Chapter-2

Review of Literature
Chapter 2

REVIEW OF RELEVANT LITERATURE

When conducting a research study, a literature review is an essential part of the research because it covers all the previous research done on the topic and sets the stage on which the current research is based on. No any new research study can be taken seriously without first reviewing the previous research done on the topic.

The aim of the literature review is to establish a theoretical structure for the topic concerned the research area that defines key terms, definitions and terminology identify studies, models, case studies etc. supporting to present the research. And it is important to review the studies to have a firm theoretical foundation for the study.

The literature review provide us better understanding about the construct of spirituality, optimism, resilience and psychological well-being and also suggest guidlines how it can be further studied in different settings.

Thus, this chapter presents a brief review of some of the important and relevant studies on spirituality, optimism, resilience, and psychological well-being. The studies reviewed here are related to gender differences, relationship and impact of spirituality, optimism, resilience, on psychological well-being.

2.1 Studies related to Psychological well-being

Waghmare (2016) examined psychological well-being among male and female college students. This study aims to investigate the impact of gender and location of the college students on psychological well being. Participants comprised of 100 college students from Jalna city of 50 male students, there were 25 urban and 25 rural male students and out of 50 female students there were 25 Urban and 25 rural female college students. Bholge and Prakash (1995) psychological well being scale was used in this study. Gender and location were considered as independent variables and psychological well-being as the dependent variable. 2x2 factorial design was used and data were analysed by Mean, SD and ‘t’ values. Results reveled no significant difference between male and female, urban and rural college students on psychological well being.
Dadhania (2015) examined the relationship between mental health and psychological well-being in adolescent boys and girls. The random sampling method was used in this study. The total sample consisted of 80 adolescents (40 boys and 40 girls) of 10th standard students selected from the Junagadh city. The research tool used for the assessment for mental health was measured by Bhatt and Geeda (1992) and psychological well-being scale developed by Bhogle and Prakash (1995). t-test was applied to examine the difference between boys and girls on mental health and psychological well-being. Karl-pearson ‘r’ method used to determine the correlation. Result revealed that significant difference was found between adolescent boys and girls on mental health and psychological well-being. The positive correlation was found between mental health and psychological well-being.

Khan, Taghdisi, and Nourijelyani (2015) examined adolescents’ psychological well-being, and the relationship of physical activity and socio-demographic factors with psychological well-being. A cross-sectional study was conducted and randomly selected schools with 345 adolescents (aged 12-18 years) from 6 to 10 standard class. Results revealed that inadequate physical activity and psychological well-being decreasing with some socio-demographic covariates is crucial health issue among female adolescents in Pakistan. Further more studies need to find barrier, social indicators of psychological well-being and implication of health adolescents.

Cardak (2013) examined the relationship between internet addiction and psychological well-being. Sample consisted of 479 university students. Results indicated that psychological well-being was predicted negatively by diminished impulse control, depression, social comfort and distraction. Students with the higher level of internet addiction are more likely to have low in psychological well-being. So that, the finding of this study increases individuals understanding on the relationship between psychological well-being and internet addiction. Moreover enhancing the psychological well-being among students may also leads to the preventive function for internet addiction.

Alpeshkumar, Balabhai, and Kotar (2013) investigated the impact of type of faculty, sex and residential status of the college students on psychological well-being. The sample for their study comprised of 120-arts and 120-science college students from Bhavnagar city. The sample was selected from various arts and science college of
Bhavnagar city. Personal data sheet and Bholge and Prakash (1995), Psychological Well-being scale were used to collect the required data. 2x2x2 factorial design was planned. Where type of faculty, sex and residential status were considered as independent variables and Psychological Well-being as dependent variables. Accordingly, 2x2x2 ANOVA was carried out to test the hypothesis. Results revealed no significant difference between the male and female students. There was a high level of psychological well-being among the students of science stream and students residing in their homes as compared to the students of arts stream and students residing in hostels respectively.

Bakar and Sidek (2013) conducted a study on well-being in adolescence: Fitting measurement model. Their study aims to validate three-factor measurement model of well-being using structural equation modeling. Total sample consisted of 650 adolescents from east-coast of peninsular Malaysia. The results of this study forward evidence for convergent and discriminant validity for well-being. Furthermore, the instrument demonstrated evidence of internal consistency reliability. The findings of this study also showed that the world academy of science is reliable and valid measures to be employed in assessing well-being among Malaysian adolescents.

Perez (2013) aimed to determine gender differences in various aspects of psychological well-being among Filipino college students. This is a cross-sectional, non-experimental quantitative study. 588 college students from various school settings of the Philippines participated (110 males & 478 females). The participants completed eight scales measuring different aspects of psychological well-being. Gender differences were found in terms of daily spiritual experiences, father relationship, peer relationship, autonomy, positive relation with others, and purpose in life and gender differences were not found in aspects of positive affects, negative affects, mother relationship, teacher relationship, environmental mastery, personal growth, and self-acceptance.

Hasumi, Absan, and Couper (2012) conducted a study on parental involvement and mental well-being of Indian adolescents consisted 6721 school going adolescents aged 13 to 15 years who participated in India’s nationally representative global school based student health survey in 2007. Parental involvement (parental understanding of their children’s problem, parental knowledge of their children’s free time activities
and homework checking) was reported by students to decrease with age, whereas poor mental health (loneliness, insomnia due to anxiety, depression, sadyness and hoplessness) increased with age. Age adjusted logistic regression models showed that a high level of reported parental involvement were significantly associated with a decreased likelihood of poor mental health.

