Chapter-5

Conclusion, Implications and Suggestions
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CONCLUSIONS, IMPLICATIONS, CONTRIBUTION TO KNOWLEDGE, LIMITATIONS, AND FUTURE RESEARCH SUGGESTIONS

Conclusions

The present study was undertaken with the purpose to explore the relationship of spirituality, optimism, and resilience with psychological well-being among adolescents. Results indicated that significant relationship exists between spirituality, optimism, and resilience with psychological well-being among adolescents studying in metropolitan and non-metropolitan cities.

The findings of the present study support the importance of the spirituality, optimism, and resilience in the psychological well-being of adolescents. In general, resilience is the most significant correlate and predictor of psychological well-being among both metro and non-metropolitan adolescents.

In addition to resilience, spirituality was the other significant correlate of psychological well-being: spirituality and optimism were found as the important predictors of psychological well-being among adolescents studying in Non-metropolitan city.

With respect to gender, resilience was found to be significant predictor of psychological well-being of metropolitan male adolescents. Whereas, optimism was found as the potential predictor of metropolitan female adolescent’s psychological well-being.

In Non-metropolitan city, resilience and optimism were found as significant predictors of psychological well-being in male adolescents whereas, spirituality was found as the significant predictor of psychological well-being in female non-metropolitan adolescents.

In sum, resilience is the mainly potential variable contributing to the psychological well-being of adolescents. In fact, it helps in the successful adaptation to adverse
circumstances. Resilient and acceptance of self and love are generally able to maintain physical and psychological well-being in the phase of adversity.

The findings of the study are mostly consistent with the hypothesis formulated for title study as well as previous researches done by various researchers. These findings indicated the importance of adolescents studying in metropolitan and non-metropolitan city. In present study with the assumption that adolescents male and female were exposed to all the psychological problems. Although, it was hypothesis that there would be difference in the metropolitan adolescents and non-metropolitan adolescents. Yet such difference was expected only in statistical terms. The Analysis of data in terms of level of scores was more revealing especially in case of overall metropolitan adolescents as well as non-metropolitan adolescents. Therefore, the findings on spirituality, optimism, resilience, and psychological well-being concerned with the adolescents group reported significantly higher in resilience among metropolitan groups. Same was the finding with the non-metropolitan groups too.

**Implications**

Students should be encouraged to enhance their well-being and are provided with the insights into how they care and enable other people to foster a sense of well-being in their own lives.

The present study indicates that students who have a high level of psychological well-being and show learning oriented, positivity, inclination towards God, are usually have more ability to fight with their bad situations of day-to-day life, face low stress and become high academic achievers. Hence, it is important that students should be encouraged to engage in activities that promote their well-being, enhance good relation with others, and can develop reasoning and analytical abilities rather than bearing mental or physical stress or just blindly falling other activities.

Seminar furthermore workshops and conferences should be conducted in schools to help students to understand the significance of having a positive optimistic attitude towards life and viewing all situations as learning opportunities.

Students should be taught to understand the basic concepts and not to indulge in shortcut methods of being positive towards goal, coping skills. It must be emphasized
that having developed reasoning skills and critical ability is what make one successful in life.

Spiritual education at schools level is needed that will help adolescents to extend their spiritual awareness, optimism, and coping stability through being resilient that are essential elements.

Away from physical world, we have spiritual world also, where the spiritual reality exists. Every individual has an eternal spirit that exists in an eternal spiritual world after death. Spiritual values should to be cultivated by their parents, family members so that they can prepare themselves for positive life. Through cultivation of spiritual values, adolescents can grow individually and collectively by increasing compassion and wisdom.

A physically and psychologically healthy adolescent encompasses the emotional resilience that enables them to get pleasure from life and to survive pain, disappointment and sadness, and an underlying belief in their own and others dignity and worth. It also allows them to engage efficiently in and contribute to their own life and society or community. A positive sense of mental wellbeing is to develop all the time, as it might consider one’s physical, social, and spiritual wellbeing. Adolescents of Non-metropolitan city (i.e. Aligarh) must learn to develop confidence in themselves so that they can tackle the future life threatening problems and worries and enable to make their lives as long and daring, fulfilling as possible.

Optimism and hope are always linked together because hope leads to positivity. Negativity and fear are the most destructive elements of individual’s life, so the only things adolescents have to discover is to build up the positive thinking even in negative situation.

The combination of spiritual awareness, optimism, and resilience raises the levels of good mental well-being amongst the adolescents and reduce the chances of stress, anxiety, depression or any life threatening behavior.

**Contribution to Knowledge:** The results add relationship for spirituality, optimism, and resilience with psychological well-being. This research potentially adds spiritual knowledge and understanding of positivity, bouncing back ability and psychological well-being about the school-going students aged 16 to 18 years. This
research completely contributes the association of spirituality, optimism, and resilience with psychological well-being, which conveys individual’s ability. Spirituality is good for the mental development, inner growth, being resilient and being positive self and others. Spiritual thinking imbues the individual character and this thinking is an inner quality that has the power to better all our external affairs.

**Limitations:**

In every social science, research works under some constrains and has a scope of refinement and further improvement. Therefore, it is important here to highlight some of the limitations of present research study.

- Socio-economic states, as a demographic variable was not studied in detail.
- Data was collected only through self-reported measures, which has its own limitations.
- The data was collected only from one metropolitan city, i.e. New Delhi and one Non-metropolitan city, i.e. Aligarh.

This research finding would serve as a evaluation for the future research.

**Future Research Suggestions**

Future research should be conducted to replicate the findings in large and more representative samples of adolescents. It may also be important consideration for future research studies to administer the measures in such a way that participants are more motivated to fully consider each item on the questionnaires and it is less time consuming.

The current findings have implications for future research to expand upon current knowledge of spirituality, optimism, resilience, and psychological well-being. It is suggested that future studies use experimental methods to replicate these findings to expand a more comprehensive understanding of these relationships.

Findings from this study show support for developing programs for university students that target cultivating spirituality, optimism, and resilience to increase their ability to effectively manage the complex challenges and competing demands of transitory period and maintain healthy well-being.
As present research study was conducted on the adolescent’s group population, it is recommended that further studies should be conducted on other age groups and states of India. For more effective findings at different levels of age and places a series of studies is needed to examine whether and how psychological well-being, optimism, resilience and spirituality change across life span.