

Research Paper

Psychological Inflexibility, Optimism and Perceived Stress among Adults

Nafiya Ibrahimkutty^{1*}, Dr. Palayoor Benyne Jos²

ABSTRACT

Psychological inflexibility has been considered as one of the predictors of psychopathology in individuals as well as it is a core concept in the Acceptance and Commitment Therapy (ACT) model. In this scenario of pandemic, all individuals especially adults are going through stress, anxiety and other behavioural problems. The purpose of this study was to understand the relation between psychological inflexibility, optimism and perceived stress in adults. It also looked into gender difference with respect to these three variables. The aforesaid variables were assessed using Acceptance and Action Questionnaire -II (AAQ-2), Life Orientation Test- Revised (LOT-R), and Perceived Stress Scale (PSS) respectively, together with a socio-demographic and clinical data-sheet to collect associated information. Through convenience sampling 143 adults (60.1% women) were taken for the study. Participants mainly consisted of young adults with a mean age of 24.6 years, ranging from 22-41 years. The results revealed significant correlation between (1) psychological inflexibility and optimism (2) psychological inflexibility and perceived stress. No significant correlation was found between optimism and perceived stress. The result also shows that there was no gender difference with respect to psychological inflexibility, optimism and perceived stress. To conclude, the potential utility of acceptance and commitment therapy can be implemented to increased optimism and reduced stress.

Keywords: *Psychological Inflexibility, Optimism, Perceived stress, Adults*

Understanding one's own thoughts, feeling, and sensations is necessary to address psychopathology and promote well-being (Hayes et al. 2006). Acceptance and commitment therapy (ACT) is a third-wave therapy that is based on a multi-dimensional and contextual paradigm that takes into account both well-being and psychopathology (Hayes et al., 2006). From ACT perspective, stress or pain is inevitable for all individuals and psychopathology that emerges from psychological inflexibility can be intervened with (Hayes et al.2006; Hayes et al.2012). Psychological inflexibility is outlined as "the rigid dominance of psychological reactions over chosen values and contingencies in

¹Student, VI Semester, B.Sc. Psychology, Department of Psychology, Rajagiri College of Social Sciences, Kalamassery, Kerala, India.

²Assistant Professor, Department of Psychology, Rajagiri College of Social Science, Kalamassery, Kerala, India.

**Corresponding Author*

Received: June 08, 2021; Revision Received: August 01, 2021; Accepted: August 18, 2021

© 2021, Ibrahimkutty N & Jos P B; licensee IJIP. This is an Open Access Research distributed under the terms of the Creative Commons Attribution License (www.creativecommons.org/licenses/by/2.0), which permits unrestricted use, distribution, and reproduction in any Medium, provided the original work is properly cited.

guiding action” (Bond et al., 2011), which frequently happens once people conceive to avoid experiencing unwanted internal events.

Psychological inflexibility could worsen individual’s internal and external experience of a negative expertise. Psychological inflexibility is composed of a key set of sub-processes that highlight sources of inflexibility including experiential avoidance. The six core processes of psychological inflexibility include: experiential avoidance, inflexible attention, disrupted values, inaction or impulsivity, dominance of the conceptualised past or future- limited self-knowledge, and cognitive fusion. When a person experiences one or more of these six core processes excessively or for a prolonged period of time, then psychological inflexibility will turn out to be psychopathology. An individual with high psychological inflexibility is assumed to approach stressful situations as rigid and reactive rather than meaningful, mindful and value-driven. Therefore, psychological inflexibility may contribute to the development of psychological, behavioural, and social problems. Many significant psychiatric disorders, including mood and anxiety disorders, drug use disorders, eating disorders, and psychotic disorders, have been shown to be functionally linked to psychological inflexibility.