Jacobsen (2012) examined parental involvement and mental well-being of Indian adolescents, suggested that parental involvement is an important factor for positive child mental health for both the genders. Adolescents well-being depends on the capacity of their family to nurture and care for them. Caregivers facing multiple difficulties, including intimate partner violence, substance abuse, and poor mental health and its challenged to provide the quantity and quality of care that supports healthy child development and negativity. Therefore, results revealed that adolescents stress and mental well-being are negatively correlated variable and emotional intelligence play a very important role in this period of life.

Trankle (2006) conducted a study on psychological well-being, religious coping, and religiosity in college students. Participants consisted 40 students (12 mens, 28 women aged 20 to 25). Through correlating responses to the psychological well-being scale, religious problem-solving scale, and the shepherd scale, results indicated that high levels of religiosity positively correlated with the high level of psychological well-being and high level of religious coping correlated with the high level of psychological well-neing. Findings suggesting that these participants reported healthy psychological well-being also showed a rich religious life.

Duncan, Duncan, and McAuley (2001) examined whether a Tai Chi exercise program enhanced elderly individual psychological well-being. Participants comprised of (n=98 mean age 73.2 years) either continued their daily routine activities or participated in a Tai Chi exercise class performing slow rhythmic movements. Psychological well-being measures were assessed at baseline, 3 months, and 6 months (termination of the class). Results indicated that individual who participated in the 6 months Tai Chi exercise program showed a higher level of health perception, life satisfaction, positive affect, and well-being and lower levels of depression, negative affect and psychological Distress.
Lazzari (2000) conducted an exploratory study to examine emotional intelligence, meaning, satisfaction with life and psychological well-being in early and late adolescence. The outcomes of this study replicated same previous researches and also revealed some important additional findings in the area like satisfaction with life, emotional intelligence, personal and psychological well-being in adolescents were all positively correlated to each other. Students who are higher in emotional intelligence are better able to engage in friendship with a wide range of individuals.

2.2 Studies related to Spirituality

Fareeda (2016) investigated the study on spirituality and social support in relation to depression among adolescents. Sample comprised of 150 (75 male & 75 female) undergraduate students of Aligarh Muslim University, Aligarh. For this study Spirituality scale, Multidimensional scale of perceived social support (MSPSS) and Beck depression inventory second edition (BDI-II, 1996) was used. Pearson product moment of correlation and t-test were used for analyzing the data. Result showed that there was significant negative correlation between spirituality and depression and also revealed that there was significant negative correlation between social support and depression. It was also found that female students scored significantly higher on spirituality and social support in comparison to male students.

Akhouri and Kehksha (2016) aims to explore the relationship between spirituality and quality of life in male and female hostlers. They selected 100 girls and 100 boys post graduate students from Aligarh Muslim University through random sampling method. Daily spiritual experience scale (DSES) and WHOQOL BREF were administered to the participants to collect data. Data was analyzed with the help of t-test and Pearson product moment coefficient of correlation. The results indicated a positive relationship between spirituality and quality of life. The result also shows the difference between male and female hostlers on spirituality and quality of life.

Shaheen, Jahan, Shaheen, and Shaheen (2014) examined the association between spirituality and suicidal ideation among university students. They selected 100 students of AMU Aligarh. Spiritual well-being scale, and Suicidal ideation inventory were administered among students. Result showed significant negative correlations between scores of overall spirituality and its sub-scale that is religious well-being and existential well-being with suicidal ideation.
Yadav and Khanna (2014) conducted a study on impact of spirituality on stress with special reference of engineering students of Indian Institute of Technology. They have made an attempt to recognize the relation between spirituality and stress in the student’s life. Data is collected through the questionnaire based on spirituality index and stress index. 75 students were retrieved as participants to find out their level of spirituality and stress, correlation was used for determining the relation between the stress and spirituality. Results showed that negative correlation exist between the stress and spirituality in engineering students.

Firdous and Aleem (2014) conducted a study to examine the relationship between spirituality and forgiveness among male and female college students. 80 college students were taken (40 male and 40 female). Daily spiritual experience scale and forgiveness scale were used to measure spirituality and forgiveness of the students. Results revealed that significance difference exist between male and female students on spirituality and forgiveness, their study also revealed that there was significant negative correlation between spirituality and forgiveness among male students.

Kim, Mills- Mason, Kim, and Esquivel (2013) conducted a study on religiosity/spirituality and life satisfaction in Korean American adolescents. The participants were 174 Korean American adolescents (91 boys, 83 girls) attending Korean Catholic churches in the Northeast Coast of the United States. Hierarchical regression analyses were used to examine the contribution of light dimensions of religiosity/spirituality (six positive and two negative aspects) to the prediction of life satisfaction, controlling for demographic variables. The result showed that when analyzed individually, all the positive aspects of religiosity/spirituality except the frequency of attending organizational religious activities were significant in predicting life satisfaction, while the negative aspects of religiosity/spirituality were insignificant. Also, when analyzed simultaneously, the three religiosity/spirituality dimensions of daily experiences, forgiveness and congregational support remained significant and explained 33.6% of the variance in life satisfaction.

