

Life Satisfaction and Resilience as a Predictor of Psychological Well-being among Youth

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ABSTRACT

Psychological well-being provides the foundation for effective and efficient functioning of an individual. It helps in leading a flourishing and fulfilling life. Various social, psychological and environmental factors influence the psychological well-being of an individual. The present study was designed to explore the relationship between life satisfaction, resilience and psychological well-being among youth. The Satisfaction with Life Scale (Diener et al., 1985), The Brief Resilience scale (Smith et al., 2008) and The Psychological Well-Being Scale (Ryff, & Keyes, 1995) were administered on a sample of 200 university students (17 to 25 years) for the purpose of data collection. The findings of the present study revealed that psychological well-being was positively correlated with life satisfaction and resilience among youth. Life satisfaction and resilience were also found to be significant predictors of psychological well-being in young population.

Keywords: *Life Satisfaction, Resilience, Psychological Well-being, Youth*

Psychological well-being plays a crucial role in the growth and development in early adulthood. This phase is associated with extreme mental and social disturbances and amidst the brittle time, it is pivotal to put emphasis on physical health as well as on psychological well-being of early adults. The present-day youth is not on the course of becoming healthy, thriving, and productive adults (Benson, 2006) and are at risk of developing various mental health issues. Health and wellness are strongly linked with the positive-affective indicators of psychological well-being.

Youth is considered to be the powerful asset of the nation, procuring the profuse energy and zeal which is considered necessary for overall advancement. The youth is concerned with numerous challenges and struggles. WHO has defined 'youth' as individuals between the ages of 15 and 24 years. India is one of the youngest countries in the world. The age bracket

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of 20 years old as per census 2011 makes 41% of county' population, so it is crucial to ensure the health and development of youngsters. Promotion of youth development by teaching them various skills could enhance their physical and mental health.

Mental prosperity is considered as a significant part of psychological well-being. Well-being is used as an expression of happiness, health, purpose in life, developing potential and good social relationships (Huppert, 2009). Psychological well-being enumerates inter and intra-dependent levels of well-being that will incorporate personal understanding of others and self-explanatory attitudes that include a sense of proficiency and personal growth (Burns, 2016). Psychological well-being is associated with caring climate (Fry et al., 2012); emotional regulation (Yosefi, 2015); hope and optimism (Jahanara, 2017) and enhanced health (Ryff and Singer, 1998). A multidimensional model of psychological wellbeing by Ryff and Keyes (1995) comprises of six dimensions which are autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self-acceptance. Each dimension specifies its purpose and enhance psychological and emotional well-being.

Life satisfaction is defined as fewer experiences of negative emotions and a general experience of positive emotions (Diener, 2000). It is manifested as a cognitive appraisal during which the person's life is evaluated consistent with definite criteria, like escaping from pain, having more positive outlook toward life (Diener et al., 1985; Shin & Johnson, 1978). It's agreed that the less the incongruity between one's wants and accomplishments is, the greater the life satisfaction is. Life satisfaction is found as a noteworthy predictor of psychological well-being (Kardas et al., 2019; Meléndez et al., 2009; Rathore et al., 2015).

Resilience is described as the strength of adapting successfully when circumstances threaten or challenging the balanced state of an individual (Masten, 2014). It is important to focus that resilience is a kind of protective factor and a positive attitude which utilizes internal and external resources that helps one to reorganize in difficult situations (Cowen & Work, 1988; Garnezy, 1991). Larson (2006) said that resilience leads to positive youth development. Most of the youth endure adversity and make the most of their adulthood; therefore, resilience is more a rule than an exception (Masten, 2001). Psychological well-being and resilience are found to be positively associated (Besharat et al., 2007)). Resilient youngsters tend to be self-efficient, avoid risks, cope actively and carve new paths in life successfully.

Resilience contributes significantly in elevating and enhancing people's psychological well-being (Fabio & Palazzeschi, 2015; Hasse et al., 2014; Kimberly et al., 2000; Scoloveno, 2015; Sourì & Hasanirad, 2011). Various studies point out the predictive nature of resilience concerning psychological well-being (Keye & Pidgeon, 2014; Vinayak & Judge, 2018). Psychological well-being is strongly correlated with resilience and life satisfaction (Kim & Yoo, 2010). Studies have found a positive correlation between life satisfaction and psychological wellbeing (Arafa et al., 2003). Many studies have found a positive correlation between life satisfaction and resilience (Bailey & Snyder, 2007; Fredrickson et al., 2003; Sinclair et al., 2004).

The present research is an effort to see the relationship of life satisfaction, resilience and psychological well-being among youngsters. The main aim of the current study was to see if life satisfaction and resilience can predict psychological well-being among youth. On the basis of literature review following hypotheses were formulated:

H1: There would be a significant positive correlation between life satisfaction, resilience and psychological well-being.

H2: Life satisfaction would be a significant predictor of psychological well-being.

H3: Resilience would be a significant predictor of psychological well-being.

METHODOLOGY

Sample

The study consisted of 200 university students (67% females and 33% males) from various departments of Guru Jambheshwar University of Science & Technology, Hisar, Haryana. The age range of the sample is 17 to 25 years (Mean= 20.70, SD= 2.23). Demographics including age, sex, marital status, geographical location viz. rural/urban and department currently studying were measured using self-report instrumentation.

