

---

# Examining Resilience and its Role in Positive Psychological Outcomes

Maria Sclanavo<sup>1</sup>

<sup>1</sup>Semmelweis University, Hungary

## Abstract

The deep connection between resilience and favourable psychological outcomes, such as life satisfaction, pleasure, and general well-being, was examined in this study. The study used a quantitative technique to try to understand how resilience affects people's subjective well-being. The study's findings showed that participants generally demonstrated a high level of resilience. Resilience was linked to moderate to high levels of happiness, life satisfaction, and general wellbeing. These findings support the corpus of prior research emphasizing resilience's critical contribution to the development of favourable psychological outcomes. The standard deviations, which show the data's variety, highlighted how different each person's experiences are. Although resilience has gained recognition as a resource for fostering positive outcomes, its impacts have been influenced by a variety of variables, such as personal coping mechanisms, social support networks, and unique life situations. These findings have useful ramifications for initiatives designed to improve wellbeing. Interventions that increase resilience give people the tools they need to overcome challenges, encourage happy feelings, and eventually improve their general happiness, well-being, and sense of fulfilment in life. The study also emphasizes the significance of tailored strategies for improving well-being that take into account and cater to individual characteristics and requirements. But it's important to recognize the study's drawbacks, like the cross-sectional design and reliance on self-report metrics. To provide a greater knowledge of the dynamic interaction between resilience and beneficial psychological effects, future research initiatives might take into account longitudinal designs and qualitative methodologies. In summary, this work offers important new understandings about how resilience affects psychologically beneficial consequences. The importance of resilience in fostering life satisfaction, pleasure, and general well-being is emphasized, and the necessity of individualized ways to enhancing well-being is also emphasized. In the end, people can negotiate life's problems while also thriving and cultivating a life that is marked by contentment, happiness, and flourishing by understanding and growing resilience.

**Keywords:** Resilience, Positive Psychology, Outcomes.

Received: January 10, 2023

Revised: February 23, 2023

Accepted: March 4, 2023

---

## Introduction

The focus of psychology has recently shifted dramatically from one that is mostly deficit-focused to one that stresses the study of human strengths, wellbeing, and characteristics that contribute to a successful life. The framework of positive psychology, a field that aims to comprehend the components of a flourishing human existence, encompasses this paradigm shift. The study of positive emotions, character traits, resilience, and the development of a purposeful and fulfilling life are all covered by positive psychology (Nipapat & Wilang, 2022).

The idea of resilience is fundamental to the study of positive psychology. It is a multidimensional notion that has drawn significant interest in psychology because of its ability to influence favorable psychological outcomes. According to Arslan and Wong (2023), resilience is the capacity to adapt, overcome adversity, and retain psychological well-being

---

under trying conditions. It stands for the ability of people to persevere through hardship, develop, and even flourish.

The purpose of this study is to investigate resilience and its crucial contribution to beneficial psychological consequences. It aims to clarify the complex connections between resilience and many positive psychology concepts, including life satisfaction, pleasure, well-being, and general flourishing. This research advances our knowledge of how people can use their inner strengths to not only overcome obstacles but also to promote a life filled with fulfillment and flourishing by illuminating the significant effects of resilience.

It is impossible to stress the importance of resilience in the context of positive psychology. The pursuit of good well-being requires resilience, which is more than just the capacity to endure misfortune. It acts as a safeguard against the unfavorable effects of life's difficulties and obstacles (Liu et al., 2020). Higher degrees of resilience enable people to more successfully negotiate life's inevitable ups and downs, which ultimately benefits their overall psychological health.

In a variety of ways, resilience is essential for fostering beneficial psychological consequences. First, resilient people typically have higher levels of life satisfaction. According to research, life satisfaction and resilience are positively connected (Jia et al., 2023), indicating that those with higher levels of resilience report feeling more pleased with their lives.

Second, happiness and resilience are closely related. According to studies, resilience and subjective well-being are positively correlated, meaning that those who exhibit resilience are more likely to report feeling happier (Arampatzi et al., 2019). This connection emphasizes how resilience has the power to both lessen and strengthen both good and negative emotions.

Third, resilience enhances wellbeing in general. It serves as a protective barrier against the negative impacts of stress and adversity, assisting people to maintain their psychological well-being and ability to perform even under trying conditions (McElroy et al., 2022). For people who want to live fulfilled lives despite experiencing setbacks and hardships, this protective element of resilience is essential.

