

The Effect of Resilience on The Mental Health of Foreign Students in University of Lucknow, Lucknow, Uttar Pradesh-India

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ABSTRACT

The present study explores the effect of the resilience on the mental health of foreign students of University of Lucknow, Lucknow, Uttar Pradesh – India. This is a quantitative study and is administered to 71 foreign students (44 males and 27 females) and 60 national students (22 males and 38 females). Instruments for this study such as Brief Resilience Scale and Positive Mental Health scale were used for the collection of data. Two ways ANOVA were used for the analysis of data. The result showed that the mean score of resilience test of foreign students are low comparing with national students. Mean score for male foreign students is 2.5 and for female foreign students is 1.5. Mean score of mental health test of foreign student also low comparing with national students. Mean score for male foreign students is 25.90 and for female foreign students is 16.07. Foreign students from African country are more resilience and have good mental health comparing with students from another country.

Keywords: Resilience, Mental Health, International Students

International students' mobility is an undeniably transforming to academic, social, culture and politic landscape in higher education. They are required to deal with the unique mental health concern of their international community as well. Nowadays there are thousands of international students who decide to study abroad. The reasons for studying abroad can be varied. Some students decide to study abroad because the subject they wish is not available in their country. Other students have reason because of they want to travel to another countries. These students face many exciting and interesting endeavors, but also many challenges. They must learn and abide by rules, perhaps learn a new language, make friends and find their social place within a new environment (Verma & Bala, 2017).

Doing everyday things as a student that will be easy when they are in their home country. But, some international students will experience variety of problem academic, social and financial. They also can experience for example loneliness, confusion, frustration, anger and depression that will affect their mental health. Some of students can adapt to the situation, but some of them will take time to face and solve that problem. That is not easy work to face and solve their life's problem. Every person need to have this ability to solve every day

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life's problem. Especially for university students who study outside his/her country. Because university life is very stress-full and can lead to depression and decrease quality of life (Bastaminia, Hashemi, Alizadeh, & Dastoopoor, 2016). The ability to succeed in life barriers is termed as resilience.

Mental Health

Mental health is a state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities; function in society and meet the ordinary demands of everyday life. Jahoda (1958) proposed six characteristic of a mental health person:

- Acceptance of self (positive view of self)
- Accurate perception of reality (objective view of situation)
- Autonomy (freedom from social pressures)
- Environmental mastery (ability to meet varying demands of situations)
- Growth, development, becoming (capability for growth and development)
- Positive friendship and relationship (capability to connect meaningfully with others)

Mental health is the balanced growth of a person's personality and emotional attitudes that allow them to coexist peacefully with other people. When a person is psychologically and physically well, it is said that they are balanced people who are mentally healthy have the ability to develop psychologically, emotionally, and intellectually and spirituality (Pradhan & Javed, 2022). Mental health is related to healthy conditions, which include physical, mental, social welfare conditions, and the absence of a disease. Mental health is the optimal development of all aspects of development, physical, cognitive and emotional so that they are able to interact with their environment and achieve personal happiness. In a mentally healthy condition, a person is able to manage stress well, work or study productively, and he/she is able to join and play a role in social situations in his/her community. There is harmonization in the coordination of mental symptoms or functions, such as feelings, attitudes, and perceptions, so that they become completely healthy as an individual.

According to WHO, mental health is characterized by the following things, namely being able to adapt as shown by good adaptability, being able to learn from experience, tending to be happy to give rather than receiving, preferring to help rather than being given assistance, having compassion, being happy with what he strives for, accepts failure positively, always thinks positively about everything. These characteristics are a reflection of individuals who are able to accept their own condition, are able to maximize their potential, and avoid mental disorders, so they can achieve their happiness.

