

Resilience as Predictor of Life Satisfaction and Mental Well-Being among Selected Southern University Students of Bangladesh

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Abstract

The aim of this study was to investigate how resilience affects young adults' mental health and life satisfaction in Bangladesh. To achieve this end, a total number of 440 students were selected randomly from different universities situated in the southern part of Bangladesh. The Bangla version of the Resilience Scale for Adults (RSA), The Warwick Edinburg Mental Well-being Scale (WEMWBS), and Satisfaction with Life Scale (SWLS) were administered to measure variables. Independent sample *t*-test, Pearson product moment correlation and simple linear regression were performed to test the data. The results of *t*-test revealed significant gender differences in life satisfaction, and correlation analysis revealed significant positive correlation among resilience, mental well-being and life satisfaction. Simple linear regression results revealed that 2.1% of the variability in life satisfaction and 29.8% of the variability in mental health were significantly predicted by resilience. This finding illustrates that increasing resilience will increase mental well-being and life satisfaction among university students in Bangladesh. Therefore, psychotherapy interventions that aim to strengthen psychological resilience and improve mental well-being may raise a person's level of life satisfaction overall.

Keyword: Life Satisfaction, Mental Well-Being, Resilience, University Students

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Resilience is an essential aspect of mental well-being that allows individuals to bounce back from adversity, maintain positive mental health, and adapt to changing circumstances (Masten & Narayan, 2012). It can be characterized by good outcomes despite the presence of serious threats to adaptation or development (Masten, 2001). It may be seen as a self-regulatory protection mechanism that an individual utilizes when confronted with the possibility of experiencing challenging consequences at specific points in their lives (Mayordomo-Rodríguez et al., 2015). Individuals who have this type of intrapersonal cognitive capacity (positive cognitive triad) are able to better cope with stressful situations and adversity, which in turn enhances their general well-being (Mak et al., 2011).

Many studies have examined life satisfaction in relation to well-being and found that it is a predictor of a variety of diverse health outcomes (Diener et al., 2010). Life satisfaction is a measure of people's overall assessment of their lives (Campbell et al., 1976). According to Diener (2013), life satisfaction is a cognitive aspect of subjective well-being that revolves around an individual's views and beliefs about their own life. It is a significant predictor of many favorable intrapersonal, interpersonal, psychological, social, and personal outcomes (Liu et al., 2013).

Definition of well-being can vary in terms of persons and their values and views. Therefore, the idea of well-being is difficult to define (Crone et al., 2008). Being in good health does not mean that there is no illness or disability; rather, it means that one is in a state of whole mental, physical, and social well-being. One's overall health is intrinsically linked to and dependent upon their mental state. It is a condition of mental well-being in which every individual fulfills his or her own potential, can manage the typical pressures that come with life, can work in a way that is both productive and fruitful and can contribute to his or her community (WHO, 2010). Mental well-being is defined as "the presence of positive emotions and moods (such as contentment and happiness), the absence of negative emotions (such as depression and anxiety), satisfaction with life, fulfillment, and positive functioning," (American Psychological Association, 2021).

A significant positive correlation was observed between resilience and general life happiness in a study conducted by Abiola and Udofia (2011), which included a sample of university students from Nigeria. A positive relationship between life satisfaction and resilience in students has been found due to the fact that students who felt better and developed resources for living well are more likely to have a good relationship between life satisfaction and resilience (Abolghasemi et al., 2010). Cazan & Truta, (2015) found that, resilience had a positive correlation with life satisfaction among college students. Resilience is predictive for long-term psychological health, and psychological health is correlated with resilience (Vinayak & Judge, 2018).

Resilient older persons have more pleasant emotions and report better levels of life satisfaction (Fredrickson et al., 2003). People who have been resilient and able to face challenging situations in their life have reportedly been shown to be happier in their later

years. Because those who are more resilient to adversity are more likely to encounter it, resilience has been connected with higher levels of life satisfaction (Poletto et al., 2011; Windle et al., 2011). Persons who showed high levels of resilience had decreased rates of post-traumatic stress disorder (PTSD) and depression (Bonanno et al., 2006).

