SUMMARY

Psychological preparedness is defined as a phenomenon to face challenges in life as you are able to understand, anticipate, recognize and manage your anxieties, stress, emotional responses, and feel more confident, efficient in controlling situation and successfully cope in an emergency situation (APS, 2007). A person faces so many challenges in his/her life and stress is inevitable; we can't avoid it. So, better to be psychologically prepared for upcoming emergency situations; not only for emergency we should be prepared for day-to-day regular life. Each individual needs to be psychologically prepared for different stages in his life. Psychologically preparedness is a phenomenon that has been studied so many times by the disaster management researchers and health management scientists. Psychological preparedness is not being emotionally invincible but about understanding how we are likely to react in a stressful situation and employ strategies for better management of those psychological responses while attending emergency responsibilities. Preparedness, a multi-faceted construct, is manifested at three levels: Cognitive level, Emotional level and Instrumental level (Mashiach, & Dekel, 2012). Psychological preparedness plays a crucial role in motivating people to take action in emergency situation. Learning and utilizing skills such as stress inoculation, stress reduction and emotional management can enhance psychological preparedness. There has been less focus on individual psychological preparedness by psychologists so far. Past researches show that previously used tools have been constructed to measure psychological preparedness for a specific purpose. It is equally necessary to measure the individual’s psychological preparedness to deal effectively with normal routine matters.

Models of Psychological preparedness e.g., A Social-Cognitive model of preparedness by Paton et al. (2001a, b); Virtues/Strengths based combat preparedness and resilience model (Singh & Gupta, communicated) have been developed for understanding of the concept of psychological preparedness. It is evident that psychological preparedness can be a good predictor of success/failure for upcoming future events and may also reduce the anxiety and mental health related problems. Resilience, self-efficacy, mobility, lability, future orientation and unrealistic optimism have an interactive relation with psychological preparedness. These variables may play vital role in leading success/failure. Research findings indicate that psychological preparedness plays an important role in emergency situation. A few attempts have made to study the role of
psychological preparedness in daily routine life situation like: examination, interview, marriage, job joining, and admission in a new course etc. So, Individual general life situation can be divided into three time frame works extending over different lengths, three different time frame works: (A) Life Events, (B) Life Episodes, and (C) Life Stages.

Detail review also depicts a scattered position of the concept of psychological preparedness and a well woven construct eludes—could it be due to the absence of a general measure or tool of psychological preparedness. The detail literature review raise some questions: Whether psychological preparedness is a personality trait or anything else? Whether psychological preparedness help in reducing anxiety, high satisfaction or predictor of success/failure for upcoming future events? Whether moderators like (Resilience, mobility, lability, self-efficacy, unrealistic optimism, and future orientation) play crucial role in predicting success/failure or not? To find answers for all questions a model of psychological preparedness was proposed and empirically tested in the present research.

The present research was aimed to assess predictive validity of psychological preparedness with the criterion as success/failure or performance level/coping on upcoming life event, episodes and stage.

**Objectives**
The major objectives of the study are:

I. To study the construct of psychological preparedness.

II. To study the moderators (resilience, mobility, lability, self-efficacy, time perspective and unrealistic optimism) of psychological preparedness for task outcomes.

III. To study the predictive validity of the test scores and as well the construct of psychological preparedness for future task outcome.

**Hypotheses**

I. Either a general component or a multi componential model is likely to emerge.

II. Moderators will be part of a variate.

III. There shall be significant or sizeable correlation between psychological preparedness and task outcome.
Summary

To fulfill above objectives, **correlational design** was employed and 263 Ss were contacted and enrolled in to three groups. Two-level assessment were conducted: level one named as testing level and level two named as feedback level for outcome. **Group-I:** Those, who were in the schools and preparing for their next competitive examination (life event). **Group-II:** Those, who were in the school/college and preparing for their board/semester examination (life episode). **Group-III:** Those who were selected for the jobs and were receiving their appointment letters (Life stage) to join soon.

Psychological Preparedness Scale, Resilience Scale for Adults, Mobility Scale, Lability Scale, Self-Efficacy Scale, Unrealistic Optimism and Future Orientation (Lines and Circle Test) tools were used in the study along with the participant’s background details were obtained. Performance measured in Group-I: marks in competitive examination, Group-II: marks % of Board/Semester examination and Group-III: Self performance appraisal.

**Major Findings of the present study**

1. Construct of psychological preparedness is emerging as general construct without facets.
2. Psychological preparedness did not differ at gender level.
3. Psychological preparedness is a trait and is significantly related with Mobility, Lability, Resilience and Future orientation.
4. Discriminant Functional Analysis found to be Mobility and Lability as a major contributor to the variate (Psychological preparedness). Therefore, it was named as **Temperamental discriminant function.**
5. Moderators (Resilience, Mobility, Lability, Self-efficacy, Future orientation and Unrealistic optimism) can correctly classify high or low prepared group membership up to 84% as revealed by discriminant function analysis.
6. Factor analysis identified “**temperamental preparedness and capability beliefs**”.
7. The factor of **temperamental preparedness and capability beliefs** and examination **performance** (criterion) were related to each other through self-efficacy.
8. There was no direct relationship between the psychological preparedness and the (examination performance).
**Summary**

**Limitation:** A standardized tool for the measurement of psychological preparedness for general life situations was not available and limited empirical studies were available, so trends and gaps were sketchy. Dropout rate was more than 50% at the time of feedback. The end variable was operationalized as single outcome.

**Suggestion:** Advance technology based analysis should be used like IRT. Qualitative technique like interview, storytelling, and behavior observation may be employed in future study to assess preparedness as well the performance/outcome. More outcome or performance indicators can be studied. To reduce dropout rate of feedback some incentives should be given.

**Implication:** A standardized tool of psychological preparedness can be useful for the identification of low or high-prepared person. It can be used in organizational settings for screening, deployment, sorting for special operation etc. including military context, career and work counseling, recruitment, transfer, assignment of new project in organization, useful in hospital setup for care-giver, staff and patient.

Personality development program can also focus on preparedness with cautions of unrealistic optimism and linked self-efficacy. Unrealistic optimism tend to enhance future orientation. Stabile and inert temperamental persons tend to be less prepared with lesser feelings of self-efficacy and resilience. Thus, they need to be attended more for training people in psychological preparedness. Mobile and labile persons are likely to be well prepared.