F., Cao, R., Feng, Z., Guan, H., & Peng, J. (2013). The impacts of dispositional optimism and psychological resilience on the subjective well-being of burn patients: A structural equation modelling analysis. *PloS one*, 8(12), e82939.
3. Kleiman, E. M., Chiara, A. M., Liu, R. T., Jager-Hyman, S. G., Choi, J. Y., & Alloy, L. B. (2017). Optimism and well-being: A prospective multi-method and multi-dimensional examination of optimism as a resilience factor following the occurrence of stressful life events. *Cognition and Emotion*, 31(2), 269-283.
4. Souri, H., & Hasanirad, T. (2011). Relationship between resilience, optimism and psychological well-being in students of medicine. *Procedia-Social and Behavioral Sciences*, 30, 1541-1544.
5. Maheshwari, A., & Jutta, M. V. (2020). Study of relationship between optimism and resilience in the times of COVID-19 among university students.
6. Lotfnejadafshar, S., Khakpour, R., & Dokaneei Fard, F. (2022). Providing a structural model of psychological well-being prediction based on family functioning, optimism, and resilience mediated by social adequacy. *Journal of Applied Family Therapy*, 3(1), 89-109.

7. Sagone, E., & De Caroli, M. E. (2014). A correlational study on dispositional resilience, psychological well-being, and coping strategies in university students. *American journal of educational research*, 2(7), 463-471.
8. Sagone, E., & De Caroli, M. E. (2014). Relationships between psychological well-being and resilience in middle and late adolescents. *Procedia-Social and Behavioral Sciences*, 141, 881-887.
9. Chinmai, H., Damodar, S. K., & Ranjan, A. (2021). Level of optimism and psychological well-being among female emerging adults. *Indian Journal of Positive Psychology*, 12(1), 99-102.
10. Kim, K. M., & Lim, J. H. (2012). Effects of optimism and orientations to happiness on psychological well-being of college students. *Journal of the Korean Home Economics Association*, 50(1), 89-101.
11. Souri, H. (2013). The correlation of resiliency and optimism with psychological well-being. *International Journal of Behavioral Sciences*, 7(3), 271-277.
12. Fotiadou, M., Barlow, J. H., Powell, L. A., & Langton, H. (2008). Optimism and psychological well-being among parents of children with cancer: an exploratory study. *Psycho-Oncology: Journal of the Psychological, Social and Behavioral Dimensions of Cancer*, 17(4), 401-409.
13. Padhy, M., Chelli, K., & Padiri, R. A. (2015). Optimism and psychological well-being of police officers with different work experiences. *Sage Open*, 5(2), 2158244015580852.
14. Naemi, A. M. (2015). The effect of resiliency training on mental health, optimism and life satisfaction of female-headed households. *Positive psychology research*, 1(3), 33-44.
15. Yu, J., & Chae, S. (2020). The mediating effect of resilience on the relationship between the academic burnout and psychological well-being of medical students. *Korean journal of medical education*, 32(1), 13.
16. Sabouripour, F., & Roslan, S. B. (2015). Resilience, optimism and social support among international students. *Asian Social Science*, 11(15), 159.
17. Pathak, R., & Lata, S. (2018). Optimism in relation to resilience and perceived stress. *Journal of Psychosocial Research*, 13(2), 359-367.
18. Khosla, I. (2021). Optimism and psychological well-being in Indian adults: Exploring gender and age differences. *Indian Journal of Positive Psychology*, 12(2).
19. Kardas, F., Zekeriya, C. A. M., Eskisu, M., & Gelibolu, S. (2019). Gratitude, hope, optimism and life satisfaction as predictors of psychological well-being. *Eurasian Journal of Educational Research*, 19(82), 81-100.
20. Souri, H. (2013). The correlation of resiliency and optimism with psychological well-being. *International Journal of Behavioral Sciences*, 7(3), 271-277.