Several scholarly works have proposed that demographic factors significantly influence mental health and psychological well-being. For instance, compared to male students, female students have been reported to exhibit higher emotional and health-related concerns (Lin et al., 2020). Furthermore, research findings generally indicated that gender should be taken into account when assessing the mental health of university students (Zhou, 2020). Women report higher levels of life satisfaction but are also more prone to experience depression (Becchetti & Conzo, 2022). A study conducted by (Saddique et al., 2021), found that female university students show a strong tendency toward resilience, perceived social support, and subjective well-being.

Research on the relationship between resilience, mental well-being, and life satisfaction across time in Bangladesh's southern area is lacking, despite the growing interest in resilience. As a result, a particular group of people, such as young people in Bangladesh, were unaware of the strong link between resilience and mental well-being and life satisfaction. This research would offer insightful information on the elements influencing life satisfaction and mental health. The goal of the study's findings is to make a small contribution to young adults' health in southern Bangladesh. The results could also have implications for resilience development, which aims to improve life satisfaction and mental health. As a result, the goal of the current study is to ascertain how resilience among college students in Bangladesh's southern region relates to their mental well-being and level of life satisfaction.

Objectives of the study

The aims of the current investigation were:

- i. To investigate whether there is any gender difference among resilience, mental well-being and life satisfaction.
- ii. To investigate whether there is any relationship among resilience, mental well-being and life satisfaction.
- iii. To investigate whether life satisfaction can be predicted by resilience.
- iv. To investigate whether mental well-being can be predicted by resilience.

Method

Participants

A sample of 440 students (50% women, 50% men) ranging from 18 to 28 years were recruited from different universities (BSMRSTU-Bangabandhu Sheikh Mujibur Rahman

Science and Technology University, BU-Barisal University, KU-Khulna University, JUST-Jessore University of Science and Technology) situated in the southern region of Bangladesh. Universities and departments were chosen using simple random sampling. Cross-sectional design was followed to conduct this research.

The inclusion criteria were students whose age ranged between 18 to 28 years, and studied in southern region university. The exclusion criteria were physically ill, drug addicted, socially isolated students. Table 1 shows the frequency of participants from different universities situated at southern region of Bangladesh.

Table 1

Frequency and percentages of participants from different universities

University	N	Total (%)	Male		Female	
			n	(%)	n	(%)
BSMRSTU	110	25%	70	63.63%	40	36.36%
BU	110	25%	50	45.45%	60	54.54%
KU	110	25%	64	58.18%	46	41.81%
JUST	110	25%	36	32.72%	74	67.27%

Sample description

A total of 440 students from different departments and different universities in southern Bangladesh met the inclusion criteria. There were 220 male and 220 female among them. Their ages ($M = 22.84$ years, $SD = 1.49$ years) varied from 18 to 28 years. Table 2 displays the characteristics of the participants.

Table 2

Demographic characteristics of the participants

Variable	N	Percent (%)	Male (%)	Female (%)
Family Type				
Nuclear	352	80	82.3	77.7
Joint	88	20	17.7	22.3
Social class				
Lower class	90	20.5	25.9	15.0
Middle class	342	77.7	71.8	83.6
Higher class	8	1.8	2.3	1.4
Marital status				
Married	52	11.8	6.4	17.3
Unmarried	376	85.5	90.0	80.9
widow	12	2.7	3.6	1.8

Measures

Along with a personal information form, participants had to complete the following three self-report Bangla questionnaires.

Personal Information Form

Demographic information was collected through using personal information form. There were questions about participant's age, gender, family type, social class, academic year, etc.