Instruments

Different scales were used for measuring Life satisfaction, Resilience, and Psychological well-being. Following measures were used for data collection:

- 1. The Satisfaction with Life Scale (SWLS):** The Satisfaction with Life Scale by (Diener et al., 1985) was used to assess the life satisfaction of the participants. It is a brief 5-item measure which is rated on a 7-point Likert scale. The reliability of the SWLS was .79 to .89 (Pavot & Diener, 1993).
- 2. The Brief Resilience Scale (BRS):** This scale consists of 6 items, rated on a 5-point Likert scale and was used to measure resilience. The reliability of BRS was from .80 to .91 (Smith et al., 2008).
- 3. Psychological Well-being Scale (PWB-18):** Psychological Well-being Scale is a self-report inventory consisting 18 items, rated on a 7-point Likert scale (Ryff et al., 1995). The scale has sufficient reliability of .70.

Procedure

To collect the data, firstly, informed consent was taken from the subjects. They were asked to fill in the demographic information. All instructions were given clearly to them and they were ensured about the anonymity and were encouraged to provide honest responses. All moral and ethical methods were ensured, including privacy and confidentiality of the information as well as the volitional participation in the study. After scoring, analysis of the obtained data was done with the help of SPSS.

RESULTS AND DISCUSSION

The descriptive statistics and correlation are shown in Table 1. Pearson's product moment method of correlation was used to examine the relationship of psychological well-being, life satisfaction, and resilience are presented. The results regression analysis can be seen in Table No. 2.

Table 1 Descriptive Statistics, Inter correlation matrix for PWB, Life satisfaction and Resilience

Variables	M	SD	PWB	Life satisfaction	Resilience
PWB	88.35	10.43	-	.285**	.427**
Life satisfaction	23.56	5.53	-	-	.172*
Resilience	3.10	0.54	-	-	-

*Correlation significant at the 0.01 level

**Correlation significant at the 0.05 level

Note: PWB- Psychological well-being

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The findings as reported in Table 1 revealed significant positive correlation among Life satisfaction and Psychological well-being ($r = .285, p < .01$), Resilience and Psychological well-being ($r = .427, p < .01$) and Life satisfaction and Resilience ($r = .172, p < .05$). As expected, we found that psychological well-being has positive and significant relationship with both life satisfaction and resilience among the youngsters. The results also indicated positive association between life satisfaction and resilience in the young population.

Table 2 Regression analysis of Life Satisfaction and Resilience as a predictor of PWB

Model	R	R ²	Adjusted R ²	R ² Change	F	df1	df2	β	Std. β
1	.285 ^a	.081	.077	.081	17.48**	1	198	.537	.285
2	.478 ^b	.228	.221	.147	29.17**	2	197	7.48	.390

a. Predictors: (Constant), Life Satisfaction

b. Predictor: (Constant), Life Satisfaction, Resilience

** $p < .01$

The findings of regression analysis are shown in Table 2. The findings demonstrate that Life Satisfaction accounted for 8.1% variance in predicting Psychological well-being, which is significant at $p < .01$. Whereas, Resilience accounted for 22.8% variance in predicting Psychological well-being, which is significant. The acquired β value for Life satisfaction was 0.537 and the standard β value was 0.285 ($t = 4.18$).

Thus, the present study found a significant relationship between life satisfaction and psychological well-being, which is in coherence with the results of previous studies (Delhom et al., 2017; Rathore et al., 2015). Psychological well-being is a basic process which helps the young population to have better mental health and life satisfaction. It was also found that resilience has positive relationship with both life satisfaction as well as psychological well-being among the youngsters. These results are supported by various previous studies (Haddadi et al., 2010; Satici, 2016; Tomy et al., 2018; Vitale, 2015) which indicated a significant positive correlation between life satisfaction and resilience. Resilience is correlated with psychological wellbeing in young adults (Carver et al., 2010; Faisal & Mathai, 2017; Miller et al., 1996; Smith & Smith, 2015). This shows that resilience is a process which fosters skills such as purpose and meaning of life, perseverance and assertiveness to confront demanding situations and have positive outlook towards the future resulting in exceptionally better well-being and life satisfaction in young population (Daining & DePanfilis, 2007).

The findings also establish that life satisfaction is a significant predictor of the psychological well-being which is supported by findings of Kardas et al. (2019) and Meléndez et al. (2009). The results of the current study also depict that resilience plays a critical role in psychological well-being which is consistent with the results of previous studies (Souri et al., 2011). Resilient people are competent at maintaining their physical as well as psychological health which comes to their aid to recover easily and quickly from stressful circumstances (Ryff & Singer, 2003). Resilience provides an individual a superior certainty, greater confidence and self-appreciation which assists them to manage stressful situations effectively. Thus, it plays a pivotal role in psychological health.

CONCLUSION

The findings of the present study established that there is a significant positive relationship of psychological well-being with life satisfaction and resilience in the young population. It

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was also found that resilience and life satisfaction are important predictors of psychological well-being. For youth resilience is immensely essential, as human entity gets complex and onerous, requiring the strength to cope up with educational needs, financial problems and balance of learning/health. However, this study was based on a small sample and the responses may suffer from desirability bias as self-report measures were used. The variance due to gender, age, social class, etc. was not studied. There could be other factors that affect the psychological well-being of the young population.

It is important that individuals have skills and resilience to deal with problems and to make solutions to problems. It is imperative for the family, educational institutions, teachers and mental health workers to provide positive climate for the young people to enhance their psychological well-being. Positive experiences, events and relationships improve the life satisfaction of people. Strengthening of skills that make the youngsters resilient promotes well-being in their lives. Therefore, the focus should be placed in colleges and universities to provide opportunities where students can learn the art of being resilient and improve their well-being. A positive family and educational environment can benefit not only the youngsters but the society as a whole.

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Conflict of Interest

The author declared no conflict of interest.

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