Several studies have been conducted in recent decades to further explain the essence of stress, its origins, effects, and management. Many research has also been conducted to investigate the connection between stress and mental health. Psychological inflexibility is a concept linked to the emergence and persistence of a variety of psychological issues. Previous findings have related the restrictive nature of psychological inflexibility to a variety of psychological disorders, including somatization, depression, anxiety, and posttraumatic stress syndrome, according to the literature. According to Levin et al. (2014), psychological inflexibility was linked to a wide variety of present and lifelong psychological and behavioural issues. Because of the pandemic, many adults are experiencing stress related to their school, employment, financial conditions, and other problems. According to the literature, several studies have been conducted in other countries to determine the relationship between psychological inflexibility and stress. Previous studies also indicated that optimism is associated with adaptive outcomes and well-being, such as life satisfaction, positive affectivity, self-esteem etc. Optimism is not a permanent part of individual’s character but it is a person’s way of thinking. Psychologists have shown great interest in understanding the link between optimism and physical and psychological state. Towsyfyan and Hossein Sabet (2017) emphasized the effectiveness of Acceptance and Commitment Therapy (ACT) on increased optimism for people with major depressive disorder as well as high psychological flexibility for increased optimism (Woldgabreal et al. 2016). However, few studies, particularly in Indian settings, have looked at the connection between optimism and psychological inflexibility. As a result, the purpose of this study is to find out the relationships between psychological inflexibility, optimism, and perceived stress in adults. This research would also look into whether males and females vary in terms of psychological inflexibility, optimism, and perceived stress. As a result, we can evaluate this aspect in Indian settings as well. Evidences shows that the acceptance and mindfulness processes are important in coping with a range of psychological issues (Keng et al. 2011). So, a greater understanding of the relationship between psychological inflexibility, optimism, and perceived stress in adults aids in the therapeutic application of Acceptance and Commitment Therapy.

METHODOLOGY

Sample

A sample of 143 adults (n=143), 57 males and 86 females between the age range of 22-41 was taken for the study based on the exclusion and inclusion criteria of the study. Convenience sampling was used for collecting the sample which is a type of non-probability sampling that involves the sample being drawn from that part of the population that is close to hand. The majority of the participants were students and most of them belongs to upper-middle class family.

Instruments

The variables of the present investigation were measured by using the following tools:

1. **Acceptance and Action Questionnaire-II (AAQ-2):** The psychological inflexibility was assessed using Acceptance and Action Questionnaire-II (AAQ-2) by Steven C. Hayes (2011). This questionnaire contains 7 items and it measures the psychological inflexibility and experiential avoidance of the individual. It rates based on the 7 point Likert scale. Higher the score in AAQ-2, higher the psychological inflexibility in an individual. Scores greater than 28 would be considered high psychological inflexibility. The reliability of AAQ-2 is 0.79. In this study, the Cronbach's Alpha obtained was 0.837 which indicates high reliability.
2. **Life orientation Test- Revised (LOT-R):** The variable optimism was assessed using Life orientation Test- Revised (LOT-R) by M. F Scheier, C. S Carver & M. W Bridges (1994). This scale contains 10 items and it measures the optimistic nature of the person. This scale contains 4 fillers (2nd, 5th, 6th and 8th questions) and fillers are not scored. The third, seventh and ninth questions are reversely scored. Higher the score, then the person will be more optimistic. Each item is scored 0-4. The possible total score range is 6-24. The scores ranging from 19-24 would be considered high optimism, from 14-18 would be considered moderate optimism and from 0-13 would be considered low optimism. The reliability of the scale is 0.72. In this study, the Cronbach's Alpha obtained was 0.635 which indicates average reliability.
3. **Perceived Stress Scale (PSS):** Perceived stress was assessed using Perceived Stress Scale by Sheldon Cohen (1983). This scale contains 10 items and it measure's the perception of stress in an individual. In this, 2nd, 4th, 5th and 8th items are reversely scored and then summing across all the scale items. Each item is scored 0-4. Individual scores on the PSS can range from 0-40. Scores ranging from 0-13 would be considered low stress, from 14-26 would be considered moderate stress and from 27-40 would be considered high stress. The reliability of the scale is 0.78. In this study, the Cronbach's Alpha obtained was 0.666 which indicates average reliability.

