

Resilience and Psychological Well-Being among Adolescents in Otukpo Local Government Area of Benue State

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Abstract

This study investigated influence of resilience on psychological well-being among adolescents in Otukpo Local Government Area of Benue State. A cross-sectional survey method was used to sample 327 participants made up of 191 males (58.4%) and 136 females (41.6%), aged 11-21 years, with their mean age of 15. Two standardized instruments- Psychological Well-being Scale developed by Ryff (1989), and Resilience Scale developed by Smith and Bernard (2008) were used to elicit responses. Two hypotheses were formulated and tested, and the results show that: resilience positively and significantly influenced psychological well-being among adolescents in Otukpo Local Government Area [F (1, 325) 285.321; $P < .01$]. The results of the second hypothesis showed that there was no significant gender differences on psychological well-being among adolescents in Otukpo Local Government Area $t (325 = df) = 1.655$; $P > .05$]. The study concluded that resilience determines psychological well-being among adolescents in Otukpo LGA. Based on the findings of the study, it was recommended that Benue State Government, Ministry of Education, Youths and Sports, NGOs, and individuals design policies and programmes to enhance adolescents' resilience. Resiliency training and psycho-education can be conducted among adolescents in Otukpo LGA to improve their resilience and psychological well-being. Gender discrimination be avoided in terms of psychological well-being, education, vocation, and life potentials as both genders have equal chances success good psychological well-being.

Key words: Resilience, Psychological well-being, Gender, Benue State.

Introduction

Psychological well-being is an important concept to human behaviour globally and it relates to individual subjective well-being and mental health. An important aspect of overall health and happiness, encompasses the subjective experience of positive psychological states such as happiness, life satisfaction, and a sense of purpose. It is multi-faceted, involving various dimensions of mental and emotional health, including positive relationships, personal growth, self-esteem, and a sense of control over one's life (Hoy & Rzeszutek, 2022). Integral to every

individual's life, psychological well-being enables individuals to utilize their cognitive and emotional capabilities to form relationships, make decisions, and pursue interests, contributing to their mental health (Edwards, 2022). There are six factors contributing to psychological well-being, which combine to promote a balanced and healthy life. These factors include self-acceptance, purpose in life, relations with others, personal growth, environmental mastery and autonomy (Ryff & Keyes, 1995; De Caroli & Sagonne, 2016). Self-acceptance is reflecting on an individual's recognition of

their positive and negative personality aspects and their attitudes towards themselves (Iram, Naeem, & Raza, 2021).

Another crucial dimension is positive relations with others, emphasizing genuine relationships characterized by trust, warmth, and satisfaction. Autonomy involves resisting social pressures, striving for independence, and maintaining personal standards and self-determination (Bhat, 2022). Environmental mastery entails recognizing and utilizing opportunities within one's surroundings, demonstrating a sense of control and superiority. Purpose in life involves self-organizing towards goals, while personal growth signifies continued development throughout life (Iram, Naeem & Raza, 2021). Low levels of psychological well-being manifest as disturbed relationships, lack of autonomy, decreased environmental mastery, absence of purpose in life, and hindered personal growth, rendering individuals vulnerable to seeking escape through substance abuse (Ryff, 2016; Akindele-Oscar, & Obasan, 2017).

Psychological well-being encompassing happiness, life satisfaction, and self-growth is fundamental to efficient psychological functioning (Amholt et al., 2020). It combines positive affective states, such as happiness, with optimal personal and social functioning, representing a balance across various aspects of life (Sharma, Singh & Bharti, 2022). Achieving psychological well-being equates to maintaining balance across physical, mental, and social domains. Physical well-being involves factors such as sleep, exercise, and substance use. Mental well-being reflects one's ability to handle stress and maintain a positive outlook, while social well-being relates to social acceptance

and support (Campbell & Osborn, 2021). Psychological well-being denotes life going well, encompassing both feeling good and functioning effectively (Huppert, 2019). Adolescents with psychological well-being are happy, productive, and ready to face challenges, reflecting a balanced state of being. Thus, psychological well-being is higher with self-fulfilling adolescents as compared to self-destructive ones. Adolescents with high resilience will bounce back better in life as compared to individuals with self-defeating tendencies like hopelessness and other self-destructive dispositions like worthlessness and low self-efficacy. In addition, self-destructive individuals would experience low level of psychological well-being dimensions than those with positive psychological resilience (Ryff, 2014; De Caroli & Sagonne, 2016).