Piedmont (2013) examined age and gender effects on the assessment of spirituality and religious sentiments (ASPIRES) Scale: a cross- sectional analysis. Research literature suggests that there are age and gender effects on numerous construct, but little is known about how spirituality and religiousness evolve over time and differ
between genders. For these participants comprised of 1,534 women 697 men demonstrated that (a) there are significant age and gender effects on the ASPIRES scales and (b) the underlying factor structure of the scales remains unchanged in all groups, suggesting that the groups appear to understand and experience spirituality and religion in a similar manner. The results of this study demonstrate that although the expression of spirituality and religious sentiments may vary across age and between genders, the fundamental meaning of these constructs remains the same.

Yanker, Schnabelrauch, and Dehaan (2012) used meta-analytic techniques to examine the association between spirituality and religiosity and psychological outcomes in adolescents and emerging adults. The outcome measures of risk behavior, depression, well-being, self esteem, and personality were examined with respect to the influence of spirituality/religiosity across 75 independent studies encompassing 66,273 adolescents and emerging adults extracted from electronic databases between 1990 and 2010. Results showed significant main effect sizes of spirituality/religiosity with several outcomes. Moderate effects were found for age, race and type for age, and type for spirituality/religiosity measure. Results showed that spirituality/religiosity has a positive effect on psychological outcomes in adolescents and emerging adults.

Hammermeister, Flint, El-Alayli, Ridnour, and Peterson (2005) examined gender differences on spirituality. They administered a survey that measured various dimensions of health to 435 college students enrolled in health and fitness classes. In addition to demographic questions and 176 questions concerning physical health, the survey included the Spiritual Well-Being Scale. Females scored higher than males on all three spiritual or religious health measures. Hammermeister et al. suggest that men ought to be targeted for greater spiritual exposure at universities, places of learning, and health centers.

Buchko (2004) conducted a study on, the faith development of college students, found that both men and women attended a church services almost two times per month in the past year. Women reported more prayer and meditation time than men and would sense more of God’s activity and presence in day to day life. This study also found that women reported having more close relationship with God and with their spiritual advisors than that of men. The conclusion is that for women, the affective dimension of spirituality and faith is more important for women than men.
Allfera, Jeung, and Maiko (2003) depict how the first year college impacted student’s spirituality and religiosity. The sample comprises of 3680 students from 50 colleges and universities across the country and included individuals representing a variety of racial (ethnic and religious backgrounds). Overall, students become less religious active, but were more omitted to integrating spirituality in their lives after one year, spirituality were highly correlated with personal characteristics and college experiences were associated with this construct.

Dowling, Gestsdottir, Anderson, Eye, and Lerner (2003) used a data set from Search Institute’s research archive, young adolescents and their parents (YAP), their study ascertained whether religiosity, spirituality, and thriving could be identified and confirmed as separate latent constructs among a randomly selected sub-sample of 1,000 youths drawn from the larger YAP sample. Findings based on factor analytic and structural equation modeling (SEM) provided evidence of the separate, multidimensional presence of the latent constructs (second order factors) and confirmed the presence of four religiosity first order factors (e.g., role of a faith institution in one’s life), three spirituality first order factors (e.g., orientation to help people other than the self), and nine thriving first order factors (e.g., the future orientation/path to a hopeful future).

Cook, Barman, Moore, and Kaunkel (2000) suggested that there is a great variation regarding the concept of spirituality and religiosity in the psychology of religion literature, 16 college students were recruited for the tasks to concept mapping to elicit their perceptions of what the designations spiritual and religious persons mean. Results indicated that many positive character traits were used to describe both religious and spiritual people. Participants describe spiritual people with emphasis on intellectual activities and inner peace, playing less emphasis on external, physical characteristics than their descriptions of religious people.

Knox, Langehouge, Walters, and Rowley (1998) investigated 235 undergraduates 18-25 years to study the relationship between spirituality and religiosity orientation towards life. The results indicated that a religious/ intrinsic spiritual orientation was significantly associated with self-esteem assets for growth and low anti-social behavior. Implications suggest the value of religious/ intrinsic spiritual orientation.
2.3 Studies related to Optimism

Sagonel and Caroli (2015) conducted a study on the predictive relationships of dispositional optimism, life satisfaction, and generalized self-efficacy beliefs with resilience in a sample of 464 early, middle, and late Sicilian adolescents. Adolescents were randomly chosen from different public schools in Sicily, Italy. They used the following measures: the Italian version of resiliency attitudes and skills profile (De Caroli & Sagone, 2014), the Life Satisfaction Scale (Diener et al., 1985), the Life Orientation Test-Revised (Scheier & Carver, 1992), and the Generalized Self-Efficacy Scale (Schwarzer et al., 1995). They found that highly optimist adolescents reported a more resilient profile than lowly optimist ones; highly satisfied and self-efficient adolescents showed a more resilient profile than lowly satisfied and self-efficient ones; additionally, the more the adolescents were optimist, the more they considered themselves as highly self efficient and satisfied with their life, as well as the more the adolescents were satisfied with their life, the more they valued themselves as highly self-efficient in various circumstances.

