

Optimism and Psychological Well-being Among Young Adults

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ABSTRACT

In contemporary society, the pursuit of psychological well-being has garnered considerable attention, particularly among young adults aged between 19 to 35. Amidst the challenges and opportunities characteristic of this life stage, the role of optimism emerges as a potential determinant of psychological well-being. This demographic, marked by transitions in education, career, and relationships, often grapples with questions of purpose, meaning, and optimism for the future. The objective of this study was to check whether there is a correlation between optimism and psychological well-being among young adults of 19 to 35 years of age. Revised- life orientation scale given by Scheier, Carver and Bridges (1994) and Psychological Well-being Scale (18 items) given by Ryff (2007) are used to measure optimism and psychological well-being respectively. The total sample size was N = 106. Google form were sent to collect the data. JASP software is used to analyse the data. The findings revealed a positive correlation between optimism and psychological well-being.

Keywords: *Optimism, Psychological Well-being, Young adults*

The present study is conducted to find out the correlation between optimism and psychological wellbeing among young adults. The previous studies suggest that there is a positive relationship between optimism and psychological wellbeing, and hence the present study aims to explore whether their levels of optimism influence their overall psychological well-being. By examining these interwoven factors, we hope to contribute to a deeper understanding of the intricate web of influences that shape the mental health landscape of young adults.

Optimism is a mental attitude characterized by hope and confidence in success and a positive future. Optimists tend to view hardships as learning experiences or temporary setbacks. Even the most miserable day holds the promise for them that “tomorrow will probably be better. “Optimists expect good things to happen, whereas pessimists instead predict unfavourable outcomes. It is observed that, optimistic attitudes are linked to several benefits, including better coping skills, lower stress levels, better physical health, and higher persistence when pursuing goals. This indicates that the optimism has a significant effect on psychological wellbeing of a person. (Scott, 2022)

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Optimistic individuals are positive about events in daily life. In the research carried out regarding this perspective, positive correlations have been found between optimism and physical/mental well-being. Optimistic subjects tend to have more frequently protective attitudes, are more resilient to stress and are inclined to use more appropriate coping strategies. (Conversano et al., 2010)

Huppert (2009) States that psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively. Sustainable well-being does not require individuals to feel good all the time; the experience of painful emotions (e.g. disappointment, failure, grief) is a normal part of life, and being able to manage these negative or painful emotions is essential for long-term well-being. Psychological well-being is, however, compromised when negative emotions are extreme or very long lasting and interfere with a person's ability to function in his or her daily life. The concept of feeling good incorporates not only the positive emotions of happiness and contentment, but also such emotions as interest, engagement, confidence, and affection. The concept of functioning effectively (in a psychological sense) involves the development of one's potential, having some control over one's life, having a sense of purpose (e.g. working towards valued goals), and experiencing positive relationships.

Psychological well-being is a multifaceted and multi-dimensional construct that encompasses an individual's overall happiness, satisfaction with life, and mental and emotional health. It includes key components such as positive emotions, autonomy, positive relationships, low levels of negative emotions, purpose in life, life satisfaction, and personal growth. The definitions of psychological well-being have been debated among researchers, with the World Health Organization defining it as a state of mind where an individual is able to develop their potential, work productively, and cope with normal stresses of life. Psychological well-being is considered crucial for comprehensive health and happiness and has been linked to improved mental health, better physical health, and longer life expectancy. (Dhanabhakyaam & Sarath, 2023)

Significance of the study

In today's running world, every individual faces numerous tasks. Young adults transition from adolescence, where they were dependent on their parents, to taking on newfound responsibilities such as careers, jobs, and relationships. Many become parents themselves, responsible for their children's upbringing. In this materialistic, competitive, and digital age, individuals are demanded to fulfill various roles. These responsibilities can trigger mental health issues like stress, anxiety, and depression, posing a threat to their well-being. To address these challenges, it's crucial for young adults to maintain their psychological well-being. Research indicates that optimism contributes to psychological well-being. A positive mental state enables young adults to better manage stress, anxiety, and negative emotions, allowing them to fulfill their responsibilities effectively.

Statement of the problem

To study if there is any relationship between optimism and psychological wellbeing among young adults.