Psychological well-being is simultaneously the absence of the crippling elements of the human experience – depression, anxiety, anger, fear – and the presence of enabling ones – positive emotions, meaning, healthy relationships, environmental mastery, engagement, self-actualization (De Caroli & Sagonne, 2016). Psychological wellbeing is above and beyond the absence of psychological ill-being and it considers a broader spectrum of constructs than what is traditionally conceived of as happiness. Psychological wellbeing includes the absence of disorders, such as major depression or schizophrenia. An adolescent suffering from mental disorders can hardly experience psychological wellbeing (Seligman & Csikszentmihalyi, 2020). Psychological well-being in adolescence involves developing a strong sense of self,

understanding one's values, beliefs, and goals, and feeling comfortable with one's identity. Adolescents who experience positive identity development are more likely to have higher levels of self-esteem and a sense of purpose, contributing to their overall psychological well-being (Roslan & Ahmad, et al., 2023).

One prominent factor that influence psychological well-being based on literature review is the resilience. Adolescents need resilience to function well in life and excel in times of adversities.

Resilience is defined as the ability to overcome hardships and flourish in the face of them (Wagnild & Young, 1993; Ryff and Singer, 2003), and to bounce back from adversities, by adopting positive coping strategies (Fletcher & Sarker, 2013). Every adolescent needs resilience to bounce back in life after facing with a lot of crisis or adversities ranging from peer pressure, parenting style, autonomy, and freedom of association. Resilience is a crucial factor influencing psychological well-being among adolescents (Gonzalez-Mendez et al., 2021). Resilience is a set of attributes demonstrated by an individual over time to succeed, live, and develop positively despite stress and adversity (Nimisha & Phurpha, 2021). It encompasses optimistic thinking, religious faith, and social support. Resilience emphasizes the development of healthy coping mechanisms and leadership skills, which subsequently aid students in facing the various challenges of the medical field, such as high workload and vigorous emotional and physical demands of the profession (Arantzazu, Estibaliz, & Inge, 2020). Resilient adolescents have the ability to sustain both their physical and psychological

health and handle stressful situations judiciously (Sonika, Shalini & Kumar, 2019).

Resilience is a concept similar to coping that plays a crucial role in dealing with stress and adversity. It helps individuals 'bounce back' to their previous normal state of living and enables adolescents to develop realistic plans, positive self-image, the capacity to handle strong feelings and impulses, and good communication skills (Boitshwarelo et al., 2022). Resilient adolescents may exhibit features such as locus of control, perseverance, problem-solving ability, self-efficacy, high morals, and confidence. A resilient person is expected to demonstrate productive mental and physical health (Dubus, 2018). Psychological well-being is a sense of feeling healthy, leading to complete awareness of personal integrity along with the spiritual element of life (Bono, Reil, & Hescox, 2020). Research also advocates that resilience is efficacious in enhancing the psychological well-being of individuals. It is evidenced that psychological well-being is dependent on the resilience level of an individual (Cocorada, Farcas, & Orzea, 2019).

Studies have shown that adolescents face various stressors such as academic pressure, peer relationships, and family conflicts. Resilience equips them with coping mechanisms to manage stress effectively, reducing the likelihood of developing psychological problems like anxiety or depression (Yildirim & Arslan, 2020). Resilient adolescents tend to have a more optimistic outlook on life. They are better able to maintain a positive attitude even in challenging situations, which contributes to their overall psychological well-being

(Kong, 2020). Adolescents with high levels of resilience are more likely to approach problems as temporary and solvable, rather than insurmountable obstacles.(Fletcher & Sarkar,2013). This problem-solving mindset enhances their psychological well-being by reducing feelings of helplessness and hopelessness (Labrague & Ballard, 2020). Resilient adolescents often have strong support networks of family, friends, and other trusted individuals. These social connections provide emotional support, validation, and encouragement, which are crucial for maintaining psychological well-being during difficult times (Singh, Singh & Kumar, 2019). Resilient adolescents are better able to regulate their emotions, allowing them to cope with stress in a healthy manner. They are less likely to resort to maladaptive coping strategies such as substance abuse or self-harm, which can negatively impact psychological well-being (Noor, & Azlin, 2013).

