

Resilience, Perceived Social Support, And Psychological Well-Being Among College Students

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ABSTRACT

Resilience and perception of social support play an important role in students' psychological well-being. Students with efficient resilience ability and having social support from their sources can be able to maintain their psychological well-being as well as others. It helps them to cope with their personal and academic life. Keeping in this view present study is aimed to study the Resilience, Perceived Social Support, and Psychological Well-being among College Students. 90 participants consisting from the three different faculties, from arts, commerce, and science age ranging from 17 to 21 has been selected for the study. The scale developed by Gregory et.al. Multidimensional Scale of Perceived Social Support (MSPSS- 1988), Bharathiar University Resilience Scale (BURS - 2014) developed by Dr. Annalaxmi Narayanan, and Psychological Well-being Scale (PWBS - 2005) developed by D. S. Sisodia and Pooja Choudhary was used as a tool for data collection. The data were analyzed by using the Pearson's Product Moment Correlation Coefficient. Results revealed that there is a significant positive correlation of resilience with psychological well-being. And perceived social support and its sub-factors are also positively related to psychological well-being among college students.

Keywords: Resilience, Perceived Social Support Psychological Well-being College and Students.

Resilience is known as general coping skills and mechanisms which is helping to face and recover common challenges in day-to-day life. (Mandleco & Peery, 2000). It's bouncing back the ability of the person to recover themselves after facing an adverse situation. It helps students to normal development under adverse and difficult circumstances. As well, social support plays an important role in managing psychological problems among students. According to Vaux, (1988), the term Social support can be defined as an active interplay between a person and his or her support network is involved. The absence or lack of social support is led to many psychological problems among students. Having good support from family and friends has been playing an important role to reduce the effect of psychological problems among students (Calvete and Connor-Smith, 2006). Quomma and Greenberg, (1994) suggested that the increased and decreased level of parental support can

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cause stress among students. According to Awang et al., (2014) university students' emotional, social, and academic well-being was strongly affected by perceived social support, and meanwhile, it also plays an important role in their well-being. The concept of psychological well-being is concerned with how people evaluate their lives (Tshoki Zangmo, 2011). It is defined as the individual's ability to balance many different thoughts, emotions, situations, to problem solve and respond to stress healthily (Bradshaw, Hoelscher, & Richardson (2007) it's a mixture of feeling well and functioning efficiently.

Aim

To study the resilience, perceived social support, and psychological well-being among college students.

Objectives

1. To study the relation between resilience and psychological well-being among college students
2. To study the relation between perceived social support and psychological well-being among college students
 - To study the relation between significant support from others and psychological well-being among college students.
 - To study the relation between support from family and psychological well-being among college students.
 - To study the relation between support from friends and psychological well-being among college students.

Hypotheses

1. Resilience and psychological well-being will be significantly and positively related to each other.
2. Perceived social support and psychological well-being will be significantly and positively related to each other.
 - Significant support from others and psychological well-being will be significantly and positively related to each other.
 - Support from family and psychological well-being will be significantly and positively related to each other.
 - Support from friends and psychological well-being will be significantly and positively related to each other.

METHODOLOGY

Participants

90 participants consisted of the three different faculties, from arts, commerce, and science age ranged from 17 to 21 years, of Bhogawati Mahavidyalay, Kurukali. The subjects were covered without having any psychological problems with preoral consent for testing.

Measures

Multidimensional Scale of Perceived Social Support (MSPSS-1988): The scale developed by Gregory et al. (1988) consists of 12 items, every item consists of 7 options from "very strongly agree" to "very strongly disagree". Every item was rated on 7 points Likert-type scale, measuring three dimensions of perceived social support named family support, friends support, and significant from others. Every subscale consists of 4 items that measure the source of support for students. The scale was administered to 136 female and

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139 male university students. Reliability is measured through internal reliability and test-retest reliability. Internal consistency found for three subscales significant from others, family and friends were .91, .87, and .85 respectively, and the whole internal consistency for the scale is obtained .88. Test-retest reliability was found for three subscales, significant from others, family and friends were .72, .85, and .75 respectively, and the whole internal consistency for the scale is obtained .85. For validity, the test was correlated with the Depression and anxiety subscales of HCL. Among these perceived social support from family found significantly and negatively correlated with depression ($r = -.24, < .01$) and anxiety ($r = -.18, < .01$), for perceived supports from friends and significant others found negatively correlated with only depression the score is $r = -.24, < .01$ and $r = -.25, < .01$ respectively which showing high validity of the scale. On the interpretation high score indicates high social support and a low score shows low support.

Bharathiar University Resilience Scale (BURS-2014): The scale developed by Dr. Annalaxmi Narayanan (20014) is used for college and university students for measuring the level of resilience. Two parallel forms of the resilience scale were constructed. Each form consists of 30 items. Every item consists of five options like 1 for if the statement is not at all appropriate in describing. 2 for if the statement is marginally appropriate in describing 3 for if the statement is moderately appropriate in describing 4 for if the statement is appropriate to a large extent in describing and 5 for if the statement is most appropriate in describing Respondents have to circle any one option which applies to them. The biserial correlation was used to identify the individual items that discriminated against the high resilience group from the low resilience group. The correlation between the scores of subjects on Form A and Form B of the Bharathiar University Resilience Scale is 0.871. The Bharathiar University Resilience Scale-Form A and Form B have been found to have high reliability as assessed on data gathered on a group of 577 postgraduate students. By using Spearman-Browns, Guttman Split-Half, and Cronbach Alpha formula and it is found 0.812, 0.812, 0.876 and 0.852, 0.852, 0.876 respectively for form A and form B. For measuring validity present scale was compared with various psychological tests and used the Biserial Correlation method the parallel both scales are validated against Resilience Scale for Adults (Friborg, 1995) and Bell's Adjustment Inventory and the coefficient correlation score was found 0.349, 0.382 respectively for form A. both values are significant. The form B Coefficient Correlation value was found with Friborgs Resilience scale was 0.383 which is highly significant and a correlation between form B and Bells Adjustment Inventory was found 0.299 which is found not significant. Finally, the complete scale was found highly valid for measuring resilience. The scoring of scale differs viz., positive and negative items and type of form which is provided into the manual. A high score on a scale denotes extremely high resilience while a low score shows a low level of resilience. In the interpretation, those who had a score above the median score of the distribution were represented high resilience group, and the others in the sample were grouped to represent the low resilience group. Finally, the scale was used for data collection.