Resilience Scale for Adults (RSA)

Friborg et al. (2003) developed this scale and the Bangla version was used for this study. The translation was done by Prokrity and Uddin (2017) to measure resilience of Bangladeshi people. RSA contains 33 items and comprises five factors. Respondents rate each item on a 7-point (1= strongly disagree to 7= strongly agree) Likert-type Scale. A higher score reflects a higher level of resilience. The total RSA score can range from 33 to 231. Based on Cronbach's alpha, all RSA subscales had satisfactory levels of internal consistency. With correlation values ranging from 0.057 to 0.311, every RSA subscale showed positive association with every other subscale. Research has indicated that this scale contains high convergent and criterion-related validity. In this study, Cronbach's alpha coefficient was found .94 showed very high internal consistency.

The Warwick Edinburg Mental Well-Being Scale

The WEMWBS was created to assess mental health in general populations. It has been validated in populations of English and Scottish students as well as general community samples. Rahman and Imran (2013) adapted the Bangla version of WEMWBS to Bangladeshi culture. Each of the 14 items on the scale has five possible answers: "none of the times", "sometimes", "now and then", "often", and "all of the times". Likert-type choices will be used to score responses, with a range of 1 to 5. On this scale, a minimum of 14 is feasible and a high of 70 is possible. The Cronbach's alpha coefficient in this investigation was 0.86.

Satisfaction with Life Scale

This scale was developed by Diener et al. (1985). Illyas (2001) customized this scale to be used in Bangla. A 5-item assessment tool intended to gauge an individual's overall life satisfaction based on cognitive judgments rather than assessing happy or negative emotion. Using a 7-point scale that goes from 7 strongly agree to 1 strongly disagree, participants indicate how much they agree or disagree with each of the 5 items. The following range of scores represents the degree of satisfaction or dissatisfaction; 31-35 extremely satisfied, 26-30 satisfied, 21-25 slightly satisfied, 20- Neutral, 15-19 slightly dissatisfied, 10-14 dissatisfied, and 5-9 extremely dissatisfied. Cronbach's alpha coefficient for this study was found .74 that showed good internal consistency reliability.

Procedure

Each participant's data was gathered individually. Before giving their agreement, participants were made aware of the purpose and nature of the study. The gathered information will be kept confidential, as was made quite clear. A verbal overview of the scale's features, question types, and rating scales was given to the participants. Although there was no time limit on the study, individuals had to complete the scale in about 30 minutes. Following that, the responses were verified. They were requested to supply the appropriate answers to any incomplete or double-rated questions that remained unanswered. They were asked to submit general demographic information after finishing three questionnaires. As a token present for their participation, each participant received a pen and chocolate.

Data processing and statistical analysis

Each participant's responses were scored according to the scoring principal of Resilience Scale for Adults, Warwick Edinburg Mental Well-Being Scale, and Satisfaction with Life scale. To analyze the data SPSS software was utilized. At first, to quantify the differences between males and females, an independent sample "*t*" test was performed. To investigate the connections among resilience, mental health, and life satisfaction, Pearson's correlation coefficient was computed. To determine how predictable resilience is in relation to mental health and life satisfaction, a simple linear regression analysis was employed.

Result

Independent sample *t*-test

Table 3 indicated no significant gender difference exists between male and female in measuring resilience ($t=.284$; $p>.05$) and mental well-being ($t=.96$; $p>.05$). Result also showed significant gender difference in measuring life satisfaction ($t=2.19$, $p<.05$), that means female exhibited higher score on life satisfaction ($M = 23.38$, $SD = 5.89$) compare to the male ($M= 22.18$, $SD = 5.58$).