Resilience

According to the American Psychological Association, APA, Resilience refers to a good adaptation process to deal with adversity, threat, tragedy, trauma, or even the origin of stress that can affect an individual's life. Resilience is often defined, in broad terms, as the ability to recover – to bounce back – from misfortune and to adjust easily to change. The etymology of the term has its roots in the Latin verb "*resilire*" meaning to "jump back". In physics, resilience is linked to elasticity and the ability of an object to return to its original shape after it experiences significant levels of stress. As it applies to people, the development of resilience is linked to the combination of a number of factors and key traits

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which, when put together, contribute positively to a person's overall emotional and physical wellbeing (McIntosh & Shaw, 2017).

Resilience is an individual's ability to develop in the face of difficulties in life. Resilience is dynamic and is formed through processes throughout an individual's life span. Resilience consists of seven aspects, namely emotional regulation, impulse control, ability to analyze problems (causal analysis), self-efficacy, optimism, empathy and reaching out.

METHODOLOGY

Sample

Participants provide the information of the population. The adequacy of participant is determined by its similarity to the population of the study. Purposive sampling method was used. The participants for the study were 71 foreign students (44 males and 27 females).

Table No. 1 Showing the Number of Foreign Students in University of Lucknow

No	Citizenship	Gender	Number of Participant
1	International	Male	44
		Female	27

Table No. 2 Showing the Number of International Students Based on the Country

No	Country	Male	Female	Total
1.	Afghanistan	14	1	15
2.	Bangladesh	2	2	4
3.	Cambodia	2	-	2
4.	Indonesia	7	8	15
5.	Kenya	2	-	2
6.	Malawi	2	-	2
7.	Mauritius	-	2	2
8.	Motswana	-	1	1
9.	Myanmar	1	-	1
10.	Namibia	-	1	1
11.	Nigeria	1	-	1
12.	Russia	1	-	1
13.	Sri Lanka	1	1	2
14.	Tajikistan	8	9	17
15.	Tanzania	1	-	1
16.	Thailand	1	-	1
17.	Uganda	1	-	1
18.	Not Mentioning		2	2
	Total			71

Instruments

There are diverse types of tool for collecting information from the participants. The selection of appropriate tool is guided by the purpose of the study and the characteristics of the sample. In the present study following tools were used;

Brief Resilience Scale

Resilience is defined as the ability to maintain healthy levels of functioning despite difficult experiences, or to return to normal functioning after experiences of adversity. High levels of resilience are associated with being optimistic, acting positively, and representing self-assurance when experiencing difficult life situations; it is, therefore, linked to better physical and mental health and well-being. People with high resilience levels who experience serious threats and crises have more positive mental health outcomes and are described as being more flexible and more adaptive upon responding to crises³.

The BRS is a simple self-assessment tool that is used to assess the perceived ability to bounce back or recover from stress. The scale was developed to assess a unitary construct of resilience, including both positively and negatively worded items. To complete the scale, the participants were asked to indicate the extent to which they agreed with each of the six items according to a 5-point rating scale. The BRS was scored by reverse-coding items 2, 4, and 6, and calculating the sum of all six items. This summing-up provided an overall resilience score between 6 and 30, where the possible score range on the BRS is from 1 (low resilience) to 5 (high resilience). A weighted score was then calculated by dividing the total score by the number of items; in this case, a higher score would be reflective of greater resilience. The Cronbach's alpha for the BRS score was 0.5, indicating an acceptable internal consistency. BRS scores obtained were interpreted as follows: low resilience (1.00–2.99); normal resilience (3.00–4.30); and high resilience (4.31–5.00)⁴.

In Brief Resilience Scale (BRS) there are 6 questions and 5 alternatives responses have been given to each statement. For item no 1, 3 and 5 the responses are; 1 score to 'Strongly Disagree', 2 score to 'Disagree', 3 score to 'Neutral', 4 score to 'Agree' and 5 score to 'Strongly Agree'. Reverse scoring for item no 2, 4 and 6 the responses are; 1 score to 'Strongly Agree', 2 score to 'Agree', 3 score to 'Neutral', 4 score to 'Disagree' and 5 score to 'Strongly Disagree'.

