

Resilience, Psychological Well- Being And Social Conformity

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Abstract

The present study aims to study the relationship between Resilience, Psychological well-being and Social Conformity among students of Lovely Professional University, Phagwara, Punjab. The objective of the study was to study the relationship between resilience and psychological well-being, social conformity and psychological well-being; and social conformity and resilience. For this purpose a sample of the study consisted of 200 students of Lovely Professional University, Phagwara, which were collected through simple random sampling method by using three standardized scales: Ryff psychological well-being scale (PWB), 42-item version, Psychological resilience scale for youth by Rizwan Bhatt and social conformity scale by S.N. Roy were used for data collection. The data was analysed by using quantitative techniques – Pearson's product correlation, descriptive statistics with the help of SPSS version 20. The result indicates that there is no any significant correlation among the study variables: resilience, psychological well-being and social conformity; among the students of Lovely Professional University, Phagwara.

Keywords: “Psychological well-being, Resilience and Social conformity”

Introduction

Psychological well-being is usually the most important aspect of life which needs to be considered for a happy and satisfactory life. Well-being has a relationship with lots of factors and different psychological constructs. Resilience is something we need to overcome whatever comes in our way, anything negative, adverse, awful. We face it and overcome it with our ability of being resilient and with social support. Social support leads us to our third study construct which is social conformity. Human being is essentially a social animal and lives in groups. Groupism is so widespread these days that everyone wants to be a part of one group or the another. This is where social conformity comes in. conformity is the tendency of the people to change their beliefs as per the beliefs of the majority of the group just in order to be accepted by the group and fit in the society.

Resilience is mostly explained as reflecting previous but actually it can be just to keep directing forward in the most conscious and motivated way. You cannot reflect previous from toughness. You can only walk through it. There is a direction through pain to wisdom, through miserable to capabilities and through fear to dare if we have the virtue of resilience.

St. John and Haines, both are famous for “drive until you drop” approach of getting things done by facing and fighting that perspective and motivating you to develop a new perspective, aim and wordings to your life. The authors have developed “The Five Micro-Resilience Frameworks,” a methodology that is brought from psychology, physiology, and neuroscience, in a way to support the reader to:

1. Refocus your brain: Use your brain more purposely.
2. Reset your primitive alarms: Stop being stuck by your basic impulses
3. Reframe your behaviour: combine into the positive rather than the negative
4. Refresh your body: Increase your fuel efficiency
5. Renew your spirit: modify into the power of your goal

This design was examined for 5 years on thousands (executives, stay-at-home moms) who got the “restorative techniques fast and easy to associate into the busiest of schedules.” The authors use “dozens of entertaining real-life stories to examine the effectiveness of the tools.” (St. John and Haines, 2017)

Well-being is a broader concept, and it is dynamic in nature which includes social, subjective and psychological dimensions it even includes health related behaviours. Wellbeing or wellness implies for a general condition of individual or a group under which the level of wellness means there is some sort of positive condition of the individual or a group.

Naci and Loannidis state that wellness as the manifold and integrated aspect of physical, mental and social wellbeing which increase a far the traditional definition of health. It adds a sense of act, choices and personal attainment.

Carol Ryff evolved a six-factor model of psychological wellbeing which presented to a person's mental state, happiness. Psychological wellbeing includes of positive association with others, power, a feeling of act and sense in life. It is achieved by a developing a position of balance affected by both hustles and advantageous life events.

Examined key element of psychological wellbeing smugness personal growth

1. Self-acceptance
2. Personal growth
3. Purpose in life
4. Environmental mastery
5. Autonomy
6. Positive relation with others

Conformity is a sort of social impact including a change in belief or conduct so as to fit in with a gathering. Congruity can likewise be just characterized as “respecting bunch weights” (Crutchfield, 1995).

The term similarity is frequently used to show consent to the greater part position, realized either by a longing to fit in or be enjoyed or due to craving to be right or basically to fit in with a social job.

One of the factors that are identified with both veracity and the scholastic field is mental prosperity. Subsequently for an individual to accomplish abnormal amounts of emotional prosperity they have to feel happy with life, have a dominantly positive affectively and a low dimension of negative effect.

Researches proved that resilience and psychological well-being with emotional intelligence. Further there is also a positive correlation between psychological well-being and resilience (Akbari and Khormaier, 2015). Caroli and Sagone (2015), stated that 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. Social support from one's community can also help foster resilience in the individual (Pietrzak, 2015).

Objectives of the study:

1. To determine the relationship between social conformity and psychological well-being.
2. To study the relationship between social conformity and resilience.
3. To find out the relation between resilience and psychological well-being.

