

Optimism, Resilience, and Psychological Well-Being among Female University Students

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ARTICLE INFO

Article History:

Received:

May

07, 2025

Revised:

June

18, 2025

Accepted:

June

27, 2025

Available Online:

July

05, 2025

Keywords:

Resilience, Optimism, Psychological Well-being, Female University Students

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ABSTRACT

Optimism, resilience, and psychological well-being are crucial for achieving academic success among university students. This study aimed to explore the interconnection between optimism, resilience, and psychological well-being specifically among female university students. Additionally, it identified the impact of resilience and optimism on psychological well-being. The research involved 300 female students from the Government Sadiq College Women University in Bahawalpur, Pakistan, utilizing a quantitative approach and a convenient sampling technique. Data collection involved questionnaires comprising informed consent and demographic information. The study employed the Revised Life Orientation Test (LOT-R) to gauge optimism, the Brief Resilience Scale to measure resilience, and the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) to assess psychological well-being. The findings of the study reveal a significant correlation between resilience, optimism, and psychological well-being. These results carry substantial implications. Addressing optimism, resilience, and psychological well-being among female students can uncover the intricate relationship between optimism and psychological well-being while promoting resilient mindsets among university students.

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Introduction and Literature Review

Transition to university is a stage in which many students face problems it is the cause of stress where individual leave the familiar network behind and enter a new environment. Optimism, resilience contributes to positive human functioning. Optimism is a positive mental state marked by hope and confidence and belief in one's ability to achieve success and have a promising future (Scott & Goldman, 2020). Optimism is a state of mind in which one expects a positive, beneficial, and desirable outcome from a specific task or from all endeavors. Optimists believe that positive things will happen . Optimists see challenges as opportunities for development or temporary setbacks. Resilience is described as the ability to bounce back from adversity.

“It is your ability to persevere in the face of adversity, bounce back, and grow despite life's setbacks.” Resilience isn't like a trampoline, where you go up and down in a matter of seconds. It's the equivalent of attempting to climb a mountain without a map. It requires time, strength, and other people's support, and a person will almost probably encounter failure in the process. Psychological well-being has been described as a collection of psychological characteristics that contribute to positive human functioning and include many resilience and hardiness dimensions (Sagone & Elvira De Caroli, 2014).

Psychological well-being, according to Coward and Reed (1996), is defined as a sense of well-being that leads to a full understanding of one's own personal integrity, which incorporates spiritual aspects of life (Souri & Hasanirad, 2011). The research has emphasized the importance of resilience as a proactive factor. When confronted with difficult conditions, resilient students adopt problem-solving coping skills, according to research (Gomez-Molinero, Zayas, Ruiz-Gonzalez, & Guil, 2018). Optimists not only produced less cortisol (the stress hormone) during stressful situations, but they felt less stress as well. Optimism is a powerful stress-reduction technique that can give you up to five months of stress-free living per year (Gielan, 2019)

Mindfulness is an excellent way to counteract the need to concentrate on daily stresses, which could lead to dissatisfaction. Weiss explains, "We sometimes dwell continuously without ever concentrating on the goal at stake." “You will notice that there is less place for pessimism if you can learn to stay in the current area (whilst also permitting different emotions to reach your consciousness but gently pushing them away) without criticizing or thinking about the past or future,” Weiss continues.

Rationale of the study

The role of resilience as a proactive factor has been highlighted in the literature. Psychological well-being has been linked to optimism and resilience. University students face many emotional changings during their studies, so it is very important to promote and grow resilience in female students for better academic achievements and social welfare.

Objective of the Study

The main objectives of the study are:

1. To check the correlation of optimism, resilience and psychological well-being of female university students.
2. To check the impact of optimism and resilience on psychological well-being of female university students.

Hypothesis of the Study

1. Optimism, resilience and psychological well-being are significantly correlated to each other.
2. Optimism and resilience have significant impact on psychological well-being.

Method

Participants

Research sample is composed of 300 female students from Sadiq College Women University Bahawalpur

Research Design

Quantitative, cross sectional research design is used in this study to measure to study the impact of optimism, resilience and psychological well-being on female students

Sampling procedure

Data was collected by using the convenient sampling

Measures

A set of questionnaires consisting of Informed consent, Demographic sheet, The Warwick-Edinburgh mental well-being scale (Stewart-Brown & Janmohamed, 2008), Revised life Orientation test(LOT_R) and Brief Resilience scale(BRS) was used to collect data.

Warwick -Edinburgh Mental Wellbeing Scale

WEMWBS is a 14-Item scale that covers the subjective well-being and psychological functioning developed by Professor Sarah Stewart-Brown and supported by Professor Stephen Platt (Tennant, et al., 2007).

Revised Life Orientation Test (LOT-R).

A ten-item scale that compares optimism to pessimism. The LOT-R is a revised version of the original LOT scale, which was developed by psychologist Michael Scheier and colleagues in 1994 and measures people's feelings about the future (Scheier, Carver, & Bridges, 1994).