Positive Mental Health

For mental health of the participant was measured by Positive Mental Health-Scale (PMH-Scale) by Lukat et al which published in 2016. The concept of positive mental health combines mainly emotional, but also psychological and social aspects of well-being into a single general construct. People who are mentally healthy tend to have stable relationships, view their lives as having purpose and direction, experience more positive effect, and are more likely to be self-accepting. The PMH-scale assesses mainly emotional, but also psychological and social aspects of well-being.

Participants respond to statements such as "I am often carefree and in good spirits, I enjoy my life, I manage well to fulfil my needs, I am in good physical and emotional condition" on a 5-point Likert scale. Item scores are combined into a sum score with higher scores indicating higher positive mental health. In Positive Mental Health-Scale (PMH-Scale) by Lukat et al, 4 alternatives responses have been given to each statement. 4 score to 'Agree', 3 score to 'Tend to Agree', 2 score to 'Disagree' and 1 score to 'Do Not Agree'.

³ Smith, B.W.; Dalen, J.; Wiggins, K.; Tooley, E.; Christopher, P.; Bernard, J. The brief resilience scale: Assessing the ability to bounce back. *Int. J. Behav. Med.* **2008**, *15*, 194–200.

⁴ Smith, B.W.; Dalen, J.; Wiggins, K.; Tooley, E.; Christopher, P.; Bernard, J. The brief resilience scale: Assessing the ability to bounce back. *Int. J. Behav. Med.* **2008**, *15*, 194–200.

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Procedure

The participants for this study were 71 foreign students (44 males and 27 females). In this study using Brief Resilience Scale and Positive Mental Health Scale for collecting information from the participant. The participant were filled out a questionnaire that had been created by using Google form and the participant have to filled it in honestly according to their condition and experienced.

RESULTS

Table No. 3 Showing the Number of International Students Based on the Country

No	Country	Male	Female	Total
1.	Afghanistan	14	1	15
2.	Bangladesh	2	2	4
3.	Cambodia	2	-	2
4.	Indonesia	7	8	15
5.	Kenya	2	-	2
6.	Malawi	2	-	2
7.	Mauritius	-	2	2
8.	Motswana	-	1	1
9.	Myanmar	1	-	1
10.	Namibia	-	1	1
11.	Nigeria	1	-	1
12.	Russia	1	-	1
13.	Sri Lanka	1	1	2
14.	Tajikistan	8	9	17
15.	Tanzania	1	-	1
16.	Thailand	1	-	1
17.	Uganda	1	-	1
18.	Not Mentioning		2	2
	Total			71

Table No. 4 Showing the Number of International Students in each Age Group

No	Age Group	Male	Female	Total
1.	19-25	19	14	33
2.	26-32	20	13	33
3.	33-39	4	1	5
	Total			71

Table No. 5 Showing the Number of International Students based on Educational Qualification

No	Educational Qualification	Male	Female	Total
1.	Bachelor	12	9	21
2.	Master	14	13	27
3.	PhD	17	6	23
	Total			71

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Table No. 6 showing the statistical details of the Brief Resilience Scale of International students

Group	Male	Female
Mean	2.5689	1.5422
SD	1.4633	1.6115
SEM	0.3449	0.3798
N	18	18

Observation of the table no 6 indicated that the mean value of two classified group seems to different from each other on resilience. The mean and SD value obtained by male students 2.5689, SD 1.4633 and for female students was 1.5422, SD 1.6115. Male students showing high score than female students.

Table No. 7 Showing the statistical details of the Positive Mental Health scale of International Students

Group	Male	Female
Mean	25.9033	16.0761
SD	14.4050	16.6740
SEM	3.3953	3.9301
N	18	18

Observation of the table no 7 indicated that the mean value of two classified group seems to different from each other on mental health. The mean and SD value obtained by male students 25.9033, SD 14.4050 and for female students was 16.0761, SD 16.6740. Male students showing high score than female students.

DISCUSSION

Nowadays there are thousands of international students who decide to study in India. The reasons for studying can be varied between students. Some students decide to study in India because the subject that they want is not available in their country. Other students have another reason because they want to travel and experience India. Doing the activity as an international students in India is not easy as when student in their country. Students must learn the rules here, a new language, adapt to different places, seasons and environment. Some of student can adapt but some of them may be experience loneliness, anger, frustration also depression. Every person need to have ability to solve the problem especially students who study here outside his/her country.