Objective of the study

- To study the effect of optimism on Psychological Well-being.
- To study if there is a positive correlation between optimism and psychological wellbeing.

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Hypothesis

There is a positive correlation between optimism and psychological wellbeing.

Sample

This is a correlational study between optimism and psychological wellbeing among young adults. The samples for the present study are collected through snowball sampling method. Sampling were collected through google form. Population under study is of young adults, aged between 19 to 35 years. The participants of the present study comprise 106 young adults. Participants are from Maharashtra, India.

Variables

Variables under the study:

- Optimism
- Psychological Well-being

Research tools

- **Life Orientation Test- Revised (LOT-R):** For measuring the optimism in young adults “The Life Orientation Test- Revised (LOT-R) was used, given by Scheier, Carver and Bridges (1994). Test-retest reliability was assessed using Cronbach’s alpha (.76), and it was discovered to have an adequate level of internal consistency. It comprises 10 items with a Likert range of 1 to 5.
- **Ryff’s psychological wellbeing scale (18 items):** For measuring psychological well-being among young adults, Ryffs psychological well-being by (Ryff and Keyes, 1995), developed in 2007, is used. It assesses six factors: self -acceptance, environmental mastery, personal growth, purpose in life, and positive Relationships with others. It has a 0.82 test-retest reliability coefficient. The items are rated on a 6-point Likert scale.

Procedure

At first Google forms were made as the data will be collected in online mode. The participants were asked whether they wanted to participate in the study or not, and their consent was taken. After that, a briefing about nature and purpose of the study was explained to the participant to develop the rapport. They were assured that all information taken from them will be kept confidential. The data was collected using standard questionnaire. After collection of responses, all the tests were scored according to the respective scoring methods given in the test manuals, the data was then transferred to the JASP Software to analysis and interpret. Descriptive statistics is used to analyse the population. The relationship between variables is determined using correlation design.

RESULTS

Descriptive statistics

Table 1: Showing the descriptive statistics

	Valid	Mean	Std. Deviation
Optimism	106	14.726	3.531
Psychological wellbeing	106	89.057	12.610

The above table 1 shows the mean scores of optimism and psychological well-being as 14.726 and 89.057 respectively. It also shows standard deviation of optimism and psychological well-being as 3.531 and 12.610 respectively.

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Correlations

Table 2: Pearson Product Moment Correlation of optimism and psychological well-being

Pearson's Correlations

Variable		Optimism	Psychological Well-being
Optimism	Pearson's r p-value	— —	
Psychological wellbeing	Pearson's r p-value	0.592*** < .001	— —

* $P < .05$, ** $p < .01$, *** $p < .001$

Table 2 shows that there is significant positive correlation between spirituality and psychological well-being as the Pearson correlation value is $r = 0.592^{***}$ with the significance value of $p = .001$ which indicates that the correlation is significant at the 0.001 level.

From the above discussion it was confirmed that the hypothesis that there is a positive correlation between optimism and psychological well-being among young adults is accepted.

In support of the above result, following literature can be taken into consideration-

- Parveen et al. (2016) conducted a study to investigate the relationship between Optimism and Psychological Well-being. Result shows that there is significant positive correlation between optimism and psychological well-being.
- The study was examined by padhy et al. (2015) on the relationship between optimism and psychological well-being (PWB) among police officers. The results showed that significant positive correlations were found between optimism and PWB, for entire sample of police officers.

CONCLUSION

The conducted research included a hypothesis based on which the tests were performed and results were obtained. The study revealed that there is significant positive correlation between optimism and psychological well-being. It can be concluded that hypothesis of this study was accepted.

Limitations

- An online mode of data collection was implemented through a google form. Although it helped for a greater reach to the population, many of the member of the population either ignored it considering the study as not important; causing a lesser number of people actually submitting the responses.
- The sample collected for the research study consisted of a low number of participants. Similarly, as the snowball sampling method was implemented due to limited time period offered for the study, the sample was not randomized as well as representative.
- Geographical limitations were faced during the data collection phase of the research. As a result, a limited number of resources were attempted to utilize in order to collect Data.

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Conflict of Interest

The author(s) declared no conflict of interest.

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