Table-3

Gender difference on resilience, mental well-being and life satisfaction (N=440)

Variable		<i>M</i>	<i>SD</i>	<i>t</i>
Resilience	Male	169.0591	31.23634	.284
	Female	169.8727	28.77613	
Mental Well-Being	Male	50.1455	9.37726	.96
	Female	49.2682	9.77631	
Life Satisfaction	Male	22.1818	5.58240	2.19*
	Female	23.3818	5.88936	

* $p<.05$

Pearson's correlation coefficient analysis

In order to investigate the relationships among the variables, Pearson product moment correlation coefficient was used. Table 4 revealed significant positive correlation among resilience, mental well-being and life satisfaction

Table 4

Correlation Matrix for all study variable (N=440)

Variables	1	2	3
1. Resilience	1		
2. Mental well-being	.546**	1	
3. Life satisfaction	.145**	.412**	1

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

Simple linear regression analysis

In order to attain the third and fourth objectives simple linear regression analysis was employed. Table 5 shows the impact of resilience on mental well-being and life satisfaction. Result indicated that resilience significantly predicts 29.8% of the variability in mental well-being, where $R^2 = .298$, $F = 185.93$, $p < .001$ and resilience significantly predicts 2.1% of the variability in life satisfaction where $R^2 = .021$, $F = 9.36$, $p < .05$.

Table 5

Impact of resilience on mental well-being and life satisfaction (N=440)

Variable	β	R^2	F	t	p
Mental well-being	.546	.298	185.93	12.058	.000
Life satisfaction	.145	.021	9.36	6.06	.002

Discussion

The current research was intended to achieve four objectives. The first objective was to examine the gender differences on resilience, mental well being and life satisfaction. Results depicts that there were no significant gender differences in resilience and mental well being. The majority of the data support the gender similarities hypothesis (Hyde, 2014), which postulates that there are numerous psychological traits and systems that are fundamentally similar between men and women.

The results also showed that females had significantly higher life satisfaction than males. Higher female life satisfaction was found to be more common in a study by Matteucci

and Lima (2016) who examined the gender disparity in life satisfaction in 85 nations. One possible explanation for women's higher levels of life satisfaction is that they prioritize relationships and social support more highly than males do (Joshi & Jovanović, 2020).

The second objective was to investigate whether there is any relationship among resilience, mental well being and life satisfaction. Pearson product moment correlation was conducted to find out the correlation among resilience, life satisfaction and mental well being. Result showed significant positive correlation between resilience and life satisfaction. Our findings are consistent with the finding of Abiola and Udofia (2011), who found that resilience is positively correlated with life satisfaction among students.

Resilience was also found to be significantly positively correlated with mental well-being, indicating that increasing resilience will improve mental well-being. Our findings are also consistent with the findings of Smith et al. (2008), who observed that resilience is positively correlated with mental health outcomes such as high self-esteem, positive effects, and life satisfaction.

The third objective illustrated whether life satisfaction can be predicted by resilience. Simple linear regression was conducted which showed that resilience had a significant impact over life satisfaction as resilience worked as predictor. Our finding is matched with some other findings where resilience was found as a major predictor of life satisfaction (Cazan & Truta, 2015; Tagay et al., 2016).

Fourth objective illustrated whether mental well being can be predicted by resilience. Result showed that resilience predicted mental well being significantly which is consistent with some other studies where it has been found that resilience serves vital role in promoting and ameliorating individual's well-being (Souri & Hasanirad, 2011; Mayordomo et al., 2016; Gao et al., 2017).

Limitations of the study

This study has several limitations. First, simple random sampling used here; therefore it is cumbersome to know whether every participants is mentally sound for the test. Second, information was collected only from the universities situated in the southern part of Bangladesh; generalization over population would be perfect if it was possible to procure information from universities located in each region of Bangladesh.

Implications

From this study young adults get to know about developing resilience, it ameliorates life satisfaction of an individual and improves the condition of mental well being. Moreover, they get to know about the level of life satisfaction and mental well being and resilient individuals are more likely to have a sense of purpose and meaning in their lives. Having a sense of purpose can improve mental well-being and life satisfaction. Researcher of this

region can find a new genre of research interest regarding this study. Researchers can get idea how resilience makes impact over life satisfaction and mental well being following the findings of this study. Using this research, an idea can be assumed about university students' resilience, which will help them to assess themselves. Anyone can learn about the effect of resilience over life satisfaction and mental well being.

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