Mavioglu, Boomsma, and Bartels (2015) find out the degree to which genetic and environmental influences affect variation in adolescent optimism. Optimism (3 items and 6 items approach) and pessimism were assessed by the Life Orientation Test-Revised (LOT-R) in 5,187 adolescent twins and 999 of their non-twin siblings from the Netherlands Twin Register (NTR). Males reported significantly higher optimism scores than females, while females scored higher on pessimism. Genetic structural equation modeling revealed that about one-third of the variance in optimism and pessimism was due to additive genetic effects, with the remaining variance being explained by non-shared environmental effects.

Shaheen and Jahan (2014) conducted a study to determine the relationships between stress and optimism and suicidal ideation among adolescent students. Participants for this study were 200 adolescent students drawn from schools of Aligarh Muslim University, Aligarh. Apart from descriptive statistics for analyzing data, a four-step hierarchical linear regression analysis was used in order to examine main and moderator effects predicting suicidal ideation. Significant moderating effects were also probed and plotted through simple slopes at plus-and-minus one standard deviation of the stress on the association between stress and suicidal ideation within
each level of moderator variable i.e. high and low levels. The results of the Pearson’s correlation analysis showed that there was a significant positive relationship between stress and suicidal ideation. A significant negative correlation was between optimism and suicidal ideation. In addition, boys were more pessimistic and had more suicidal ideation as compared to girls. Hierarchical regression analyses showed that stress and optimism predicted suicidal ideation for the total sample and for both boys and girls. Moreover, the stress and optimism interaction was found to further augment the prediction of suicidal ideation, even after controlling for demographic variables and the main effects of optimism and stress. Consistent with the proposed interaction model, a plot of the significant interactions indicated that the link between stress and suicidal ideation was significantly more emerged for pessimistic as compared to optimistic adolescents.

Murberg (2012) prospectively examined the main effect of optimism on subsequent somatic symptomatology as well as optimism as moderating factors in the link between negative life events and somatic symptoms in a sample of 198 (111 females, 87 males) students in a Norwegian senior high school. Results from the longitudinal multivariate analyses, indicated that the scores for optimism and negative life events were significantly associated with scores of somatic symptoms at the time-point two (T2). Moreover, a significant Optimism × Negative life events interaction was found in predicting somatic symptoms.

Chrissy (2011) examined the relationship between parenting, adolescent personality, and adolescent optimism. 480 families with at least one adolescent child in the Seattle, Washington area completed a series of questionnaires assessing parenting style, personality, and optimism. Results from hierarchical regression analyses indicated that there is a small, yet significant, portion of the variance in optimism explained by parenting and personality individually, but that the relationship between optimism, parenting, and personality dynamics are far more complex than originally anticipated.

An attempt has been made by Conversano1, Alessandro, Lens1, Vista, Arpone, and Redal (2010) to explore the “optimism” concept and its relations with mental health, physical health, coping, quality of life and adaptation of purpose, healthy lifestyle and risk perception. Positive and negative expectations regarding the future are important
for understanding the vulnerability to mental disorders, in particular mood and anxiety disorders, as well as to physical illness. A significant positive relation emerges between optimism and coping strategies focused on social support and emphasis on the positive aspects of stressful situations. Through the employment of specific coping strategies, optimism exerts an indirect influence also on the quality of life.

Carver, Scheier, and Segerstrom (2010) posits that optimism is an individual difference variable that reflects the extent to which people hold generalized favorable expectancies for their future. Higher levels of optimism have been related prospectively to better subjective well-being in times of adversity or difficulty (i.e., controlling for previous well-being). Consistent with such findings, optimism has been linked to higher levels of engagement coping and lower levels of avoidance or disengagement, coping. There is evidence that optimism is associated with taking proactive steps to protect one's health, whereas pessimism is associated with health-damaging behaviors. Consistent with such findings, optimism is also related to indicators of better physical health. The energetic, task focused approach that optimists take to goals also relates to benefits in the socioeconomic world. Some evidence suggests that optimism relates to more persistence in educational efforts and to higher later income. Optimists also appear to be better than pessimists in relationships.

2.4 Studies on Resilience

Singh (2016) conducted a study on wellbeing of adolescents in relation to self-resilience and religiosity. This study is descriptive one and it has been conducted in Ludhiana District of Punjab (India). The sample comprised 200 students of 11th class (100 boys and 100 girls) of government secondary schools. The data were obtained by using General Well Being Scale by Kalia and Deswal (2012), Self-Resilience Scale by Wagnild and Young (1993) and Religiosity and Spirituality Scale by Hernandez (2011). The obtained data were analyzed by using Pearson's correlation. The major findings were a significant positive correlation was found between well-being and self-resilience among adolescents and a significant positive correlation was found between well-being and religiosity among adolescents.
McGillivray and Pidgeon (2015) conducted a study on resilience attributes among university students: a comparative study of psychological distress, sleep disturbances and mindfulness. Their study examines the attributes of resilient university students, by comparing the differences between high and low resilient students on levels of reported psychological distress, sleep disturbances and mindfulness. A total of 89 university students participated in the study aged between 18 to 57 years. Results showed that university students with high levels of resilience reported significantly lower levels of psychological distress and significantly higher levels of mindfulness, compared to university students reporting low levels of resilience. There were no significant differences reported with regard to sleep disturbances. The findings add to extant knowledge of resilience and provide support for universities to develop strategies that promote resilience in university students to reduce the risk of students developing mental health problems, thus enabling students to flourish under academic pressures.

