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Research Paper

A Comparative Study of Resilience and Well-being among Generation Z in the Aravalli Mountain Range and the Gangetic Plain

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ABSTRACT

The behaviour of people can't be judged without considering the geographical situation. Youth are facing lot of challenges such as digital technology and e-culture. At the same time, young adults in this cohort encounter multiple developmental, academic, and socio-cultural challenges that may influence their psychological adjustment. In this context, resilience, which refers to the capacity to adapt to adversity and recover from stressful experiences, plays a crucial role in sustaining well-being. Well-being is a multidimensional construct encompassing emotional, psychological, social, and physical functioning, including positive affect, life satisfaction, and a sense of purpose. The present study explores and investigates differences in resilience and well-being among Generation Z individuals of two geographical regions, namely the Aravalli mountain Range and the Gangetic Plain. The sample consisted of 200 university students (100 males and 100 females) aged 18–25 years (M = 23.7) from Banaras Hindu University. Participants represented both geographical regions, with equal representation of males and females from the Aravalli Range and the Gangetic Plain. Standardised measures of resilience (Laxmi & Narain, 2017) and well-being (Chauhan & Sharma, 2014) were administered, and independent-samples *t*-tests were employed to examine gender- and region-based differences. The findings indicated statistically significant differences in both resilience and well-being across gender as well as between participants from the two geographical regions. These results suggest that geographical context and gender may influence the psychological resources and well-being of Generation Z individuals.

Keywords: *Resilience, Well-Being, Gender, Mountains, Plains and Generation Z*

Geography and Psychology are intertwined with each other because modern philosophers and historians studied that cognition, attitude and behaviour were related to geography long before the existence of Psychology as an academic discipline. The link between geography and psychology began to be explored formally in academia at the beginning of the 20th century (Trowbridge, 2013).

Aravalli Mountains spread in northwestern India from Delhi to Gujarat, passing through Rajasthan and Southern parts of Haryana, and cover approximately 680 k.m. and act as a

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demarcation between the great Gangetic plains in the east and the Thar Desert in the west. The population in this region are scattered. Mountains are the water reservoirs and the forefront of climate change

Gangetic plains cover approximately 75000 square Km. which spread south of the Himalaya and north of the Vindhya Range and Chota Nagpur plateau hills.

Resilience:

It is the strength to adjust, move ahead and recover after any tragedy that affects the individual, to overcome and navigate different types of challenging situations such as social support, environmental resources, personal characteristics and coping mechanisms effectively. Masten (2014) defines resilience that it is an ability of a dynamic system to cope prosperous to unrest that browbeat system function development. Resilience is a dynamic and malleable process that includes conscious adaptation in a positive way during adverse situations and helps in maintain psychological health and well-being. Despite negative experiences, resilience helps in maintain homeostasis and bounce back from stressful situations.

Seligman gave 3 Ps model of resilience in 1990: personalization, pervasiveness and permanence which help to understand the individual's experiences, mindset, beliefs, and cope positively in life events. Garmenzy, Masten and Tellegen (1984) have proposed three models of Resilience they are Compensatory, Challenges, and Protective models. Resilient people are optimistic, have meaning and purpose in life, strong supportive network. They search for opportunities in adverse conditions, learn from their past and adjust their behaviour to situations. Adapting to stressful situation resilience support the person to ac efficiently Singh (2006) which is beneficial for better well-being.

Well-Being:

It is a dynamic, subjective concept which includes psychological, social and health-related behaviour. Well-being is a multidimensional, sustainable and positive situation which allow group, individual and communities to flourish and thrive, embracing mind, body, and society and the environment. Ryff (2014) define well-being that it is an optimal and functioning rooted in eudaimonia (self-realization) He emphasises that well-being is determined by external conditions, emotional responses, cognitive evaluations and personality traits of individuals. There are two approaches of well-being: the first is hedonic, which reveals that well-being is subjective that include pleasure and happiness. The second is the eudaimonic approach, that depicted six dimensions they are self-acceptance, autonomy, relationships, purpose of life, leadership and personal growth. It focuses on experiences.

The Biophilia hypothesis reveals that people attracted to nature are instinctively and have an innate tendency to seek relationships with their natural environment Rogers (2013). It was coined by social Psychologist Eric Fromm and popularized by biologist Wilson in (1984). During residential planning of cities Architect use this concept for healthy environment.

Attention restoration theory reveals that time spent with nature gives benefits for mental fatigue by minimising cognitive fatigue and restoring the brain's ability for directed attention (Kaplan & Kaplan, 1989).

REVIEW OF LITERATURE

From the review of literature, it was found that male youth depicted a higher level of resilience and well-being than females (Andreou et.al., 2020). A qualitative study of six green schoolyards depicted that the natural setting helped in the development of resilience (Chawal, et.al.,2014). Due to urbanisation rural youth reveals greater level of well-being and satisfaction than urban youth, Vus et.al., (2021). Nature based intervention enhance the relations with well-being and nature Garza-Teran et.al., (2022). Marselle et.al., (2019) found that nature is an important resource for enhancing resilience. Erdogan et.al., (2014) depicted in their study that male have higher resilience than female while Onder and Gulay (2008) found in their study that resilience in females was greater than in males.