Procedure

An online survey was created using demographic items and the measures of the study. The participants in this study were selected based on the inclusion-exclusion criteria. Informed consent was obtained from all the respondents before collecting the data, and ensured about the confidentiality of the data. Three questionnaires regarding the psychological inflexibility, optimism and perceived stress were administered to them along with the socio-demographic data sheet. The scales were administered to the participants through Google Forms. The participants were given full freedom to quit the study at any point of the time. The respondents were given assurance based on the ethical guidelines of this study as well.

Inclusion criteria:

- Adults, both males and females.

Psychological Inflexibility, Optimism and Perceived Stress Among Adults

- Age range: 22-41 years.
- Knowledge of English language.

Exclusion criteria:

- People with major physical and psychological illness.
- People have no knowledge in English language.

Data Analysis

The data obtained included responses from 143 young adults, 86 females and 57 males. The data was the processed in Microsoft Excel and the statistical analysis was done using IBM SPSS. The first step for the analysis was to eliminate any sort of data that did not meet the criteria for inclusion. Non genuine data was not considered for the study. The normality of the data was found using the Shapiro-Wilk test.

The process of data analysis was done in two sections, where the first section was used to find the frequency distributions and measures of central tendency based on the data from the socio-demographic data sheet which included age, gender, socio-economic status, domicile and employment status. The second section included descriptive statistics to provide information regarding the variables chosen. It includes Spearman's correlation test to describe the relationship among the variables, along with these test, Mann-Whitney U Test was also used to find out if there was any significant difference in the responses given by male and female participants of the study. Kruskal-Wallis test was also conducted to find out if there was any significant difference in the responses given by participants from different socio-economic status.

RESULT

The results obtained from the data are used to make an analysis. This section manages the outcomes and the conversation of the information gathered. The data is genuinely broke down to discuss and interpret the outcomes.

Table No.1 Description of the participants based on their gender.

Gender	Frequency	Percent
Female	86	60.1
Male	57	39.9
Total	143	100.0

Table 1 shows the result from the socio-demographic data sheet corresponding to gender. The total includes 143 respondents out of which 86 were female respondents and 57 were male respondents.

Table No. 2 Description of the participants based on their socio-economic status.

Socio- economic status	Frequency	Percent
Low	33	23.1
Lower Middle	23	16.1
Upper Middle	83	58.0
High	4	2.8
Total	143	100.0

Psychological Inflexibility, Optimism and Perceived Stress Among Adults

Table 2 shows the result from the socio-demographic data sheet corresponding to socio-economic status. The majority of the respondents are from upper middle class followed by lower class and lower middle class. The least number of responses were obtained from respondents who belongs to high socio-economic status.

Table No. 3 Reliability of all scales obtained on the entire sample of adults (N= 143).

SL No.	Variable	Cronbach's alpha	No. of Items
1	Psychological Inflexibility	.837	7
2	Optimism	.635	10
3	Perceived Stress	.666	10

Table 3 shows the reliability of all scales used in this study. The Cronbach's alpha obtained for Psychological Inflexibility variable is 0.837, which indicates that it has high reliability. The Cronbach's alpha for the variables optimism & perceived stress is 0.635 and 0.666 respectively, indicative of above-average reliability. Among the three variables, psychological inflexibility has higher reliability.

Table No. 4 Summary of Shapiro-Wilk test of Normality of Psychological Inflexibility, Optimism and Perceived Stress.

Variable	Statistic	Shapiro -Wilk	
		df	Sig.
Psychological Inflexibility	.961	143	.000
Optimism	.962	143	.001
Perceived Stress	.978	143	.021

a. Lilliefors Significance Correction

Table 4 shows the result of normality scores for psychological inflexibility, optimism and perceived stress using Shapiro-Wilk test. The result indicates that the data is not normally distributed as the significant value falls below 0.05 (i.e., $p < 0.05$).

Table No. 5 Mean and standard deviation for Psychological Inflexibility, Optimism and Perceived Stress.