Lamoshi (2015) made an attempt to study religion as a resilience tool to manage stress in adolescents. Religion, Islam send a consistent message to the believers that the ultimate goal is to guarantee happiness and tranquility. The main strategy for that is through offering a spiritual sanctuary for all kinds of adversities. Using the inner strengths and having a pure soul and a strong relationship with the ultimate power, God is the cornerstone of that approach. Adolescence is a vital phase of our lives, where many challenges are expected and potential consequences have faced. Islam acknowledges the interior, power that exists in young people, which can be exercised to have a calm mind, healthy consciousness, and positive thought. This study proposes using religion Islam, as a resilient tool to underpin young people to cope with their hardships.

Mary and Philip (2015) made an attempt to study whether the development of the resilience among adolescents has been influenced by parental styles. Using the child and youth Resilience Measure (CYRM) – 28, Parental Authority Questionnaire (PAQ), (Baumrind, 1968) this study has used the subjective perception of 128 adolescents belonging to the age group of 16- 21 [both males and females] and belonging to the urban population in relation to the sub dimensions of CYRM. The results have shown that among the three parenting styles either one of the styles has been found to be having a positive correlation with some sub dimensions of the
resilience construct used in the present study. Their study helps the parents and mental health professionals to understand the adolescent’s way of perceiving the parenting style which fosters resilience and come up with suitable programmers to help the adolescents to enhance their resilience.

Utervall, Hultman, Ekerwald, Lindam, and Lundin (2013) conducted a study to investigate how adolescents experience a traumatic exposure to a natural disaster. 20 adolescents aged 16–19 years, who had experienced the 2004 tsunami and participated in a follow-up study 19 months post-disaster, were randomly selected and interviewed about their reactions, their life afterwards and their families. The study combines the face-to-face, semi-structured interviews with questionnaire data on mental health for 4910 Swedish adolescents and adults. The themes that emerged inductively during the analysis of the interviews were psychological reactions during the catastrophe, the coping after, changes in self-image, world-view, and role in the family, risk interpretation and altruism. The disaster had a profound impact on family relations, social networks and plans for the future. Many felt strengthened by the experience and by their ability to cope in comparison with other family members, but also perceived isolation and lack of understanding. The general mental health status among the adolescents did not differ significantly from those of older age at the 19-month follow-up. According to the adolescents’, they experienced the tsunami-disaster differently than others around them. Their subjective interpretation of the event and its aftermath indicates resilience, especially among the young men.

Klasen, Oettingen, Daniels, Post, Hoyer, and Adam (2010) examined post-traumatic resilience in extremely exposed children and adolescents based on interviews with 330 former Ugandan child soldiers (age = 11–17, female = 48.5%). Despite severe trauma exposure, 27.6% showed post-traumatic resilience as indicated by the absence of post-traumatic stress disorder, depression, and clinically significant behavioral and emotional problems. Among these former child soldiers, post-traumatic resilience was associated with lower exposure to domestic violence, lower guilt cognitions, less motivation to seek revenge, better socioeconomic situation in the family, and more perceived spiritual support. Among the youth with significant psychopathology, many of them had symptoms extending beyond the criteria for post-traumatic stress disorder, in keeping with the emerging concept of developmental trauma disorder.
Sarvar, Inamullah, Khan, and Anwar (2010) investigated the relationship between resilience and academic achievement of secondary level students of Gujranwala, Pakistan. A resilience scale was used to collect data. The sample consisted of 127 secondary students, including 52 boys and 75 girls. The data revealed that there was no association between resilience and achievement as measured through marks obtained in 10th grade. The boys are more resilient than girls at the secondary level in Pakistan.

McCarthy (2009) conducted a study on resilience factors in children and the Adlerian concept of social interest. She identified many factors that promote the development of resilience in children who have experienced trauma. Some of the factors are biological or genetic. However, numerous other factors can be influenced and developed through different sources. By definition, the Adlerian concept of social interest is a variable in determining whether or not traumatized children develop resilience. This paper explores the factors promoting resilience in children and their relationship to the Adlerian concept of social interest.

Tusaie, Puskar, and Sereika (2007) conducted a study to identify point prevalence of psychosocial resilience and to test moderating and predictive relationships among optimism, chronological age, gender, perceived family and friend support, number of bad life events, and psychological resilience in rural adolescents. A secondary analysis of a cross-sectional survey of 624 rural adolescents aged 14 to 18 in an eastern U.S. state. Descriptive statistics were used to identify the point prevalence, and stepwise logistic regression was used to identify which variables alone or in combination had significant effects upon psychological resilience. The point prevalence of psychological resilience was 17% with the largest percentage of students reporting medium levels of resilience. Level of adolescent psychological resilience was partially predicted by cognitive factors (optimism, perceived family support), number of bad life events, age, and gender. Perceived support of friends and optimism modified the level of psychological resilience. Their study finds out the predictive and moderating model was useful for building knowledge about the process of psychological resilience in rural adolescents.

Olsson, Bonda, Burns, Vella-Brodrick, and Sawyer (2002) posits that there is a need for greater clarity about the concept of resilience as it relates to the period of
adolescence. Literature on resilience published between 1990 and 2000 and relevant to adolescents aged between 12 to 18 years of age were reviewed with the aim of examining the various uses of the term, and commenting on how specific ways of conceptualizing of resilience may help develop new research agendas in the field. By bringing together ideas on resilience from a variety of research and clinical perspectives, the purpose of the review is to explicate core elements of resilience in more precise ways, in the hope that greater conceptual clarity will lead to a range of tailored interventions that benefit young people.