Hypotheses of the study:

1. There will be a significant relationship between social conformity and psychological well-being.
2. There will be a significant relationship between social conformity and resilience.
3. There will be a significant relationship between resilience and psychological well-being

Research Methodology

The present study is exploratory in nature. It explores the relationship between psychological well-being, resilience and social conformity among the university students. For the present study, a sample of 200 participants including male and female were selected using the Simple Random sampling method from Lovely Professional University, Phagwara district, Punjab. The age group taken for the sample is 18-28 years. Primary type data was collected using the following three scales:

1. Psychological well-being Scale developed by Carol Ryff
2. Social conformity scale developed by S.N. Roy

3. Psychological Resilience Scale developed by Rizwan Bhat and Mohd. Khan

Descriptive statistics and Correlation statistics were used to analyse the data using SPSS Version 20.0

Procedure: Sample was selected from Lovely Professional University, Phagwara. 200 students were chosen for this research by using simple random sampling method. Three scales were used for collecting the data: Resilience scale by Rizwan Bhatt, Psychological well-being Scale by Carol Ryff and Social Conformity by S.N. Roy. All the instructions were given properly to the students and doubts were clarified as well. I thanked them cordially after their response in a very cooperative manner.

Results

Table 1. showing the descriptive statistics of the variables

	N	Mean	Std. Deviation
Resilience	199	.349	.98
Conformity	199	53.10	19.04
Psychological Well being	199	93.90	13.55

Table 2. shows the Pearson's correlation between Resilience and Well-being

	Resilience	Well being
Resilience	1	.035
Well being	.035	1

Table 3. shows the Pearson's correlation between Well-being and Conformity

	Well being	Conformity
Well being	1	.015
Conformity	.015	1

Table 4. shows the Pearson's correlation between Conformity and Resilience

	Conformity	Resilience
Conformity	1	-.030
Resilience	-.030	1

Discussion

The above table 1.1 shows the Mean and Standard deviations of Resilience, Conformity and Psychological well-being. The table shows that Resilience, Conformity and Psychological well-being differ in terms of mean and standard deviation.

Further, the above table 1.2 is showing the Pearson's coefficient of correlation between the two variables viz Resilience and Psychological well-being. The value of coefficient of correlation ($r=.035$) shows that there is no significant correlation between the two variables. So, our H1 which states that there will be a significant relationship between social conformity and psychological well-being is rejected.

The above table 1.3 is showing the Pearson's coefficient of correlation between the two variables viz psychological well-being and conformity. The value of coefficient of correlation ($r=.015$) shows that there is no significant correlation between the two variables. So our H2: There will be a significant relationship between social conformity and resilience is rejected.

The above table 1.4 is showing the Pearson's coefficient of correlation between the two variables viz conformity and resilience. The value of coefficient of correlation ($r=-.030$) shows that there is no significant correlation between the two variables. So our H3 which says that there will be a significant relationship between resilience and psychological well-being gets rejected.

The objective of the research is to study psychological well-being, resilience and social conformity and to explore the relationship among Resilience, Psychological well-being and social conformity.

Data for the present research was collected from the Lovely Professional University of Phagwara district from Punjab. The sample was collected through random sampling and a sample of 200 university students was chosen who agreed to be a part of the study. The collected data was then tabulated and analysed in SPSS version 20 where bivariate correlation. The study reveals that psychological well-being, resilience and social conformity are all very important constructs in the domain of psychology. The analysis of data and the results showed that there is no significant relationship between resilience and psychological well-being. Also, there is no significant difference between psychological well-being and conformity as well as conformity and resilience. The previous literature that exists on the considered variables also extend support to the result of the present study. The literature is divided on resilience, conformity and well-being having any significant correlation. The present research study reveals that there is a relationship between the said variables but no significant positive or negative correlation is found.

Conclusion

The present study provided strong insight into the relationship among three important psychological constructs among university students. The study showed that the study variables are independent and there exists no significant relationship among psychological well-being, resilience and social conformity.

Limitations

- Sample size: The sample was a meagre 200 samples which is one of the limitation of the study. More sample size could be included to give more generalized results.
- Area of sample collection: The area of study was also only one which is students of Lovely Professional University. The area of sample collection could have been widened and the sample can be included from other regions as well.
- Demographic variables: The age group of the sample collected was 18-28 years which is very limited in terms of demographic variables. The consideration of more demographic variables could have provided a wider result.

Suggestions

1. Large sample size: A larger sample size would be favourable for further research studies so that the results can be generalized to a wider population.
2. Demographic variables: more demographic variables can be added to the future studies to compare the sample on these variables as well.
3. Comparative study: comparative studies can be a better option for any future research on the same variables. It can provide accurate results when we can also compare the results of two different populations of two different regions.

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