Variable	Mean	Std. Deviation
Psychological Inflexibility	20.76	9.43
Optimism	13.64	2.7
Perceived Stress	18.75	4.63

Table 5 shows the mean and standard deviation scores obtained for each scale. In this study, Acceptance and Action Questionnaire -II (AAQ-2) is used to measure psychological inflexibility, the maximum score that can be obtained by an individual in AAQ-II scale is 49. Here, the mean score obtained by the population is 20.76 which shows that population has average psychological inflexibility. For measuring the variable optimism, Life Orientation Test- Revised (LOT-R) Scale is used, the maximum score that can be obtained by an individual for LOT-R is 24. However, the mean score obtained by the population is 13.64 which means there is low optimism or high pessimism is seen in the population. For Perceived Stress scale the maximum score that can be obtained by an individual is 40 and the mean score obtained by the population for this scale is 18.75 which indicates a moderate level of perceived stress in population.

Table No.6 Spearman's correlation between Psychological Inflexibility and Optimism.

Variables	Optimism
Psychological Inflexibility	-.241**

** Correlation is significant at the $p=0.01$ level (2-tailed).

Table 6 shows the Spearman's correlation between psychological inflexibility and optimism. The results indicate that there is a significant negative correlation between psychological inflexibility and optimism at $p=0.01$ level. This means, as the level of psychological inflexibility increases in an individual, the level of optimism decreases. Thus, the null hypothesis is rejected. Therefore, the hypothesis can be revised as there is a significant correlation between psychological inflexibility and optimism.

Table No.7 Spearman's correlation between Psychological Inflexibility and Perceived Stress.

Variable	Perceived Stress
Psychological Inflexibility	.535**

** Correlation is significant at the $p=0.01$ level (2-tailed).

Table 7 shows the Spearman's correlation between psychological inflexibility and perceived stress. The results indicate that there is a significant positive correlation between psychological inflexibility and perceived stress at $p=0.01$ level. This means that as the level of psychological inflexibility increases in an individual, then the perceived stress also increases. Thus, the null hypothesis is rejected. Therefore, the hypothesis can be revised as there is a significant correlation between psychological inflexibility and perceived stress.

Table No.8 Spearman's correlation between Optimism and Perceived Stress.

Variable	Perceived Stress
Optimism	-.106

Table 8 shows the Spearman's correlation between optimism and perceived stress. The results indicate that there is a no significant correlation between optimism and perceived stress. Thus, the null hypothesis is accepted.

Table No. 9 Gender differences using Mann-Whitney U Test for Psychological Inflexibility.

Variable	Group	N	Mean Rank	U	Sig.
Psychological inflexibility	Female	86	75.11	2183.5	.270
	Male	57	67.31		

Table 9 shows the gender difference using Mann-Whitney U Test. From the result it is seen that there is no significant difference between the two genders in psychological inflexibility. Thus, the null hypothesis is accepted.

Table No. 10 Gender differences using Mann-Whitney U Test for Optimism.

Variable	Group	N	Mean Rank	U	Sig.
Optimism	Female	86	74.61	2226.5	.351
	Male	57	68.06		

Table 10 shows the gender difference using Mann-Whitney U Test. From the result it is seen that there is no significant difference between the two genders in optimism. Thus, the null hypothesis is accepted.

Table No.11 Gender difference using Mann-Whitney U Test for Perceived Stress.

Variable	Group	N	Mean Rank	U	Sig. (2-tailed)
Perceived stress	Female	86	75.30	2167.0	.240
	Male	57	67.02		

Table 11 shows the gender difference using Mann-Whitney U test. From the result it is seen that there is no significant difference between the two genders in perceived stress. Thus the null hypothesis is accepted.

DISCUSSION

Psychological inflexibility is a construct associated with the development and maintenance of a wide range of psychological problems. Previous studies have found a correlation between the restrictive aspect of psychological inflexibility and a number of psychological disorders, according to the literature. Many adults are experiencing stress as a result of their education, career, financial problems, and other factors in the current situation, especially as a result of the pandemic. There have been studies conducted in many other countries to establish the correlation between psychological inflexibility and stress, but in Indian context the studies on psychological inflexibility are rarely seen. Therefore, in this study an attempt made to find the relation between psychological inflexibility, optimism and perceived stress among adults. This study will also try to examine whether males and females differ with respect to psychological inflexibility, optimism and perceived stress. The Spearman's correlation test and Mann-Whitney U Test were used to find the correlation and the significance of gender comparing with the variables.