Determining factor that affect mental health in young population such as resilience has always been of interest for researchers. It is understood that emotional wellbeing of youth and more specifically university students is just as important as their physical health. They are the next generation of the society, potentially affect cultural, social and economic development and are exposed to a variety of environmental, individual and psychological hazards. Factors such as being away from home, concerns about job prospects, curriculum issues, interaction of all these with transition to adulthood and many other factors can cause mental confusion and hence mental disorders. This influences not only the student's performance but also inversely impacts society and the future community. Students are

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exposed to high levels of stress, so student mental health and resilience is a well-studied topic⁵.

In this present study conducted a study in effect resilience on the mental health of 71 International students (44 males and 27 females) in University of Lucknow, Uttar Pradesh - India. The data were obtained by using Brief Resilience Scale and Positive Mental Health scale. If a person has high level of resilience then he/she also has a better mental health. A high level of resilience means good level of mental health. A high level of resilience can minimize psychological problems and high level of positive mental health.

This study was aimed to find out the effect of resilience on the mental health of foreign students in University of Lucknow. The result indicate that no difference between males and females with resilience levels. The study findings that there is no difference between males and females students in terms of resilience level, this study was similar to students at the University of Nisswa⁶. In present study, male students have higher resilience compare to female students. Female students may manifest greater fear of and difficulty in addressing the stressors compared with males⁷ with unexpected activities in classes and other events in university. Looking at demographic characteristic participants, most of them were males (66 participants).

Mental health status appears to influence resilience, while resilience further affects mental health status. The result indicates that there is significance difference between males and females on the mental health levels. As a result, individuals with lower baseline mental health levels and who encounter adversity later in their life should receive timely mental health education or intervention to enhance their level of resilience, coping capacity with adversity, and adaptability to the environment. During this period, a preventive intervention could be offered for college students, to increase their autonomy, self-acceptance, and environmental mastery, purpose in life, positive relations, and personal growth. Such education and interventions can support students as they adapt to different challenges and allow them to increase their mental health status in their studies and life⁸.

There are some limitations to the present study. First, there were more than 150 International students who are studying in University of Lucknow. However, only 71 participants finished the survey. Second, the research design, especially the sampling process, needs to be improved in the future research. For example, participants could be recruited from different universities to reduce the overlap degree of the two population distribution and improve the effect size. Third, the current study only investigated the effect of resilience on the mental

⁵ Bastaminia, A., Hashemi, F. B., Alizadeh, M., & Dastoorpoor, M. (2016). Resilience and Mental Health: A Study among Students at the State University of Yasuj City. *British Journal of Education, Society & Behavioural Science* , 1-9.

⁶ Rudwan, S., & Alhashimia, S. (2018). The Relationship Between Resilience & Mental Health Among a Sample of University of Nizwa Students - Sultanate of Oman. *European Scientific Journal* , 288-303.

⁷ Xiao, X., Xiao, J., Yao, J., Chen, Y., Saligan, L., Reynolds, N. R., et al. (2021). The Role of Resilience and Gender in Relation to Infectious-Disease-Specific Health Literacy and Anxiet During the COVID-19 Pandemic. *Neuropsychiatr Dis Treat* , 3011-3021.

⁸ Wu, Yin, Zhi-qin Sang, Xiao-Chi Zhang, dan Jürgen Margraf. "The Relationship between Resilience and Mental Health in Chinese College Students: A Longitudinal Cross-Lagged Analysis." *Frontiers in Psychology* 11 (5 Februari 2020): 108. <https://doi.org/10.3389/fpsyg.2020.00108>.

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health of international students in Lucknow University. In other age periods or population groups, the causal direction need to be explored in the future research. So, future studies could recruit participants who experience adversity, such as lovelorn, family misfortune, academic difficulties, or employment difficulties, to explore the moderation effect of relationship between resilience and mental health status.

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Conflict of Interest

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