Rural adolescents have higher subjective well-being than urban adolescents due to their experience of stress, which increases their self-efficacy skills and adaptability (Yeresyan & Lohaus, 2014). Li, (2008) found that males had a higher level of resilience, while other studies show that females tend to be more resilient (Du Mont, et.al., 2007). Many studies posit that people who live near blue spaces such as lakes and coasts have better well-being Passanen et.al., (2019). Spano (2023) found that people who live near green spaces have better well-being than others who live far from these places. Roothman and colleagues (2003) revealed that no significant difference was found between males and females in spiritual well-being. Kaur (2015) found that there was no significant difference between psychological well-being among female and male students of secondary school didn't have significant difference. Kumari and Singh (2022) conducted a study on two university students, which revealed that males had significantly higher well-being than females.

Studies conducted in India indicated that more nature visits result in enhanced mindfulness among adults, as well as positively affecting resilience and subjective happiness Gosh et.al., (2023). A study in Finland reported that females of 13 to 16 years old visited nature felt better, became more active and experienced pleasant emotions (Wiens et al., 2021).

Studies showed that indigenous peoples' association with land and nature support all four life elements, due to which well-being, resilience and overall health increase (Tobias and Richmond, 2014).In Bulgaria, a study was done among 15-25- year-old youth and found that there was no connection between perceived mental health and green space (Dzhambov, et.al., 2018), while in a Canadian study, youth showed that involvement in nature enhanced psychological wellbeing (Piccininnic, et.al.,2018). Dobriyal, et.al., (2022) revealed in their study that, in mountain people, well-being was associated with the availability and accessibility of ecosystem goods and services, including environmental resources and forests, which supports the thought that the environment of mountains can contribute to well-being.

Rationale

Nevertheless, this is the most comprehensive study in India to explore the role of different landscapes and gender in well-being and resilience, which shows the significance of natural landscapes in life as well as well-being and resilience. Exposure to nature has been widely studied in foreign countries for its positive effects on well-being. Studies have shown that exposure to green spaces, such as campus green spaces, urban green spaces, blue spaces and forests, can significantly improve mental health by reducing stress, anxiety, and depression and enhancing well-being and resilience. A review of the literature revealed that, regarding nature, well-being and resilience among youth, there are few studies in India, and due to the

contrasting results, more studies are needed. The results of the study enhance well-being and resilience to confront the challenges in day-to-day life and to answer many moot questions.

Objectives

1. To explore the resilience and well-being among youth of the Aravalli Hills and the Gangetic Plains.
2. To assess the resilience and well-being among youth males and females.

Hypotheses

1. There would be a significant difference between youth of the Aravalli Mountains and the Gangetic Plains in resilience and well-being.
2. There would be a significant difference between male and female youth in resilience and well-being.

Sample

The sample consists of 200 (100 males and 100 females) who belong to both landscapes. The sample was selected from Banaras Hindu University, Varanasi. The age range of the selected sample was between 18 and 25 years, and the mean age was 22.7 years.

Tools

- **Resilience:** This scale was developed by Laxmi and Narain (2017).
- **Well-Being:** This scale was developed by Chouhan and Sharma (2014).

RESULT

Table 1 t- value of resilience among the Gangetic Plains and the Aravalli Mountains youth.

Measures	df	Gangetic Plain (N=100) Mean, S.D.	Aravalli Mountains (N=100) Mean, S.D.	t	Significance (2-tailed)
Perseverance	198	26.31, 4.48	29.34, 5.30	4.35	.000
Composure		31.45, 5.94	34.09, 5.35	3.29	.001
Self-Reliance		24.67, 4.24	27.22, 3.95	4.40	.000
Faith		21.08, 3.12	22.48, 3.09	3.17	.002
Resilience		103.51, 9.38	113.13, 10.11	6.97	.000

Result Table 1 depicts that Aravalli mountains youth had a higher mean on perseverance, composure, self-reliance, faith in different dimensions of resilience and overall resilience than the Gangetic plains youth. Significant differences were found in perseverance, composure, self-reliance, faith in different dimensions of resilience and overall resilience between the groups.

Table No. 2: t-value of resilience among female and male youths

Measure	df	Females (N=100) Mean,	S.D.	Males (N=100) Mean,	S.D.	t	Significant (2-tailed)
Perseverance	198	30.91,	4.91	27.26,	4.54	5.44	.000
Composure		36.05,	4.95	31.01,	6.01	6.46	.000
Self-Reliance		27.36,	3.44	24.57,	3.88	5.37	.000
Faith		21.23,	4.60	19.67,	4.09	2.52	.012
Resilience		115.55,	8.28	102.51,	9.09	10.59	.000

Result table no. 2. revealed that female youth had a higher mean on perseverance, composure, self-reliance, faith in different dimensions of resilience and overall resilience than male youth. Significant differences were found in perseverance, composure, self-reliance, faith in different dimensions of resilience and overall resilience between the groups.