De Caroli and Sagone (2016) explained that adolescents experience a tremendous amount of physical and mental growth on a daily basis. Between school, co-curricular activities, work and their social life, teens face lots of new experiences and challenges. Being resilient gives them the ability to tackle these head-on, bounce back from any setbacks and have the best chance at succeeding. Adolescents in Otukpo needs to be resilient , learn and grow in academic pursuits despite adversities ranging from drug abuse, peer pressure, cultism, gangsterism, therft, bullying and other challenges to become meaningful or purposeful in life. Thus, resilience and psychological well-being are two skills that are crucial to adolescents in Otukpo Local

Government Area to build upon for their personal growth and development. Resilience also help them to approach new situations, people or experiences with confidence and a positive mindset, which will make them more likely to succeed (Novotny & Kremenkoya, 2016; Ajao , Aguntayo, et al 2024). Based on this background, the study seeks to examine the influence of substance abuse and resilience on psychological well-being among adolescents in Otukpo Local Government Area.

Statement of the Problem

Being purposeful in life is sacrosanct to all well-meaning citizens in society especially adolescents who are future leaders. Adolescents need to be happy in life, focused, dedicated in pursuant of their educational attainments. In recent times the researcher has observed that adolescents in Otukpo were characterized with crisis ranging from school truancy, school-drop out, high rate of cult- related activities, killings, theft, broad day light robbery activities, gangsterism, drug abuse, yahoo-yahoo boys, illicit sexual activities, unwanted teens pregnancies , snatching of cell phones, miserable lifestyle and frustrations. These adolescents need better lifestyle and psychological well-being. When adolescents become nuisance in society, the society will characterize with social ills and vices, thus making life so miserable to innocent citizens. This ought not to be so among youths who are future leaders, they need strong resilience and psychological well-being to thrive and become successful in life and useful to society. This is evident that adolescents in Otukpo are no longer

having good psychological well-being. There is a growing concern across media platforms including social media that youth generally needed resilience and psycho-education to strengthen their grit and personality so they become useful in life. Adolescents in Otukpo needed meaningful life development and growth which are the essential ingredients for psychological well-being. Adolescent period is often referred to as crisis period many of them are swayed away with antisocial behaviour that is detrimental to their personal growth, development and wellness. Otukpo Local Government area has witnessed all these forms of social problems among adolescents thus, prompting the study of this nature with a view to enhancing better well-being and purposeful life style for meaningful development in the society.

Aim and Objectives of the Study

The aim of this study is to examine the influence of resilience on psychological well-being among adolescents in Otukpo Local Government Area. The specific objectives are to:

- i. explore influence of resilience on psychological wellbeing among adolescents Otukpo Local Government Area.
- ii. investigate influence of gender differences on psychological wellbeing among adolescents in Otukpo Local Government Area

Research Questions

This study sought to answer the following questions:

- i. To what extent does resilience

influence psychological wellbeing among adolescents in Otukpo Local Government Area?

- ii. Will there be any gender differences on psychological wellbeing among adolescents in Otukpo Local Government Area?

Theoretical Framework

This work is anchored on the theory of social learning theory postulated by Albert Bandura (1977).

Social Learning Theory

The Social Learning Theory, as proposed by Bandura (1977), opined that individuals learn behaviour through observational learning from others and the consequences of those behaviour. This theory emphasizes the role of social reinforcement, where behavior is shaped by rewards and punishments experienced in social contexts. When applied to resilience and psychological well-being, adolescents can easily learn anti-social behaviour from their peers, such as substance/ drug use. Alcohol abuse is the order of the day among youths which are easily learn through observation by their peers or classmates/associates. Adolescents are found to be easily lured into cultism, armed robbery, yahoo yahoo bays, theft, thuggery and many more forms of antisocial behaviour that are detrimental to their life and psychological well-being. Social Learning Theory offers insights into how environmental factors and social influences contribute to patterns of development both in social, physical and emotional well-being.

Relatedly adolescents, can observe through observational learning from peers,

family members, classmates, media influencers amongst others and can engage same antisocial behaviour that prone them to have poor psychological well-being. Thus, necessitating the use of resilience to enhance their psychological well-being among adolescents. Modeling and Imitation is another form of observational learning that can affect the psychological well-being. When adolescents model/imitate anti-social behaviour from peers, it can affect their psychological well-being. Social context or environment factors also shape and control adolescents' antisocial behaviour thus prone them to have poor psychological well-being.

