SPIRITUALITY, OPTIMISM AND RESILIENCE AS CORRELATES OF PSYCHOLOGICAL WELL-BEING AMONG ADOLESCENTS OF METROPOLITAN AND NON-METROPOLITAN CITIES

ABSTRACT
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ABSTRACT

One of the greatest contributions of psychology in recent times is the emergence of “Positive Psychology” or we can say that psychology of strength. The focus of “Positive Psychology” is to understand those types of individuals who experience profound negativity, disability to manage the circumstances, low level of belief in our self, and God. During the adolescence period, students perform in accordance with societal roles, engaging with peers, and members of the opposite gender, and to “accomplish the requirements of schooling” and “building important decisions” concerning their future career. Hence, the main endeavor of this research study is to gain an understanding of the relationship of optimism, resilience, and spirituality with psychological well-being among adolescents living in metropolitan and non-metropolitan cities. The scheme of the entire thesis was divided into five distinct chapters in order to make it presentable and readable.

Objectives

The present study is designed in accordance with the following main research objectives:

1. To examine the relationship between spirituality and psychological well-being among adolescents studying in schools of metropolitan and non-metropolitan cities.
2. To examine the relationship between optimism and psychological well-being among adolescents studying in schools of metropolitan and non-metropolitan cities.
3. To examine the relationship between resilience and psychological well-being among adolescents studying in schools of metropolitan and non-metropolitan cities.
4. To determine the relationship of spirituality, optimism, and resilience with psychological well-being among male and female adolescents of metropolitan and non-metropolitan cities.
5. To examine the role of spirituality in predicting the psychological well-being among adolescents studying in metropolitan and non-metropolitan cities.

6. To examine the role of optimism in predicting the psychological well-being among adolescents studying in metropolitan and non-metropolitan cities.

7. To examine the role of resilience in predicting the psychological well-being among adolescents studying in metropolitan and non-metropolitan cities.

8. To determine the significant predictors of psychological well-being among male and female adolescents studying in metropolitan and non-metropolitan cities.

Research Design

The present research study adopted the quantitative approach to investigate the relationship of spirituality, optimism, and resilience with psychological well-being. In the present research, correlational research design was used.

Sample

Participants were selected from the schools of metropolitan and non-metropolitan city (Jamia Millia Islamia School, New Delhi and Aligarh Muslim University School, Aligarh). 296-school going students were chosen, among them 148 from metropolitan city (New Delhi) and 148 from non-metropolitan city (Aligarh). There were 74 male school going students and 74 female school going students belonging to both metropolitan and non-metropolitan cities. Participants were studying in 11-12th class and the age range of participants was from 16 to 18 years.

Measures

- The following measures were used in this study:
  - Psychological well-being scale (Bhogle && Prakash, 1995)
  - Spirituality Scale (Hardt, Schultz, Xander, Becker, and Dragon, 2012)
  - Optimism Scale (Scheier and Carver, 1985)
  - Resilience (Wagnield & Young, 1993)
Procedure

The researcher approached all the participants through the school’s administration. Before starting the procedure, the investigator obtained permission from the principles of schools. The data were collected in small groups. The students were approached and a good rapport was established with them and they were explained the purpose of this study. The participants were instructed to fill all the information mentioned in the sheet and they were told that this information will be used for the purpose of research. When the questionnaires were distributed to the subjects, great care was taken to remove any misconceptions regarding the proposed study. Further subjects were assured about the confidentiality of their responses and were requested to extend their cooperation. Data collection for each setting and group took around 45 minutes to 60 minutes. After completing the questionnaire, they were then allowed to leave the classroom.

Statistical Analysis:

Data were analyzed by SPSS-20.0 version. Prior to analysis, data were examined for data entry errors, missing data, normality, and outliers. Descriptive Statistics, Pearson product moment coefficient of correlation, and Stepwise multiple regression were used. Cronbach alpha was used to determine reliability of all the scales.

Result

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 spirituality, resilience, and optimism, correlated significantly with psychological well-being among adolescents studying in metropolitan and non-metropolitan cities. In general, resilience, spirituality, and optimism were found as the significant predictor of psychological well-being among both metropolitan and non-metropolitan adolescents.
Findings:

The main findings of the study were:

- Significant positive correlation was found between resilience and psychological well-being among adolescents studying in metropolitan cities.
- Spirituality and resilience was correlated positively and significantly with psychological well-being among adolescents studying in non-metropolitan cities.
- Significant positive correlations were found between optimism and psychological well-being among female adolescents whereas resilience and psychological well-being among male adolescents studying in metropolitan cities.
- Optimism and resilience correlated significantly with psychological well-being among male adolescents and spirituality correlated significantly with psychological well-being among female adolescents studying in non-metropolitan cities.
- Resilience emerged as significant predictor of psychological well-being among adolescents studying in metropolitan cities whereas, resilience, spirituality and optimism emerged as significant predictors of psychological well-being among adolescents studying in non-metropolitan cities.
- Optimism emerged as the significant predictor of psychological well-being among female adolescents whereas; resilience was the significant predictors of psychological well-being among male adolescents studying in metropolitan cities.
- Resilience and optimism found as the significant predictors among male adolescents and spirituality was the significant predictor among female adolescents studying in non-metropolitan cities.