Werner and Smith (2001) conducted a follow up Kauai study which discovered that individuals, who as adolescents had some problems, and were able to change the course of their lives in dramatic ways by making sensible choices and taking advantages of opportunities. For examples: as adults, some of those studies (a) continued their education (b) learned new skills (c) join the military (d) relocated to end the relationship with the peers who were deviant and (e) choose a healthy life partner.

2.5 Studies related to Psychological Well-being and Optimism

Honmore and Jadhav (2015) aimed to study psychological well-being in relation to gender and optimistic attitude among college students. Two hundred first year Arts, Commerce and Science students (100 males and 100 females) from different colleges in Islampur and Sangli (Maharashtra) participated in the present study. The participants received Psychological Well-Being Scale with five subscales (Sisodia & Choudhary, 2012) and Optimistic-Pessimistic Attitude Scale (Parashar, 1998). The multivariate and univariate analyses were directed to assess the subscales consistency of the PWB, the factor structure of the PWB in terms of its subscales and gender differences in PWB, its subscales and optimistic attitude. The relationship between psychological well-being, its subscales and optimistic attitude has been thoroughly analyzed.

Phillipsa and Pittman (2007) conducted a study on adolescents psychological well-being by identity style, two samples of high school-age adolescents (N=262) completed a measure of identity style, along with measures of self-esteem, hopelessness, delinquent attitudes, educational expectations, and optimism/efficacy. Analysis of variance was used to evaluate the relationship between identity style and
the other psychosocial variables. Participants classified as having a diffuse/avoidant orientation had lower self-esteem and higher delinquent attitude scores than those with either an information or normative orientation. At the same time, the diffuse-avoidant style was associated with higher hopelessness and lower optimism/efficacy scores than the normative and information styles. The normative and information styles did not differ significantly in terms of the dependent variables. Results also indicated that males were more likely to be diffused and females more likely to be information oriented.

2.6 Studies related to Psychological Well-being and Spirituality

Vinothkumar (2015) conducted a study on adolescence psychological well-being in relation to spirituality and pro-social behavior. Hundred and ten data was collected from adolescents belonging to the age range of 16-19 years. Their correlation analysis showed a significant positive relationship between psychological well-being and spirituality.

Victor (2013) completed a thesis on the topic Psychological well-being, religiousness, and spirituality in the lives of adolescents from intact and divorced families. A total of ninety adolescents aged between 15 and 18 years from three schools in the Helderberg basin in the Western Cape participated in this study. The results show that there were some significant differences between genders with regard to specific dimensions of psychological well-being, religiousness and spirituality. These dimensions were personal growth, religiosity, prayer Stellenbosch University http://scholar.sun.ac.za if fulfillment and universality, and females tended to score higher on all of these dimensions. There were no significant differences with regard to type of household (intact or divorced) on psychological well-being, religiousness or spirituality. The qualitative results show that religiousness is a definite coping mechanism that participants use to navigate the crisis of divorce.

Rathi and Rastogi (2007) examined meaning in life and psychological well-being of male and female students of pre-adolescence and adolescence periods. 104 students were randomly selected from various schools. Of these, 54 students were from class 12 and 50 students from class 9. Two questionnaires, one Personal Meaning Profile by Wong and another Well-Being Manifestation Measure Scale by Masse et al. were administered to the subjects. It was hypothesized that there will be significant
differences in the perception of life as meaningful and psychological well-being of different groups of students. t-test was applied to analyze the data. Besides discussing the results, applied aspects of a meaningful life and psychological well-being are also discussed.

Richter (2001) conducted a study on the relationship between psychological well-being and Christian spiritual well-being at a small Christian liberal arts college in the Urban Midwest. The results support the hypothesis that a spiritual approach to life is correlated with well-being. Christian spiritual well-being and psychological well-being were correlated with a sample of 62 college-aged, mainly Caucasian participants (28 males, 34 females) from a small Christian liberal arts college in the urban Midwest using convenience sampling methods.

2.7 Studies related to Psychological Well-being, Optimism, and Resilience

Faircloth (2017) conducted a study to examine the relationship between negative life events, well-being and resilience. Specifically, the study was designed to determine if resilience mediates the relationship between negative life events and psychological well-being among emerging adults. Participants consisted of 325 college students among them 166 women and 158 men. Results indicate that resilience partially mediates the relationship with the psychological well-being.

Venkatesan and Rohatgi (2018) conducted a study on personality disposition, resilience and decision making on psychological well-being of management graduates. Their study consisted 120 management students, out of which 78 students completed the tests fairly. The results revealed that personality, resilience, and decision making were found to be significantly correlated with psychological well-being. This study also showed that personality disposition, resilience, and decision making were significant predictor of psychological well-being.