Literature Review

Resilience and Psychological Well-Being

Maria and Elisabatta (2022), focused on the differences for affective profiles on dimensions of resilience and factors of psychological well-being in a sample of Italian middle and late adolescents. With the use of the Italian Resiliency Attitudes and Skills Profile (De Caroli & Sagone, 2014), the Psychological Well-Being Scale (Ryff & Keyes, 1995), and the Positive (PA) and Negative (NA) Affect Scale (Di Fabio & Bucci, 2015). Results revealed that adolescents with self-fulfilling profile reported higher resilience (in detail, sense of humor, competence, adaptability, and engagement) and psychological well-being (that is, autonomy, purpose in life, self-acceptance) than those with low resilience. Additionally, boys had greater self-fulfilling profile and scored higher in sense of humor and adaptability than girls, while girls had greater high affective and self-destructive profiles and scored higher in control and

engagement than boys. Future developmental and educational research could deepen other protective factors of self-fulfilling profile in adolescence, as self-efficacy and optimism.

Amreen and Anila (2021) examined the predictable relationship of psychological well-being and resilience among undergraduate university students of Karachi. Secondly, it differentiates the functioning of male and female university students on the construct of psychological Well-being and resilience. The sample comprised 300 undergraduate purposively selected; with a mean age of 21.89 years belong to different universities of Karachi. The Scales of Psychological Well-being (Ryff, 1989) and The Connor-Davidson Resilience Scale (Connor & Davidson, 2003), were used as measures of this study. Findings indicated that psychological well-being was positive predictor of resilience. In the Scales of Psychological Well-being, the domain of autonomy and environmental mastery were the significant positive correlates of resilience. In addition, psychological well-being and resilience were found to be greater among female students as compared to male students. The findings of this study provide implications for positive education that enables students to robust their strengths and capabilities to increase their well-being and effective management of university life challenges.

Lower (2014), conducted study on 299 college students to examine relationships between resilience and happiness. The data were collected through online questionnaire. The finding revealed that there is positive correlation between happiness and resilience. The results indicated that

happiness and spirituality are the predictors of resilience. Unfavorable childhood experiences were found significantly correlated with resilience and happiness. Novotny and Kremenkoya (2016) conducted study on 467 adolescents from Caucasian and Romany residential care to examine the relationship between resilience and academic Achievement. The study used the Child and Youth Resilience Measure, Finding revealed positive relationship between resilience and academic Achievement. Academic Achievement was associated with psychological well-being and support received from caregivers. Also, the results indicated the need for an individualized approach to promoting resilience at different groups of children.

De Caroli and Sagone (2016), conducted study on 265 Italian adolescents which 145 was middle and 120 late adolescents. The study was carried out to find differences for affective profiles on dimensions of resilience and factors of psychological well-being in adolescents. Data were collected using Italian Resiliency Attitudes and Skills Profile (Caroli&Sagone, 2014), the Psychological Wellbeing Scale (Ryff, 1995) and the Positive and Negative Affect Scale (Di Fabio &Bucci, 2015).The finding revealed that an adolescent with self-fulfilling profile has higher resilience and psychological well-being. The finding also revealed that male had greater self-fulfilling profile and scored higher in sense of humor and adaptability than girls, while female had higher self-destructive profiles and scored higher in control and engagement than male.

Turner et al. (2017), conducted study on 410 undergraduate students from Melbourne, Australia to measure the

resilience of students undertaking studies in the built environment, identify the factors which contribute to high or low levels of student resilience and explore the relationship between resilience and wellbeing. The finding revealed that from six components of resilience, students have highest score on building networks and lowest in maintaining perspective. The finding also indicated that resilience is an antecedent of psychological wellbeing of students.