Brief Resilience Scale

The Brief Resilience Scale was developed to examine people's perceptions of their ability to recover from stress. Smith et al. (2008) created it, and it consists of six items.

Procedure

Researcher approached to educated female students of Government Sadiq College Women University Bahawalpur through internet. The questionnaires were searched before the researcher decided on the research topic and variables. The researcher emailed the original author a permission letter, after which the sample size was determined and data collecting began

Ethical Considerations

The current study is conducted under the ethical principle. Informed consent, confidentiality and behavior ethics were maintained throughout the study.

Operational Definitions

Optimism

Optimism is the mental attitude characterized by hope and confidence in success and a positive future (Scott & Goldman, 2020). The attitude that good things will happen and that people's wishes or aims will ultimately be filled (APA, American Psychological Association).

Resilience

Resilience is defined as the capacity to recover from difficult life events. "It's your ability to withstand adversity and bounce back and grow despite life's downturns (Hurley, 2020). It is the

mental reservoir of the strength that people use in times of need to carry them through without falling apart (Cherry, 2020).

Psychological Well-Being

Psychological well-being refers to the simple notion of a person's welfare, happiness, advantages, interests, utility, and quality of life (Burris, Brechting, Salaman, & Carlson, 2009). Psychological well-being has been described as a collection of psychological characteristics that contribute to positive human functioning and include many resilience and hardiness dimensions (Sagone & Elvira De Caroli, 2014).

Results

Table 1: Descriptive Statistics of Participants (N=300)

	Mean	Std. Deviation	N
Total WEMWBS	48.95	8.135	300
Total LOTR	13.71	2.647	300
Total BRS	18.35	3.321	300

Note. N represents population of research participants.

Table 2: Correlation Analysis of optimism, resilience and psychological wellbeing

	WEMWBS	LOTR	BRS
WEMWBS	1		
LOTR	0.318**	1	
BRS	0.406**	0.368**	1

**. Correlation is significant at the 0.01 level (2-tailed).

Table 3: Regression Analysis

Variable	B	β	t	R ²	F
Constant	25.706		9.277*	0.198	36.633*
LOTR	0.601	0.195	3.497*		
BRS	0.818	0.334	5.976*		

*p<0.05

Discussion

The aim of the present study is to assess the correlation among optimism, resilience, and psychological well-being in female university students and to find the impact of optimism and resilience on psychological well-being of female university students. In the current study, 300 female students participated and gave their responses. Optimism is a mental attitude characterized by hope and confidence and belief in one's ability to achieve success and have a promising future (Scott & Goldman, 2020). Resilience is what gives people the strength to deal with stress and challenges. It is the mental reservoir of the strength that people use in times of need to carry them through without falling apart (Cherry, 2020). Your mental well-being is characterized by your thoughts and emotions, as well as how you deal with the ups and downs of daily life (CABA).

Optimism and resilience have impact on psychological well-being of university students, several researches had been done on related topics such as relationship of optimism and resilience, role of

optimism in first year university students, stress and subjective well-being, relationship between resilience, optimism and psychological well-being.

A study was done by Souri and Hasanirad, which indicated that resilience is related to psychological well-being and literature supports trait optimism as a factor contributing to resilience. Previous studies have also pointed out positive relationship between optimism and well-being (Souri & Hasanirad, 2011).

The first hypothesis of the study is that optimism, resilience and psychological well-being are significantly correlated to each other. It indicates by the analysis of the study that there exists a positive correlation among optimism, resilience and psychological well-being. The value of the correlation coefficient showed that results are significant. Previous researches also show positive correlation. It means that the first hypothesis of the study is significant and is accepted.

The second hypothesis of the study is that optimism and resilience have significant impact on psychological well-being. It indicates by the analysis of the study that there exist a positive impact of optimism and resilience on psychological well-being. The value of regression analysis showed that results are significant. Previous researches also support this hypothesis. The beta value shows that there is higher impact of optimism on psychological well-being. It means that the second hypothesis of the study is significant and is accepted.

Conclusion

Present study aims to measure the correlation of optimism, resilience, and psychological well-being and impact of optimism and resilience on psychological well-being among female university students. Analysis shows that variables are significantly correlated. It also concluded that there is significant impact of both independent variables on dependent variable.

Hence, it is concluded that there is significant correlation among optimism, resilience and psychological well-being. It is also concluded that there is significant impact of optimism and resilience on psychological well-being.

Limitations of the Study

A sample size of 300 female students from Government Sadiq College Women University Bahawalpur was chosen. Accuracy level of study can be enhanced by increasing number of participants and data collection from students of other universities. The data collection process was online due to COVID-19 and other methods of data collection might yield better results.

Suggestions of the Future Research

Take into a large sample size to establish more powerful results. Apart from adults, other age ranges should be included in the study. Longitudinal research design will be better to assess impact of optimism and resilience on psychological well-being and correlation of optimism, resilience, and psychological well-being. It should cover significance, implications, causes and other relevant information

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