

Resilience as a predictor of Well-being among youth of India

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The resilience is a positive psychological trait which enable people do deal with the adversities of their life. The youth of any nation is the future as well as pillar of its development. The students studying in the professional courses face many psychological problems issues such as stress, anxiety, emotional troubles, etc. which may lead to lower well-being. But the students with high resilience may cope these problems easily. The objective of the present study was to investigate the relationship between resilience and well-being among youth in India.

To investigate the relationship between resilience and well-being relationship correlational research design was used in the present study. The participants of the present study were the students studying in the different courses such as Nursing (B.Sc. Nursing), Education (B.T.C.) and Pharmacy (B. Pharma) were selected by disproportionate stratified random sampling technique studying in Varanasi India. For data collection Well-Being Index by Chouhan and Sharma (2014), Resilience Scale of Josheph and Robison (2016) were used. The data were analyzed by ANOVA, correlation and regression using SPSS. The students significantly differ in terms of their scores on resilience and well-being. Further, resilience significantly predicted well-being. The finding are discussed in the light of existing literature. The further research suggestions and implications of the present research are also discussed.

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No

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