Panchal, Mukherjee, and Kumar (2016) examined the relationships between optimism, wellbeing, resilience and perceived stress among undergraduates. The sample consisted of 181 students (77 male and 104 female) within the age range of 18 to 25 years. Perceived Stress Scale (PSS, Cohen, Kamarck, & Meremelstein, 1983), Warwick Edinburgh Mental Well-being Scale (WEMWBS, Tennant et al., 2007),
Optimism/Pessimism Instrument (OPI, Dember, Martin, Hummer, Howe, & Melton, 1989) and Resilience Scale (Wagnild & Young, 1993) were administered to all the respondents. The data were analyzed by using descriptive statistics, i.e. mean and SD, Pearson product moment correlation and stepwise multiple regression. The results revealed optimism to have a significant positive relationship with well-being and resilience. Well-being was found to be significantly positively correlated with resilience. The stepwise regression analysis found that resilience is a predictor of well-being.

Mamen (2015) examined resilience and psychological well-being on destitute adolescents and for this study 160 participants were taken 80 male and 80 female adolescents in the age range 13 – 17 years from Thiruvananthapuran city, Kerala. Result revealed that statistically significant relationship between resilience and psychological well-being among destitute adolescents.

Ghadami and Khalatbari (2015) conducted a study on the relationship between optimism, resiliency and marital satisfaction among married students at Kerman University of medical sciences (2013-2014). The statistical population (245) consists of all the married students at bachelor degree in medical science university of Kerman during 2013-2014. Results indicate that there is a significant relationship between resilience and marital satisfaction among the married students. There is a significant relationship exist between "optimism and resilience" and “optimism and marital satisfaction” among the married student.

Mathur and Sharma (2015) conducted a study to understand the relationship of academic stress with certain positive variables like optimism and resilience. The sample consisted of 300 students, age ranging from 16 to 18 years from the Jaipur city. The tools used were Life Orientation Test – R (Scheier et al., 1994), Resilience Scale (Wagnild & Heather, 2009) and Academic Expectation Stress Inventory (Ang & Huan, 2006). For the analysis of data correlation and regression analysis were used. The result obtained indicated that academic stress correlated negatively with optimism and resilience and both the variables significantly predicted academic stress.

Rabiega and Cannon (2003) studied the relationship of optimism with psychological and physical well-being. Maintaining an optimistic view on life has been shown to reduce depression and help with the recovery process from major surgery. Other daily
life events (i.e., job performance) have been found to be positively related to high levels of optimism.

Malkoc and Yalcin (2015) examined the relationships among resilience, social support, coping, and psychological well-being of university students. Data were gathered on 309 students who are studying at the Trakya University. Participants completed several instruments: the Flourishing Scale, Resilience Scale, Multidimensional Scale of Perceived Social Support, Ways of Coping Inventory, and a demographic information form. Correlation, standard multiple regression, and hierarchical regression analyses were performed on the data. Significant relationships were found between study variables. Results of regression analyses indicated that psychological well-being was statistically predicted by resilience, coping, and social support from family, friends, and from significant others. The results of the mediation analysis revealed that social support and coping skills partially mediated the relationship between resilience and psychological well-being.

Sagone and Caroli (2014) examined the relationships between the dispositional resilience, the dimensions of psychological well-being, and the coping strategies in a sample of 183 Italian university students aged 20-26 years. They were recruited from three Degree Courses at University of Catania (East Sicily, Italy). The dispositional resilience Scale-II to explore the factors of positive attitude, helplessness/alienation, and the psychological well-being scales clustered in six dimensions named autonomy, environmental mastery, purpose in life, positive relations with others, personal growth, and self-acceptance; the cope inventory to analyze the five coping strategies described as social support, reinterpretation, avoidance, problem solving, humor/turning to religion was used. Results indicated that high levels of positive attitude were correlated positively with the strategies of reinterpretation and problem solving, but negatively with avoidance coping, and high levels of helplessness/alienation were related positively to avoidance. Moreover, high levels of positive attitude were positively correlated with almost all dimensions of psychological well-being; high levels of helplessness/alienation were negatively correlated with psychological well-being. Finally, almost all dimensions of psychological well-being were correlated negatively with avoidance strategy and positively with problem solving, coping in addition, personal growth was positively correlated with reinterpretation.
Archana, Kumar, and Singh (2014) investigated resilience and spirituality as predictors of psychological well-being among university students. This study was carried out on a sample of 186 students with the age range of 21-24 years. The students were assessed with Resilience Scale (Connor & Davidson, 2003), Daily Spiritual Experience Scale (Underwood & Teresi, 2002) and Psychological Well-Being Scale (Ryff & Keyes, 1995). Stepwise Multiple Regression analysis revealed that psychological well-being is predicted by both resilience as well as spirituality among students. This shows that students who were resilient and had a strong spiritual approach in their lives reported higher levels of psychological well-being.

Hasnain, Wazid, and Hasan (2014) aims to ascertain the contribution of optimism, hope and happiness in psychological well-being of young adult Assamese males and females. It also investigated the difference between young adult Assamese males and females on psychological well-being, optimism, hope and happiness. For this purpose a sample of 100 young graduate adults, 50 males and 50 females, residing in the Kamrup district of the state of Assam was taken. Ryff scales of psychological well-being, Life Orientation Test of Scheier and Carver for optimism, Adult Trait Hope Scale of Snyder and Oxford Happiness Questionnaire were used. Separate regression analyses were run to find out the percentage of variance contributed by optimism, hope and happiness in psychological well-being of males and females. t-test was applied to find out the difference between means of young adult Assamese males and females on different variables. The significant combined contribution of variance of optimism, hope and happiness in psychological well-being of young adult Assamese males and females were obtained. However, only hope in males and happiness in female individually contributed 63% and 53% significant variance respectively to their psychological well-being. Significant difference was found between young adult Assamese males and females on psychological well-being and happiness, Females were found to be higher on well being and males on happiness. Significant differences were not found between young adult Assamese males and females on optimism and hope.