Additionally, developing a sense of personal development and self-actualization depends on resilience. In order to confidently face life's problems, resilient people frequently express higher levels of competence and self-efficacy (Kaniasty et al., 2023). An elevated sense of flourishing and personal contentment might result from this feeling of empowerment.

A growing interest in comprehending the elements that lead to human flourishing and the promotion of well-being has characterized the development of positive psychology. Researchers have come to understand the complex interactions between resilience and different positive psychological traits as the discipline has progressed.

According to recent research examining the connection between resilience and life satisfaction, those who have higher levels of resilience typically report feeling happier in their lives (Rivera et al., 2023). In a similar vein, research investigating the relationship between resilience and happiness has shown overwhelming evidence that greater levels of subjective well-being are linked to resilience (Athota et al., 2020).

The growing corpus of research has also shown that resilience is essential for preserving psychological health in the face of adversity and serves as a critical factor of overall well-being (Labrague, 2021). Resilience has a crucial function within the larger context of positive psychology, as evidenced by the complex relationship between it and positive psychological outcomes.

The focus of positive psychology has changed dramatically, moving away from weaknesses and toward strengths and wellbeing. The idea of resilience, a crucial element in the quest of favourable psychological outcomes, is at the core of this shift. In addition to allowing people to overcome obstacles in life, resilience also helps people lead lives filled with fulfilment, happiness, well-being, and flourishing.

The goal of this study is to delve deeply into the relationship between psychological well-being and resilience. This research aims to advance our knowledge of how resilience can be used to foster a fulfilling life by examining the complex interactions between resilience and categories including life satisfaction, happiness, and general well-being.

We will examine resilience's empirical analysis and its impact on favourable psychological outcomes in the pages that follow. We seek to shed light on the ways that resilience can enable people to not only weather life's storms but also to bask in the sunlight of a flourishing existence through thorough inquiry and analysis.

## Methods

In this quantitative study, information was gathered and analyzed to investigate the link between psychological well-being and resilience. An historical summary of the study approach is provided in this section.

## Participants

Through the use of a random sample technique, participants in this study were chosen from a wide range of people. 500 people, ranging in age from 18 to 65, were enlisted from different demographic groups. The study's subjects agreed to participate voluntarily.

## Data Collection

Through the use of an online survey platform, a structured questionnaire was used to collect the data. Standardized scales and tools to assess resiliency and beneficial psychological consequences were incorporated in the questionnaire. A series of remarks and inquiries about the participants' experiences were posed to them.

## Measures

**Resilience:** The Connor-Davidson Resilience Scale (CD-RISC) was used to measure resilience. This 25-item scale gauges a person's capacity for adaptation and recovery from hardship.

**The Satisfaction with Life Scale (SWLS)** was used to gauge one's level of life satisfaction. This 5-item scale measures a person's general level of life satisfaction.

**Happiness** was assessed using the Subjective Happiness Scale (SHS). This 4-item measure evaluates a person's pleasant emotions' frequency and intensity.

**Overall well-being** was evaluated using the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS). The 14 items on this scale address a variety of psychological well-being topics.

## Procedure

The goal of the study, the participants' rights, and the study's confidentiality were all explained to the participants. They consented voluntarily before answering the questionnaire. Over the course of two months, data was gathered.

## Data Analysis

Utilizing statistical software, data were examined. For each variable, descriptive statistics were calculated, including means, standard deviations, and frequency distributions. To investigate

the connections between resilience and beneficial psychological outcomes, correlation analyses were carried out. While accounting for demographic factors, multiple regression models were used to evaluate the predictive value of resilience on life satisfaction, happiness, and well-being.

### Ethical Considerations

This study complied with ethical standards, guaranteeing the secrecy and protection of participant rights. Prior to data collection, the Institutional Review Board (IRB) gave its clearance.

### Result And Discussion

Table 1: Descriptive Statistics for Resilience, Life Satisfaction, Happiness, and Well-being

Variable	Mean Score	Standard Deviation
Resilience	78.45	10.23
Life Satisfaction	23.56	4.89
Happiness	16.32	3.21
Well-being	54.78	8.76

The participants' mean resilience score was 78.45, and their standard deviation was 10.23. This demonstrates that there was some variation in participants' resilience ratings and that participants' resilience scores were, on average, quite high. The average life satisfaction score among participants was 23.56, with a standard deviation of 4.89. This implies that participants' replies varied somewhat, with average reporting moderate to high levels of life satisfaction. The average score for contentment was 16.32, with a 3.21 standard deviation. This shows that the participants' stated levels of happiness ranged from moderate to high on average, with some variation. Participants' average health scores were 54.78 on average, with an 8.76 standard deviation. This implies that, with some variation in their well-being ratings, individuals generally reported moderate to high levels of overall well-being.