The reliability scores for the various scales used in this study were obtained. The Cronbach's alpha obtained for psychological inflexibility, optimism and perceived stress were 0.837, 0.635 and 0.666 respectively. The normality test was done for all the three variables using Shapiro-Wilk test. The normality score obtained for psychological inflexibility, optimism and perceived stress falls below the value $p=0.05$, which indicates that the data is not normally distributed for all the three variables.

While analysing the descriptive statistic of the variables in this study, it is found that the population has average psychological inflexibility with a mean score of 20.76. The Acceptance and Action Questionnaire -II (AAQ-2) is used to measure psychological inflexibility, the maximum score that can be obtained by an individual in AAQ-II scale is 49. For measuring the variable optimism, Life Orientation Test- Revised (LOT-R) Scale is used, the maximum score that an individual can obtain for LOT-R is 24. However, the mean score obtained by the population is 13.64 which means there is low optimism or high pessimism is seen in the population. For Perceived Stress scale the maximum score that an individual can get is 40 and here the mean score obtained by the population for this scale is 18.75 which indicates a moderate level of perceived stress in population.

The major focus of this study is to find the correlation between psychological inflexibility, optimism and perceived stress. Pearson's as well as Spearman's test for correlation is used to find the correlation between these variables. However, both Pearson's and Spearman's

test for correlation showed similar results, however the results of Spearman's correlation was taken into account, as the variables were not normally distributed.

The result of Spearman's correlation test indicates that there is a significant negative correlation between psychological inflexibility and optimism at 0.01 level. This means that as the level of psychological inflexibility increases in an individual, when the level of optimism decreases. A study conducted in Turkish adults the following conclusions were made 'a negative significant relation between psychological inflexibility and optimism and a positive correlation between psychological inflexibility and coronavirus stress' (Arslan et al., 2020). The finding of this study goes in accordance with the findings of the former study by Arslan that is there is a significant negative correlation between psychological inflexibility and optimism.

According to the result of Spearman's correlation between psychological inflexibility and perceived stress, that there is a significant positive correlation between psychological inflexibility and perceived stress. This means that as the level of psychological inflexibility increases in an individual, with an increase in perceived stress. Consistent with previous studies, perceived stress was found to be positively correlated with psychological inflexibility (Tavakoli et al., 2019). The finding of this study goes in accordance with the findings of the former studies by Tavakoli and Barden that there is a significant positive correlation between psychological inflexibility and perceived stress. The relation of psychological inflexibility with optimism and perceived stress may help to understand the fact that high level of perceived stress and low level of optimism can lead to increase in psychological inflexibility and which in turn can become one of the factors of later development of psychological disorders. High levels of optimism and low levels of psychological inflexibility and pessimism may help people to cope with stress and foster lower levels of psychological problems (Arslan et al., 2020). According to the result of this study there is a no significant correlation found between optimism and perceived stress.

The subsequent purpose of this study is to examine the gender difference with respect to the study variables. Mann-Whitney U Test was used to examine whether males and females differ with respect to psychological inflexibility, optimism and perceived stress and the results indicates that the both males and females does not differ with respect to psychological inflexibility, optimism and perceived stress. According to a previous study, the psychological flexibility is high in males than in females (Alrefi et al., 2020). However, the result of this study was not in accordance with the former study. This may be due to the cultural difference as this study was conducted in Indian setting whereas the previous study was conducted in Indonesia. Another reason may be because of the difference in selected groups, as this study was conducted in adults whereas the former study was done in school children who are of 15 and 16 years of age.

In case of optimism, a study showed that males are more optimistic than females (Jacobsen et al., 2014). However, the result of this study was not in accordance with the former study and this may be due to cultural difference as well as in this study most of the respondents were young adults and they were more optimistic about their future irrespective of gender (Durbin et al., 2019).