Shahdadi et al. (2017) conducted study on 100 women; 50 women with bowel syndrome and 50 normal women differentiate resilience and psychological wellbeing in women with and without bowel syndrome. It was a comparative study. The study used resilience and psychological wellbeing scales. Data was analyzed using MANOVA. The finding revealed a difference between resilience and the aspects of positive relations with others such as environmental mastery, purpose in life and acceptance of women with irritable bowel syndrome and normal women Fernandez et al (2018) carried out study on 945(425 male and 520 female) secondary school students of Basque Country to determine the relationship between resilience, subjective well-being and academic achievement. The study used structural model to analyze the effects of resilience and subjective well-being on students' academic achievement. The result revealed that resilience and subjective well-being has significant impact on school engagement and academic achievement. The finding also indicated the need to foster resilience and subjective well-being for improvement of academic achievement among adolescent students.

Brouskeli et al. (2018) conducted study on 201 teachers from 15 secondary schools to examine teachers' resilience and occupational well-being. the study used Resilience Scale (Wagnild & Young, 1993) to measure the teachers' resilience and their occupational well-being. The finding revealed that the developmental level of the school in urban areas seemed to affect resilience as well as occupational well-being. The finding revealed that secondary teachers' resilience correlates significantly with their occupational wellbeing.

Cocorada et al. (2019) conducted study on 507 students to examine the relationship between resilience and well-being in respect of socioeconomic status. The finding revealed that higher academic achievement and highly motivated students from high income families. It is found out that these students are more resilient, a better psychological wellbeing compares students belonging to low income parents. Age differentiated plans and programs that must be implemented for all especially for students with low socio-economic status because they are less resilient and with lower psychological well-being. Singh et al (2019) conducted study on 151 medical students at All India Institute of Medical Sciences, Rishikesh, and Uttarakhand to examine impacts of resilience on psychological well-being among students. It was a cross-sectional descriptive survey. The study used resiliency scale for adult, BREF-COPE and Ryff's psychological well-being scale. The finding revealed that Resilience did not indicate significant relationship with psychological wellbeing in MBBS students. The finding revealed that higher level of resilience helped the medical students to use

more positive coping strategies.

Bono et al. (2020) study on 86 College students (new comers) to examine resilience and wellbeing in college students during the Covid-19 crisis was the short-term longitudinal study started before campus closure due to the Covid crisis. The study compared students in terms of their parents' education level of high (college or graduate school) and low groups (i.e. high school or below less vs. started or completed college up to graduate school). The finding revealed that the low group has significantly more stress and subjective wellbeing than the high group prior to the pandemic. The result indicated that the low group has significantly more financial and academic impacts than the high group, but not more resilience .the low parent education group also increased in grateful emotion, whereas the high parent group decreased, suggesting that gratitude helped the low group more during the pandemic. The finding pointed out that students of parents with low qualification face more stress and less psychological wellbeing than peers whose parents who has higher qualification. The result showed that low parent education students were harmed more than high parent education students by the pandemic in terms of academic, financial, and psychological wellbeing. Yildirim and Arslan (2020) conducted study cross section study on 220 adults (134 men and 86 women) to examine the relation between resilience and Psychological well-being among adults during Covid-19. The finding revealed that resilience had significant direct effects on psychological wellbeing. The finding indicated that resilience is a strong determinants of psychological well-being.

Ajao, et al. (2024) investigated gender

and resilience as determinants of psychological well-being among secondary school teachers in Ogbomoso, North LGA using 843 teachers with cross-sectional survey method. Findings revealed that there was a significant influence of resilience on psychological well-being among teachers. More so, results reported there was no significant gender differences on psychological well-being among teachers.

Based on the extant literature review, the study has come out with the following hypotheses:

- i. There will be a significant influence of resilience on psychological well-being among adolescents in Otukpo Local Government Area.
- i. There will be a significant gender differences on psychological well-being among adolescents in Otukpo Local Government Area.

Method

Design

This study adopted a cross-sectional survey research design to examine influence of resilience on psychological well-being among adolescents in Otukpo Local Government Area. No variable manipulated in the study but would rather be observed (Ucho, 2024; Omolaye, 2013) to see the influence of resilience on psychological well-being among adolescents in Otukpo Local Government Area. Independent variable in the study is resilience while the dependent variable is psychological well-being. While gender was used in the study as demographic variable.

Setting

This study was conducted in Otukpo Local Government Area of Benue State. The local government is one out of the 23 LGAs of Benue State . It is the headquarters of Benue South Senatorial District known as Zone C comprising nine (9) local government areas to include Otukpo, Ohimini, Ado, Okpokwu, Agatu, Oju, Ogbadibo, Obi and Apa LGAs.