These descriptive statistics show the overall central tendency (mean scores) and variability (standard deviations) of participant answers for each variable. The mean scores provide information about the study participants' typical levels of resiliency, life satisfaction, pleasure, and well-being. The range of individual variances in these psychological constructs is highlighted by the standard deviations, which show the degree of variability in participants' responses for each measure.

The goal of the discussion is to situate these findings within the existing body of literature and to give a thorough analysis of the descriptive statistics results for resilience, life satisfaction, happiness, and well-being. We will address the greater significance of comprehending the correlations between these variables, analyze the ramifications of these findings, and make parallels with earlier research.

The descriptive statistics in Table 1 provide important information on the central tendencies and variability of the four major variables under investigation. The participants' experiences can be understood and further interpretation can be supported by these numbers.

The participants' average resilience score of 78.45 indicates that they generally displayed a high level of resilience. This result is consistent with earlier studies that highlighted the adaptable character of resilience (Nyaupane et al., 2020). It is interesting that the resilience scores of the subjects showed some variation, with a standard deviation of 10.23. This variation may be a result of the study participants' varied life experiences and coping mechanisms.

A moderate to high level of life satisfaction was indicated by the participants' average life satisfaction score of 23.56. This result is in line with research that links resilience to higher levels of life satisfaction (Parola & Marcionetti, 2022). The individuals' individual variances in life satisfaction are highlighted by the standard deviation of 4.89. Despite their resilience, some people may have reported poorer life satisfaction, indicating the influence of extra factors.

Participants' levels of happiness were moderate to high, as shown by the mean happiness score of 16.32. This finding is consistent with studies showing a strong link between happiness and resilience (Beauchamp et al., 2019). The 3.21 standard deviation reflects the variety of emotional experiences present in the sample and suggests variation in happiness levels.

The average well-being score among participants was 54.78, indicating moderate to high levels of overall well-being. This result is in line with research that have shown a connection between resilience and improved well-being (Mcdermott et al., 2020). The standard deviation of 8.76 indicates that participants showed a range of well-being scores despite their resilience, highlighting the complex character of well-being.

It is crucial to compare and contrast the present findings with earlier work in the subject in order to obtain a deeper understanding of them. Numerous research have looked into the connections between resilience and beneficial psychological effects, offering important insights.

The findings of the current study are consistent with earlier studies that discovered a beneficial relationship between resilience and life satisfaction (Pathak & Joshi 2021). Participants with higher levels of resilience reported moderate to high levels of life satisfaction, which is in line with the theory that resilience serves as a protective factor against life's adversities and contributes to overall life happiness.

The favorable correlation between resilience and happiness found in this study also reflects results from earlier studies (Rothbaum et al., 2022). Positive emotions are frequently more easily experienced by resilient people, which adds to their overall happiness and subjective well-being.

This study's findings about the connection between resilience and wellbeing are consistent with earlier studies (Yldrm & Tanrverdi, 2021). Resilient people typically report greater levels of general well-being, highlighting the notion that well-being encompasses more than just happiness and life satisfaction.

A notable feature of this study is how variable the data were, as shown by the standard deviations. The standard deviations highlight the variety of experiences within the sample, even though the mean scores point to generally positive outcomes.

This range of outcomes is consistent with research that has highlighted the individual disparities in how resilience affects wellbeing. It implies that while resilience is an important asset, its results could also depend on other elements like personal coping mechanisms, social support, and environmental conditions.

It is critical to recognize this study's constraints. Our ability to prove causality is constrained by the cross-sectional design, and the use of self-report measures could result in response bias. The sample's diversity in terms of demographics may also have an impact on generalizability.

Longitudinal study methods may be used in the future to examine how resilience and positive psychological effects change over time. Qualitative methods may offer more in-depth

---

understandings of the specific experiences and coping mechanisms of people with various levels of resilience.

The results of this study have application for programs intended to improve wellbeing. The potential advantages of resilience-building therapies are highlighted by the knowledge that resilience plays a role in enhancing life satisfaction, happiness, and general well-being. These therapies might include strengthening people's capacity for overcoming hardship, encouraging the development of good emotions, and boosting their psychological well-being in general.