Psychological Well-being Scale (PWBS - 2005): The scale developed by D. S. Sisodia and Pooja Choudhary uses to measure the Psychological Well-Being of college students. The test is available in Hindi and English It consists of 50 items distributed 10, in every area, respectively in five areas namely Satisfaction, Efficiency, Sociability, Mental Health, and Interpersonal Relation. Reliability is measured through the Test-Retest reliability method which is 0.87 and the validity has been calculated with the Internal Consistency validity method, which is 0.90. Both shows high reliable and valid tool for measuring Psychological Well-being. The scale has been standardized on students, employees, housewives, and

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retired persons and applies to the age group, 16 to 60. The reliability and validity of the scale are satisfied.

Analysis Strategy

Pearson product-moment correlation coefficient used for analysis. Correlation was measured through using the Pearson correlation method to explore the relation between key variables.

RESULTS AND DISCUSSION

Table 1 Showing Pearson Product Moment Correlation Coefficient Resilience and Psychological well-being

Variables	
	Psychological well-being
Resilience	.456**

**Significant at 0.01 level.

Table no.1 shows the positive correlation between resilience and psychological well-being (r, 0.45) among college students. It shows the increased level of resilience will help to better psychological well-being. Elisabetta Sagone, Maria Elvira De Caroli (2014) found positive relationships between PWB (environmental mastery, personal growth, and self-acceptance) and resilience among 224 middle and late adolescents. Maria Elvira Decaroli and Elisabet Tasagone (2016) also found a positive relation between resilience and psychological well-being among Italian middle and late adolescents. So, hypothesis no. 2 Resilience and psychological well-being will be significantly and positively related with each other is accepted here and fully supported by previous studies.

Table 2 Showing Pearson Product Moment Correlation Coefficient Perceived social support and psychological well-being

Variables	
Perceived social support (Factors)	Psychological well-being
Significant from others (SO)	.779**
Family support (Fam.)	.899**
Friends support (Fri.)	.927**
Total perceived social support	.870**

**Significant at 0.01 level.

Present, table no.2 shows the correlational analysis between perceived social support and their subscales with psychological well-being among college students. It is seen that there is a positive correlation between overall social support perceived by the student and their psychological well-being (r, 0.87) which is showing a high correlation between these two variables. It means having a high perception of social support increases the level of psychological well-being among students.

With this perception of having significant support from others, support from family and support from a friend were also found highly correlated with psychological well-being (respectively, r = 0.77, 0.89, and 0.92) among the present sample.

Present findings are consistent with several previous studies. A positive correlation is found between perceived social support and their sub-factors with psychological well-being among 286 individuals (Kalpana Rani E, 2016). Support from friends and family were found the best predictors for psychological well-being among adolescents (Vanessa Barbosa Romera

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Leme et.al., 2015). Emadpoor, L., Lavasani, M. G., and Shahcheraghi, S. M (2015) found, perceived social support positively influences psychological well-being. Hence, hypothesis no. 2. "Perceived social support and psychological well-being will significantly and positively related with each other" is accepted here. With these the hypothesis no. 2.1. "Significant support from others and psychological well-being will significantly and positively related with each other", hypothesis no.2.2. "Support from family and psychological well-being will significantly and positively related with each other" and hypothesis no. 2.3. "Support from friends and psychological well-being will significantly and positively related with each other", are accepted in this study and fully supported by the previous studies.

CONCLUSIONS

1. Resilience is found significantly and positively correlated with psychological well-being among college students. Students having a high level of resilience shows better psychological well-being.
2. Perceived social support and psychological well-being are found significantly and positively correlated with each other among college students. Increased level of perceived social support, enhance psychological well-being among college students.
 - Significant support from others and psychological well-being is found significantly and positively related to each other.
 - Support from family and psychological well-being is found significantly and positively related to each other.
 - Support from friends and psychological well-being is found significantly and positively related to each other.

Implications

The major findings of this study had shown a significant correlation of resilience and perceived social support with psychological well-being among college students. Students having with low resilience levels may have to show low psychological well-being. Hence it is causing to lack of satisfaction, efficiency, sociability, mental health, and interpersonal relation with their peers and parents. The present study found a positive correlation of these factors of psychological well-being with resilience. Hence this study will help students to cope positively with these factors by enhancing their resilience ability. Having social support from our family, friends and other persons also play a major role in students' psychological well-being. Results from this study also found a positive correlation with the factors of psychological well-being. Overall, the high level of resilience and sufficient social support from family, friends, and other people is helpful for students' psychological well-being. The finding from this study help students to increase their satisfaction level, social relationship, and mental health for better psychological well-being. Psychological well-being may be related to so many aspects of a student's life. And can affect negatively their career and family life. The reason, students need to be psychologically well in their entire career. In this view, the concept of psychological well-being is based on students' satisfaction about their educational life, efficiency about the curriculum, social relationship with their peers and teachers, their mental health, and their all-over interpersonal relation which determine the quality of psychological well-being. Hence findings of this study will help a students to psychologically fit.

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Conflict of Interest

The author(s) declared no conflict of interest.

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