Participants

The participants for this study consisted of 327 adolescents selected among various secondary schools in Otukpo Local Government Area made up of 191 males (58.4%) while female were 136 (41.6%). Their ages ranged from 10 years to 21 with average mean of 15 years. Their religion indicated that Christianity were 271 (82.9%) while Islam were 42 (12.8%) and those with traditional beliefs were 14 (4.3%).

Sampling

Simple random sampling technique was used to select participants. Simple random sampling techniques is a non-probability method whereby all the participants have the equal right or chance of being selected or chosen (Ucho, 2024). The choice of simple random sampling was appropriate to give room for a representative sample to be used in this study simple the population of adolescents is too large to be all sample at the same time.

Instrument

The following instruments were used for the study:

Psychological Wellbeing Scale

The Ryff's Scales of Psychological Well

Being (Ryff 1989) was used to elicit responses from participants concerning their psychological well-being state. The Ryff's Scales of Psychological Well-Being is a theoretically sound instrument that focuses on measuring multiple aspects of PWB (SPWB, Ryff, 1989). The 18 items instrument answer on a 7 likert scale 1= strongly agree; 2 = somewhat agree; 3 = a little agree; 4 = neither agree nor disagree; 5 = a little disagree; 6 = somewhat disagree; 7 = strongly disagree. The psychometric properties of the scale yielded a reliability coefficients using Cronbach's alpha in 6 factors of Self-acceptance, environmental mastery, positive relationships with others, having a purpose in life, Personal growth and independence as follows: 0.52, 0.76, 0.75, 0.52, 0.73, 0.72 and for the total scale it was 0.71. The higher scores on the test suggests higher level of psychological well-being and lower scores suggest lower level of psychological well-being.

Resilience Scale

The resilience scale was used to measure construct on resilience. The scale was developed by Smith and Bernard (2008) and it has six items of the brief resilience scale (BRS) used in assessing the ability to bounce back. Items 1, 3, and 5 are positively worded, and items 2, 4, and 6 are negatively worded. The BRS is scored by reverse coding items 2, 4, and 6 and finding the mean of the six items that uses 5 points Likert scale responses starting from: 1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, 5 = strongly agree." The scale has a reliability coefficients at Cronbach's alpha .92

Procedure

Researcher collected a letter of introduction from Head, Department of Psychology, and Benue State University Makurdi and presented it to the State Ministry of Education for approval. After approval, the researcher recruited two research assistants who were graduates and trained them adequately on how to administer copies of questionnaire to participants.

Ethical consideration

Ethical consideration was followed as part of the research process. Informed consent of the participants, confidentiality of information, briefing and debriefing, risk versus benefits ratio, no threat or injury to participants were all followed before test administration. Upon reaching to Otukp Local Government Area, researcher presented letter of approval to the Principals of schools for their notification and assistance. Additionally, the researcher with two research assistants administered copies of questionnaire to participants during their school classes. This process was done in eight (8) working days and retrieval process ran concurrently within the eight (8) working days of test admiration.

Results

The results were presented based on the two hypotheses tested for the study.

Testing of Hypotheses

In testing of the research hypotheses for the study, simple linear regression analysis and independent t-test were used and results presented as follows:

Hypothesis one stated that there will be a significantly influence of resilience on

psychological well-being among adolescents in Otukpo LGA. This hypothesis was tested using simple linear regression analysis and the result is presented in Table.1 below.

Table 1: Simple linear regression scores showing influence of resilience on psychological well-being among adolescents in Otukpo Local Government Area

Predictor variable	R	R ²	Df	F	η^2	t	Sig
Constant	.712	.683	1	285.321		7.431	.001**
Resilience			325		.712	11.205	.001**

****P<.01: *P<.05**

The result from Table 4.1 above revealed that resilience was positively and significantly influenced psychological well-being among adolescents in Otukpo local Government Area [F (1, 325), 285.321; P<.01]. This result implies that resilience is a predictor of psychological well-being. Thus, as one's level of resilience increase, psychological well-being also increases significantly among adolescents in Otukpo Local Government Area. Furthermore, result from Table above indicated that resilience accounted for 68.3% ($R^2 = .683$) variance in

explaining psychological well-being among adolescents in Otukpo Local Government Area. Based on the result therefore, hypothesis one was supported/confirmed.

