

Self-esteem, learned optimism, resilience and mental health among University students

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ABSTRACT

The present research was executed to elucidate the role of self-esteem, learned optimism and resilience on mental health of university students. Design: The sample consisted of 50 students studying post-graduate courses in a university. They were assessed by self-esteem scale, learned optimism scale, resilience scale and mental health scale. Results: The results of correlation coefficient indicated that all of the studied variables were positively significantly correlated with mental health. Also, the regression analysis showed that self-esteem, resilience and learned optimism could influence mental health significantly. The implications and limitations of the research are discussed. Conclusion: On the basis of the findings in the present study we may conclude that self-esteem, resilience and learned optimism are influential factors in mental health of university students.

Keywords: *Self-Esteem, Learned Optimism, Resilience, Mental Health And University Students.*

Mental Health is the degree of mental prosperity or a non appearance of dysfunctional behavior. It is the condition of somebody who is "working at a good degree of enthusiastic and conduct adjustment". From the points of view of positive brain science or of comprehensive quality, mental health may incorporate a person's capacity to appreciate life, and to make a harmony between life exercises and endeavors to accomplish mental resilience. According to the World Health Organization (WHO), mental health incorporates "abstract prosperity, self-viability, self-sufficiency, capability, between generational reliance, and self-completion of one's scholarly and passionate potential, among others." The WHO further expresses that the prosperity of an individual is included in the acknowledgment of their capacities, adapting to ordinary worries of life, profitable work and commitment to their community. Cultural contrasts, emotional evaluations, and contending proficient speculations all influence how one characterizes "mental health".

Resilience

Resilience is the capacity to rationally or sincerely adapt to an emergency or to come back to pre-emergency status rapidly. It exists when the individual uses "mental procedures and practices in advancing individual resources and shielding self from the potential negative

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impacts of stressors". In more straightforward terms, it exists in individuals who create mental and conduct abilities that enable them to resist the urge to panic during emergencies/tumult and to proceed onward from the occurrence without long haul negative results.

Self-esteem

Self-esteem is a person's abstract assessment of their own value. It envelops convictions about oneself (for instance, "I am disliked", "I am commendable") just as passionate states, for example, triumph, gloom, pride, and shame. Smith and Mackie (2007) characterized it by saying "The self-concept is our opinion of oneself; self-esteem, is simply the positive or negative assessments of oneself, as by they way we feel about it."

Learned optimism

Learned optimism is the thought in positive brain science that an ability for bliss, similar to some other, can be developed. It is appeared differently in relation to learned defenselessness. Learning idealism is finished by deliberately testing any negative self talk.

REVIEW OF LITERATURE

Cvetkovski et al., (2019) looks at the mental health directions of future/current undergraduate college students comparative with their age-coordinated network peers from the ages of 15 to 21. It examined information from the Household, Income and Labor Dynamics in Australia overview. The example contained 442 and 1292 companions. Mental health was surveyed with the five-thing Mental Health Inventory from the Short Form 36. The outcomes demonstrated that understudies commonly would be wise to mental health than their friends. This was generally connected with better parental emotional well-being and financial position. In any case, the models likewise uncovered decreases in the psychological well-being of understudies comparative with their companions at ages preceding significant changes in their understudy professions. This investigation adds to the writing on college understudy mental health by looking at the psychological wellness directions of understudies with their locale peers and by recognizing the ages when understudy psychological wellness projects might be of most advantage.

Mujiyati et al., (2018) studied the significance of friend connections among adolescents makes them structure peer gatherings. Friend bunches are youngsters or teenagers with a similar age or development level. Friend associations of a similar age assume a one of a kind job among young people. The reason for this examination is to see the impact of friend bunches on the self-esteem of Lampung and Java understudies. The exploration technique utilized ex-post facto investigate with 40 research understudies of Grade XI SMK Negeri Talangpadang Lampung Lesson Year 2016/2017 comprising of 20 understudies of Lampung clan and 20 understudies of Java clan. The instrument utilized is a poll of companion gatherings and confidence surveys. Information investigation strategy utilized is a parametric measurement with relapse examination. The outcomes demonstrated that there is a critical impact among peer bunches on understudy self-esteem. Friend bunches contributed 34.9% of understudies' self-esteem, while the staying 65.1% were affected by different elements.

Goksel-Oflas and Yuksel-Sahin (2019) examined at whether college understudies' resilience levels are anticipated by sexual orientation, jobs, intercultural affectability, hazard factors, and gender. It likewise researches whether there is any critical contrast between the resilience levels of college understudies concentrating in various resources (Education, Engineering, and Art and Design). The examination test comprises of 519 college understudies (313

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female, 206 male). The "Mental Resilience Scale", "Sexual orientation Roles Attitude Scale", "Intercultural Sensitivity Scale", a "Rundown for Identifying Risk Factors" and an "Individual Information Form" were utilized to get the investigation information. Direct Regression examination and Variance Analysis strategy was performed. The consequences of the examination uncovered that as factors, sexual orientation jobs, intercultural affectability, and having the hazard factors are noteworthy indicators of the resilience levels of the college understudies. In any case, sexual orientation was not seen as a huge indicator of the understudies' resilience levels. Essentially, there was no noteworthy distinction between the resilience levels of understudies going to various resources.