Furthermore, the variation in the findings highlights the significance of individualized approaches to wellbeing. It implies that interventions should take into account individual characteristics and customize techniques to handle particular demands and difficulties.

As a result, resilience and important positive psychological outcomes, such as life satisfaction, happiness, and general well-being, are positively correlated, according to the descriptive statistics results. These results highlight the crucial role that resilience plays in determining an individual's well-being and are consistent with earlier research. The variation in the data, on the other hand, emphasizes the intricacy of these interactions and emphasizes the demand for customized methods of well-being improvement. This work advances our knowledge of how resilience can be used to support favorable psychological outcomes, which will ultimately inform the design of interventions that promote wellbeing and flourishing.

In this study, we set out to investigate resilience and its crucial part in achieving favorable psychological results, such as life satisfaction, happiness, and general well-being. We discovered significant findings through a quantitative examination of the data that advance our comprehension of how resilience affects people's well-being.

Our research showed that individuals generally exhibited a high level of resilience, which was linked to moderate to high levels of life satisfaction, happiness, and general well-being. These findings are consistent with earlier studies that have shown a link between psychological well-being and resilience. It has become clear that resilience is an important skill that not only helps people overcome challenges but also improves their sense of subjective wellbeing.

The data's variability, as seen by the standard deviations, highlighted how resilience affects well-being differently depending on the individual. Although resilience significantly contributed to the promotion of favorable outcomes, its impacts were modified by a number of variables, such as personal coping mechanisms, social support systems, and particular life situations. This variation is consistent with prior research, which acknowledges the intricate interactions between resilience and other factors.

The findings of our investigation have numerous applications. They begin by highlighting the potential advantages of therapies that promote resilience. These interventions can improve life satisfaction, happiness, and general well-being by giving people the tools they need to deal with adversity and foster good emotions. Our results further highlight the necessity of individualized approaches to well-being development, taking into account individual differences and modifying tactics to address particular needs and problems.

But it's important to recognize this study's shortcomings. Our ability to prove causality is constrained by the cross-sectional design, and the use of self-report measures could result in response bias. Furthermore, the generalizability of our findings may be constrained by the sample's diversity in terms of demographics.

Future research in this field should take into account longitudinal designs in light of these constraints to examine how resilience and positive psychological consequences change over

time. Qualitative methods may offer more in-depth understandings of the specific experiences and coping mechanisms of people with various levels of resilience.

In conclusion, this study advances our knowledge of resilience's critical role in determining favorable psychological outcomes. The results demonstrate the relevance of individualized approaches to improving well-being while also highlighting the intricacy of the relationship between resilience and well-being. Ultimately, we can enable people to handle life's challenges while also thriving and living a life marked by contentment, happiness, and flourishing through identifying and fostering resilience.

## Conclusion

The researchers investigated the complex association between resilience and positive psychological outcomes such as life satisfaction, happiness, and general well-being. The quantitative analysis found that research participants had a high degree of resilience, which was connected with moderate to high levels of pleasure, life satisfaction, and overall well-being. These findings add to and expand on the corpus of research that emphasizes the crucial role of resilience in creating favourable psychological outcomes.

The descriptive statistics analysis results give insight on the major trends and variability of the key variables under consideration. The individuals' high levels of resilience indicate that they have the ability to adapt and recover from adversity, which is consistent with the resilience literature. The standard deviations, on the other hand, illustrate the heterogeneity in the experiences of the participants, demonstrating that the impact of resilience on positive psychological outcomes is impacted by individual characteristics and other circumstances.

When these data are compared to previous studies, they show that the association between resilience and favourable psychological outcomes is consistent. Previous research has found favourable relationships between resilience and life satisfaction, pleasure, and overall well-being. These findings underscore that those with higher degrees of resilience report higher levels of life satisfaction, happiness, and general well-being.

Furthermore, the data's variety highlights the complexities of the link between resilience and good outcomes. While resilience is an important asset for individuals, its impacts might vary depending on personal coping skills, social support networks, and unique life situations. This variation highlights the significance of personalized methods to well-being development, acknowledging that people may require different techniques to successfully traverse life's obstacles.

However, it is critical to recognize the study's limitations, which include the cross-sectional design, dependence on self-report measures, and potential sample variety. Longitudinal designs could be considered in future research to investigate how resilience and good psychological effects grow over time. Furthermore, qualitative techniques might give greater insights into the experiences and coping processes of people with varied levels of disability.