Pidgeon and Keye (2014) examined the relationship between resilience and mindfulness and psychological well-being in university students. A sample of 141 university students completed questionnaires that measured individual differences in mindfulness, resilience, and psychological well-being. Findings revealed significant
positive relationships between mindfulness and resilience. Regression analyses revealed that mindfulness and resilience predicted 51% of the variance of psychological well-being scores, with resilience accounting for the greatest amount of variance 47%. Results indicate that, when used as a dichotomous variable in the regression model, the presence of mindfulness meditation makes a significant contribution to an individual’s level of mindfulness as shown by the standardized coefficient of .23. Findings of this study show support for developing programs for university students that target cultivating resilience and mindfulness to increase their ability to effectively manage the complex challenges and competing demands of university life.

Sagone and Caroli (2014) examined the relationships between the dimensions of psychological well-being and resilience in a sample of 224 middle and late adolescents. They used the psychological well-being scale with 18 items grouped in six dimensions (autonomy, environmental mastery, purpose in life, positive relations with others, personal growth, and self-acceptance) and the 10 item-version of resilience scale. Results showed positive relationships between psychological well-being (environmental mastery, personal growth, and self-acceptance) and resilience: the more the adolescents were able to choose contexts suitable to personal needs, to see themselves as growing and expanding, and to perceive themselves as self-satisfied, the more they were resilient. Boys expressed a greater wellbeing (environmental mastery and self-acceptance) than girls and late adolescents showed a greater well-being (personal growth and purpose in life) than middle ones.

Suresh, Jayachander, and Joshi (2013) conducted a study on the health related behavior, health locus of control, self-esteem, and resilience as predictors of psychological well-being among school and college going adolescents. The sample consisted of 119 adolescent students from various schools and colleges of Southern India. The sample age ranged between 14 -19 years. Subjects were administered the health behavior scale, Multidimensional health locus of control scale, resilience scale, self-esteem scale. The collected data were analyzed by using hierarchical multiple regression. The results indicated that self-esteem, health locus of control and resilience were effective in predicting psychological well-being of adolescents. Based on the finding, it was suggested that teachers should endeavor to teach fundamentals of self-esteem, health locus of control and resilience to the students while school
counselors and psychologists should develop programs to foster positive psychological strengths like resilience, health locus of control and self-esteem.

Souri and Hasanirad (2011) examined the relationships between resilience, optimism, and psychological well-being among four hundred fourteen students of medicine (213 male and 191 female). Students were selected using cluster sampling and were required to fill up the Ryff Scale of Psychological Well-Being (RSPWB), Connor-Davidson Resilience Scale (CD-RISC), and Scheier and Carver’s Life Orientation Test (LOT). The results revealed that resilience is able to predict psychological well-being, and optimism played a minor mediation role in the relationship between resilience and psychological well-being. The results indicated that psychological well-being is influenced by personal characteristics such as resilience, and the individual’s optimism regardless of his/her degree of resilience can to some extent provide for psychological well-being.

Ho, Cheung, and Cheung (2010) examined the relationship between meaning in life, optimism and well-being among adolescents. A total of 1807 adolescents in Hong Kong completed inventories that assessed their personality, psychosocial problems and life satisfaction. Results of Structural Equation Modeling (SEM) indicated that both meanings in life and optimism significantly associated with multidimensional life satisfaction and multi-dimensional structure of psychosocial problems among adolescents. Optimism also served as a partial mediator in the relationships between meaning in life and both positive and negative aspects of wellbeing. The mediating role of optimism did not differ across gender.

2.8 Studies related to Spirituality and Resilience

Mirmoeini and Afsharinia (2015) determined the relationships between spirituality and resiliency with quality of life of students. Results showed that 86% of the variance predict the quality of life and also it showed that the meaning full relation between spirituality and resiliency with the quality of life.

Khosravi and Nikmanesh (2014) investigated a study on the relationship between spiritual intelligence, resilience, and perceived stress. The study sample consisted of 307 students of Sistan and Baluchistan University. The Connor–Davidson Resilience Scale (CD-RISC), the Spiritual Intelligence Self-Report Inventory (SISRI) and the
Perceived Stress Scale (PSS) were used as the research instruments. The results show that there is a positive and significant relationship between the SISRI and the CDRISC. However, there is a negative and significant relationship exist between the SISRI and the PSS of students. The Enter regression analysis for prediction of the CD-RISC show that the SISRI predicts 0.10 of the CD-RISC variances and also the SISRI predicts 0.11 of the PSS variances.

In this chapter the related literature of the study was reviewed under age, gender, and cities to see the differences on spirituality, optimism, resilience and psychological well-being. There is a dearth of studies on variables spirituality, optimism, resilience and psychological well-being related to adolescents. Studies on spirituality, optimism, resilience and psychological well-being are available with adult and old population mostly. Literature parts including year-wise taken from 1993 to 2016. At the end of this chapter, the conceptual framework of the research study was illustrated in Figure 1.

Figure 1.

**Conceptual Framework**

![Diagram](conceptual_framework.png)