Vizoso et al., (2019) inspected the connection between coping procedures, dispositional optimism, academic burnout and performance utilizing auxiliary condition demonstrating. Information were gathered from an example of 532 Spanish college understudies. Members finished a battery of surveys including the LOT-R to evaluate optimism, CSI for the estimation of adapting coping (versatile and maladaptive adapting systems), and MBI-SS to assess academic burnout (weariness, skepticism, and adequacy). Performance was assessed by the GPA. The outcomes demonstrated that academic burnout was legitimately and decidedly connected with maladaptive adapting however straightforwardly and adversely clarified by versatile adapting. What's more, passionate weariness was essentially and adversely anticipated by hopefulness. At long last, performance was altogether anticipated by academic burnout. Taking everything into account, the discoveries recommend that both versatile adapting and idealism help to avoid academic burnout and, in this way, decidedly influence performance.

Objectives

1. The current study was done to assess the role of self-esteem, resilience, learned optimism on mental health among university students.

Hypotheses

1. There will be a significant relationship between self-esteem, learned optimism, resilience and mental health of university students.
2. There will be a significant influence of self-esteem, learned optimism and resilience on mental health of university students.

Research design

The study was quantitative .descriptive and normative survey.

Sample

The sample consisted of 50 students of Annamalai University selected randomly.

Instruments

1. **Self – esteem scale:** The scale was developed by Rosenberg (1995). This scale has a set of 10 statements drawn from everyday life experiences. There are four modes of answering. Higher is the score, higher is the level of self-esteem.
2. **Learned optimism scale:** The scale was developed by Pethe, Dhar, Upinder Dhar and Chaudhuri(2010). The scale has 22 statements and there are five modes of answering: strongly agree, agree, undecided, disagree and strongly disagree. Higher is the score, higher is the level of learned optimism.

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3. **Resilience scale:** The scale was developed by Wagnild and Young (1987). It has 25 statements. There are 7 modes of answering ranging from strongly agree to strongly disagree. Higher is the score, higher is the resilience.
4. **Mental health scale :** The scale was developed by Veil and Ware (1983) was used in the present study. It contains 38 items and each item is followed by six alternatives.

Procedure

The students were asked to complete the questionnaires of self-esteem, resilience, learned optimism and mental health. They were also informed that there anonymity will be preserved and their responses kept confidential. After this the questionnaires were collected and scored manually.

RESULTS

Table.1. Descriptive statistics and correlation coefficients among independents variables with dependent variable (n=50)

Variables	M(SD)	Mental Health
Learned Optimism	107.93(5.962)	.795**
Resilience	163.21(8.122)	.967**
Self Esteem	37.68(1.493)	.491**
Mental health	249.02(2.227)	

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

As shown in table 1, the mean and standard deviation of Learned Optimism, Resilience, Self Esteem and Psychological well-being were 107.93(SD=5.962), 163.21(SD=8.122), 37.66(SD=1.493) and 249.02 (SD=2.227) respectively. The table shows the correlation coefficients of Learned Optimism, Resilience and Self Esteem with Mental Health . The three variables correlation were positively correlated and statistically significant.

Table .2. Effects of Learned optimism, Resilience and Self Esteem on Mental health

Model	R	R square	F	P-value	
1	.238 ^a	.057	.915	.442 ^b	
a. Predictors: (constant) self-esteem, learned optimism ,resilience					
Co-efficients^a					
Model	Unstandardized coefficients		Standardized coefficients	t	Sig.
	B	Standard error	Beta		
1.(Constant)	234.465	9.716		24.69	.000
Learned optimism	.033	.066	.062	.415	.689
Resilience	.068	.045	.244	.1589	.122
Self-esteem	.005	.230	.004	.018	.989
a. Dependent variable : Mental health					

A multiple regression was run to predict mental health from learned optimism, resilience and self esteem. The results showed that the prediction model was fitted and the variables

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statistically, significantly predicted, mental health , $F=0.915$, $p=.442$, $R^2=0.057$. Furthermore, the unstandardized coefficients (Bs) showed that learned optimism, resilience and self esteem are significantly predicting mental health.

DISCUSSION

This study aimed at predicting mental health from self-esteem, resilience and learned optimism. The results of the correlation analysis showed that self- esteem, resilience and learned optimism were correlated with mental health. Also, the multiple regression models predicted that the variables self- esteem, resilience and learned optimism significantly predicted mental health .Thus there is a positive and significant relationship between self-esteem, resilience, learned optimism and mental health. Thus, all the stated hypotheses are accepted. Thus, people who have high levels of resilience, self- esteem and learned optimism also had higher mental health.

CONCLUSION

Consequently, it is concluded that self-esteem, resilience and learned optimism are correlated with mental health. All the independent variables are having significant variance on the mental health of University students.

Suggestion

The findings of the study reveal the influence of resilience, self –esteem and learned optimism on mental health of university students. However additional researches are needed to study the moderating factors of mental health among different professions, culture as well as age groups. The findings of this research could be compared with those found in other area of the world to decode similarities and differences.

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Conflict of Interest

The author declared no conflict of interests.

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