Any interpretation or generalization of the present findings should take into consideration some possible limitations of the study. The study was conducted using convenience sampling from a limited area so it cannot be generalized to the larger population. Also,

social desirability could play a major role in affecting the results as the study uses self-report questionnaires. Thus, to address this issue, future research can use multiple assessment techniques for the investigation of the associations among these study variables. The present study had a cross-sectional design which cannot ascertain a causal relationship among the study variables. Studies using longitudinal and experimental designs can be carried out to address this limitation and this may have the potential to offer additional insights into the associations between these study variables. There is also scope for doing comparison studies based on socio-demographic data with respect to these study variables.

CONCLUSION

Psychological inflexibility is an integral part of mental health. This is outlined as “the rigid dominance of psychological reactions over chosen values and contingencies in guiding action” (Bond et al., 2011), which frequently happens once people conceive to avoid experiencing unwanted internal events. Psychological inflexibility is different from other rigidity constructs as it focuses specifically on how individuals respond to internal experiences with inflexible (i.e., experiential avoidance, cognitive fusion). It has gained a lot of attention in psychologist and they consider it as an important factor as it is related with various kinds of psychopathology. Scheier and Carver (1985) referred optimism “as the tendency to expect the best possible outcome or to think about the most hopeful aspects of any situations”. Optimism is not a permanent part of individual’s character but it is a person’s way of thinking. Psychologists have shown great interest in understanding the link between optimism and physical and psychological state. Also, for almost fifty years, stress variable has been extensively studied. According to Lazarus (1966), “stress is not to be seen as just an external stimulation nor just a response but as a transaction between an individual and the environment”. People experience stress in personal life and work place and nowadays it becomes extremely high due several reasons. This study aims to examine the relationship between psychological inflexibility, optimism and perceived stress in adults. The study concluded that there is a significant correlation between psychological inflexibility and optimism as well as between psychological inflexibility and perceived stress. There is no significant correlation between optimism and perceived stress. Also, the study implies that there is no significant gender difference with respect to psychological inflexibility, optimism and perceived stress among adults. A better understanding of psychological inflexibility, optimism and perceived stress helps in effective implication of acceptance and commitment therapy (ACT) in clinical settings as well as in improving mental health conditions. In conclusion, these results suggesting that optimism and psychological flexibility can be act as a key ingredient in contributing to positive mental wellbeing during stressful situations.

REFERENCES

- Alrefi, A., Nurihsan, J., Rusmana, N., & Nurhudaya, N. (2020). Student’s Psychological Flexibility Based on Gender Differences in Indonesia. *International Conference on Elementary Education*, 2(1), 42–49.
- Arslan, G., Yıldırım, M., Tanhan, A., Buluş, M., & Allen, K.-A. (2020). Coronavirus Stress, Optimism-Pessimism, Psychological Inflexibility, and Psychological Health: Psychometric Properties of the Coronavirus Stress Measure. *International Journal of Mental Health and Addiction*, 1–17. Retrieved February 16, 2021, from <https://doi.org/10.1007/s11469-020-00337-6>.
- Bond, F. W., Hayes, S. C., Baer, R. A., Carpenter, K. C., Guenole, N., Orcutt, H. K., Waltz, T., & Zettle, R. D. (2011). Preliminary psychometric properties of the Acceptance