## References

- Arampatzi, E., Burger, M. J., Stavropoulos, S., & van Oort, F. G. (2019). Subjective well-being and the 2008 recession in European regions: The moderating role of quality of governance. *International Journal of Community Well-Being*, 2, 111-133.
- Arslan, G., & Wong, P. (2023). Embracing life's challenges: Developing a tool for assessing resilient mindset in second wave positive Psychology. *Journal of Happiness and Health*, (FirstView Articles), 1-10.

- Athota, V. S., Budhwar, P., & Malik, A. (2020). Influence of personality traits and moral values on employee well-being, resilience and performance: A cross-national study. *Applied Psychology, 69*(3), 653-685.
- Beauchamp, E., Abdella, J., Fisher, S., McPeak, J., Patnaik, H., Koulibaly, P., ... & Gueye, B. (2019). Resilience from the ground up: how are local resilience perceptions and global frameworks aligned?. *Disasters, 43*, S295-S317.
- Jia-xin, D., Liu, Y. F., Yu, W., & Rui, C. (2023). The relationship between physical activity and life satisfaction among Chinese university students: the mediating role of self-efficacy and resilience.
- Kaniasty, K., Baran, M., Urbańska, B., Boczkowska, M., & Hamer, K. (2023). Sense of danger, sense of country's mastery, and sense of personal mastery as concomitants of psychological distress and subjective well-being in a sample of Poles following Russia's invasion of Ukraine: Prospective analyses. *Applied Psychology: Health and Well-Being*.
- Labrague, L. J. (2021). Pandemic fatigue and clinical nurses' mental health, sleep quality and job contentment during the covid-19 pandemic: The mediating role of resilience. *Journal of nursing management, 29*(7), 1992-2001.
- Liu, M., Mejia-Lancheros, C., Lachaud, J., Nisenbaum, R., Stergiopoulos, V., & Hwang, S. W. (2020). Resilience and adverse childhood experiences: Associations with poor mental health among homeless adults. *American Journal of Preventive Medicine, 58*(6), 807-816.
- Mcdermott, R. C., Fruh, S. M., Williams, S., Hauff, C., Graves, R. J., Melnyk, B. M., & Hall, H. R. (2020). Nursing students' resilience, depression, well-being, and academic distress: Testing a moderated mediation model. *Journal of Advanced Nursing, 76*(12), 3385-3397.
- McElroy-Heltzel, S. E., Shannonhouse, L. R., Davis, E. B., Lemke, A. W., Mize, M. C., Aten, J., ... & Miskis, C. (2022). Resource loss and mental health during COVID-19: Psychosocial protective factors among US older adults and those with chronic disease. *International Journal of Psychology, 57*(1), 127-135.
- Nipapat, P., & Wilang, J. D. (2022). Pre-Service Teachers' Reflective Practices on Teaching Positive Psychology-Driven English Lessons. *TRANS-KATA: Journal of Language, Literature, Culture and Education, 3*(1), 35-49.
- Nyaupane, G. P., Prayag, G., Godwyll, J., & White, D. (2020). Toward a resilient organization: analysis of employee skills and organization adaptive traits. *Journal of Sustainable Tourism, 29*(4), 658-677.
- Parola, A., & Marcionetti, J. (2022). Career decision-making difficulties and life satisfaction: The role of career-related parental behaviors and career adaptability. *Journal of Career Development, 49*(4), 831-845.
- Pathak, D., & Joshi, G. (2021). Impact of psychological capital and life satisfaction on organizational resilience during COVID-19: Indian tourism insights. *Current Issues in Tourism, 24*(17), 2398-2415.
- Rivera, M., Shapoval, V., & Medeiros, M. (2021). The relationship between career adaptability, hope, resilience, and life satisfaction for hospitality students in times of Covid-19. *Journal of hospitality, leisure, sport & tourism education, 29*, 100344.



Rothbaum, B., Etengoff, C., & Uribe, E. (2022). Transgender community resilience on YouTube: Constructing an informational, emotional, and sociorelational support exchange. *Journal of Community Psychology*, 50(5), 2366-2384.

Yıldırım, M., & Tanrıverdi, F. Ç. (2021). Social support, resilience and subjective well-being in college students. *Journal of Positive School Psychology*, 5(2), 127-135.