Table no. 3: t-value of well-being among of the Gangetic Plains and the Aravalli Mountains youth.

Measures	df	Gangetic Plain (N=100) Mean, S.D.		Aravalli Mountains (N=100) Mean, S.D.		t	Significant (2-tailed)
Emotional Well-being	198	17.84,	4.23	19.08,	3.30	2.30	.022
Psychological Well-being		29.68,	5.28	33.24,	5.39	4.53	.000
Social Well-being		45.06,	5.70	48.69,	5.15	4.31	.000
Spiritual Well-being		18.41,	2.77	19.33,	2.39	3.45	.001
Self-Awareness		33.49,	4.91	34.53,	4.96	1.48	.138
Physical Well-being		18.81,	3.57	20.96,	2.96	4.62	.000
Overall Well-being		163.60,	11.11	176.02,	10.46	8.13	.000

Table 3 results revealed that the youth of the Aravalli mountains had higher means on the emotional, psychological, social, spiritual, self-awareness, and physical well-being dimensions of well-being and overall well-being than the mean of Gangetic plains youth. Significant differences were found on all dimensions of well-being except self-awareness between both landscape groups.

Table No. 4: t-value of well-being of female and male youths.

Measure	df	Males(N=100) Mean, S.D.	Females(N=100) Mean, S.D.	t	Significance (2-tailed)
Emotional Well-being	198	21.26, 2.69	19.27, 2.88	5.03	.000
Psychological Well-being		34.62, 4.65	30.23, 4.39	6.85	.000
Social Well-being		43.85, 7.45	47.11, 5.62	3.49	.001
Spiritual Well-being		18.19, 2.54	20.16, 2.27	5.76	.000
Self-Awareness		33.75, 4.97	32.63, 4.24	1.71	.088
Physical Well-being		20.98, 2.93	18.78, 3.66	4.68	.000
Overall Well-being		172.65, 11.28	168.18, 10.32	2.92	.004

Table 4 results revealed that male youth had higher means on emotional, psychological, self -awareness and physical well-being than females, while females had higher means on social and spiritual well-being dimensions than males and overall well-being mean of males had higher than females. Significant differences were found on all dimensions of well-being except self-awareness between both male and female groups.

DISCUSSION

The current study investigated the similarities and differences on resilience and well-being among youth of the Gangetic plains and the Aravalli mountains. The finding gave meaningful results in table 1 that there were significant difference between on resilience among youth of Gangetic plains and Aravalli mountains on perseverance, composure, self-reliance, faith and overall resilience because the youth of Aravalli mountains experiences difficult situations and different infrastructure related with nature while in Gangetic plains infrastructure is well developed people get things in easy going way due to urbanisation it is in line with studies in India reveals that more nature visit leads to positively affects subjective happiness and build resilience Ghosh et.al., (2023).

Table 2 results showed that females scored significantly higher on perseverance, composure, self-reliance, faith, and overall resilience than males because, in Indian society, parenting for females involves deep-rooted cultural traditions, persistent gender roles, and a shift toward modern expectations, and they confront different types of life challenges than males in India it is in line with Onder and Gulay (2008) study that resilience in females was greater than in males. Self-reliance among females was higher than males due to changes in the parenting pattern in our society, better opportunities in the working culture, and focus on gender equality. Faith in females is greater than males because of their strong belief system.

In pursuit of table no 3, Aravalli Mountains youth had better well-being than the Gangetic plains because in the plains due to urbanization, a decline of nature, while the Aravalli Mountains still save their natural structure it is in line with (Twohig-Bennett & Jones, 2018);. Interacting with nature studies found not only benefits to Psychological well-being and cognitive performance but also spiritual and social well-being. Wells et.al., (2018) also

support the present findings that the natural environment enhances youth social, emotional and Psychological well-being.

From the table no. 4 it was found that there were significant differences between males and females on well-being different dimensions emotional, psychological, social, and spiritual- except self-awareness and females had a lower significant difference than males due to the traditional roles and thoughts of parents in India. Overall well-being of males was significantly better than females which is consistent with the findings of Kumari and Singh (2022), which posits that males had higher well-being than females.

CONCLUSION

The current study was done by the researcher to explore the gender and landscape effect on resilience and well-being, findings of the study manifest that youth of the Aravalli Mountains had better resilience and well-being than youth of Gangetic Plains, the importance of nature promotes positivity in the present scenario.

Suggestions and limitations

This study will be useful to environmental friendly youths, non -government organizations, educational institutions and the government to make environmental policy for youth and the country. Although this study cover youth of two large landscape of India but it need more like the great Himalayan mountains, central India Deccan Plateau and Western Ghat, sample size was limited which can't be generalized, which give scope to the future researchers.

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Conflict of Interest

The author(s) declared no conflict of interest.

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