- and Action Questionnaire-II: a revised measure of psychological inflexibility and acceptance. *Behavior Therapy*, 42, 676-688.
- Carver, C. S., Scheier, M. F., & Segerstrom, S. C. (2010). Optimism. *Clinical Psychology Review*, 30(7), 879-889.
- Durbin, K., Barber, S., Brown, M., & Mather, M. (2018). Optimism for the Future in Younger and Older Adults. *The Journals of Gerontology. Series B, Psychological Sciences and Social Sciences*, 74.
- Ferguson, S. J., & Goodwin, A. D. (2010). Optimism and well-being in older adults: The mediating role of social support and perceived control. *International Journal of Aging & Human Development*, 71(1), 43-68.
- Finkelstein, D. M., Kubzansky, L. D., Capitman, J., & Goodman, E. (2007). Socioeconomic Differences in Adolescent Stress: The Role of Psychological Resources. *The Journal of Adolescent Health: Official Publication of the Society for Adolescent Medicine*, 40(2), 127-134.
- Hayes, S. C., Luoma, J. B., Bond, F. W., Masuda, A., & Lillis, J. (2006). Acceptance and commitment therapy: model, processes and outcomes. *Behaviour Research Therapy*, 44(1), 1-25.
- Hayes, S. C., Strosahl, K., & Wilson, K. G. (2012). Acceptance and commitment therapy: the process and practice of mindful change (2nd ed.). New York: The Guilford Press.
- Jacobsen, B., Lee, J., Marquering, W., & Zhang, C. (2014). Gender Differences in Optimism and Asset Allocation. *Journal of Economic Behavior & Organization*, 107.
- Keng, S. L., Smoski, M. J., & Robins, C. J. (2011). Effects of Mindfulness on Psychological Health: A Review of Empirical Studies. *Clinical Psychology Review*, 31(6), 1041-1056. Retrieved February 16, 2021, from <https://doi.org/10.1016/j.cpr.2011.04.006>
- Lazarus, R. S. (1966). Psychological Stress and the Coping Process. New York: McGraw-Hill.
- Lazarus, R. S., & Folkman, S. (1984). Stress, Appraisal and Coping. New York: Springer
- Levin, M. E., Luoma, J. B., Vilardaga, R., Lillis, J., Nobles, R., & Hayes, S. C. (2016). Examining the role of psychological inflexibility, perspective taking, and empathic concern in generalized prejudice. *Journal of Applied Social Psychology*, 46(3), 180-191.
- Peterson, C., Moon, C., Michaels, C. E., Bishop, M. P., Smith, J. S., & Michaels, A. A. (1998). Explanatory style as a risk factor for traumatic mishaps. Unpublished manuscript, University of Michigan, Ann Arbor.
- Scheier, M. F., & Carver, C. S. (1985). Optimism, coping, and health: assessment and implications of generalized outcome expectancies. *Health Psychology*, 4(3), 219-247.
- Scheier, M. F., & Carver, C. S. (1992). Effects of optimism on psychological and physical well-being: theoretical overview and empirical update. *Cognitive Therapy and Research*, 16(2), 201-228.
- Tavakoli, N., Broyles, A., Reid, E., Sandoval, J., & Correa-Fernandez, V. (2018). Psychological inflexibility as it relates to stress, worry, generalized anxiety, and somatization in an ethnically diverse sample of college students. *Journal of Contextual Behavioral Science*, 11, 1-5.
- Towsyfyan, N., & Hossein Sabet, F. (2017). The effectiveness of acceptance and commitment therapy on the improving of resilience and optimism in adolescents with major depressive disorder. *International Journal of Humanities and Social Science*, 7(3), 239-245.

Psychological Inflexibility, Optimism and Perceived Stress Among Adults

Woldgabreal, Y., Day, A., & Ward, T. (2016). Linking positive psychology to offender supervision outcomes: the mediating role of psychological flexibility, general self-efficacy, optimism, and hope. *Criminal Justice and Behavior*, 43(6), 697–721.

Acknowledgement

I express my deep and sincere gratitude to The Dean, Rev. Dr. Varghese K Varghese and Assistant Professors: Dr. Jessy Fenn & Prof. Noble Chacko, Department of Psychology, Rajagiri College of Social Science, Kalamassery, for their constant support and invaluable guidance. I extend my heartfelt thanks to all participants who spend their valuable time helping me. I would like to thank The Lord Almighty, My Parents and Friends for the Priceless Blessings & support during the process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Ibrahimkutty N & Jos P B (2021). Psychological Inflexibility, Optimism and Perceived Stress Among Adults. *International Journal of Indian Psychology*, 9(3), 895-905. DIP:18.01.083.20210903, DOI:10.25215/0903.083