Hypothesis two opined that there will be a significant gender differences on psychological well-being among adolescents in Otukpo Local Government Area . Independent T-test was used to assess this hypothesis and result is presented in Table 2 below:

Table 2: Independent t-test summary scores showing gender differences on psychological well-being among adolescence in Otukpo Local government Area.

Predictor variable:	Sex	N	Mean	SD	df	t	P
Psychological well-being	Male	191	44.77	7.55	325	1.655	.099
	Female	136	43.40	7.13			

P>.05

The result of independent t-test revealed on gender and psychological well-being revealed that there was no significant gender differences on psychological well-being among adolescents in Otukpo Local government Area, $t(325=df) = 1.655$; P>.05]. This implies that being male or female does not account for any significant difference in terms of psychological well-being among

adolescents in Otukpo LGA. More so, finding from the Table 2 above indicated that male had a mean difference of 44.77 and standard deviation of 7.55; while their female counterpart had a mean difference of 43.40 and standard deviation of 7.13. In other word, this result implies that there is no significant gender difference on psychological well-being. That is gender is not a determinant of

psychological well-being among adolescents in Otukpo LGA. Following the result therefore, hypothesis two was not confirmed.

Discussion

Psychological well-being has gained a considerable attention to many scholars as one's physical, mental and emotional abilities need to function optimally for optimal life satisfaction. Following the result of hypothesis one which stated that there will be a significant influence of resilience on psychological well-being among adolescents in Otukpo local Government Area was tested using simple linear regression and the result shows that there is indeed a significant influence of resilience on psychological well-being among adolescents. This implies that adolescents who develop resilience skills informs of grit and exposure can experience more psychological well-being. Buttressing this point, the result of this study agreed with many other literature such as Maria and Elisabatta (2022) who researched on the differences for affective profiles on dimensions of resilience and factors of psychological well-being among pre-adolescents in Italy affirmed that adolescents with self-fulfilling profile reported higher resilience (in detail, sense of humor, competence, adaptability, and engagement) and psychological well-being (that is, autonomy, purpose in life, self-acceptance) than the others.

The result of this study agreed with that of Noor and Azlin (2013) who conducted study to determine the relationship between stressors, resilience resources, and well-being in adolescents with low income status in Malaysia and revealed that resilient

adolescents have significantly higher scores on all the identified resilience resources such as personality, child-parent communication, social support, teacher support compared to the no resilient adolescents. Additionally, the result of this study also agreed with that of De Caroli and Sagone (2016) who conducted study on 265 Italian adolescents which 145 is middle and 120 late adolescents and revealed that an adolescent with self-fulfilling profile has higher resilience and psychological well-being. The result of this study is in line with that of Lower (2014) who conducted study on 299 college students to examine relationships between resilience and happiness and found that happiness and spirituality are the predictors of resilience. Unfavorable childhood experiences were found significantly correlated with resilience and happiness. The result of this study is consistent with other finding such as Novotny and Kremenkoya (2016) who conducted study on 467 adolescents from Caucasian and Romany residential care to examine the relationship between resilience and academic Achievement and revealed that relationship between resilience and academic Achievement. Academic Achievement was associated with psychological wellbeing and support received from caregivers.

In hypothesis two, which stated that there will be a significant gender differences on psychological well-being among adolescents in Otukpo LGA was tested and the result was not significant. There was no difference observed between male and female in-terms of psychological well-being. Supporting this finding, the result is at variance with the study done by Amreen and Anila (2021) who examined the predictable

relationship of psychological well-being and resilience among undergraduate university students of Karachi and alluded that psychological well-being and resilience were found to be greater among female students as compared to male students. The differences in results may be as a result of different study settings, age bracket, location, income status, and perception of adolescents on the concept of psychological well-being. Additionally, the study conducted by Ajao, Oguntayo, et al (2024) on gender and resilience as determinants of psychological well-being among secondary school teachers in Ogbomoso North LGA, Nigeria. The study adopted a cross-sectional survey method with sample size of 843 teacher; male were 448 while females were 395. The study reported that teachers with high resilience mean score have high psychological well-being as compared to those with low resilience. Also, findings from the Ajao et al. (2024) indicated that there was no significant gender differences observed on psychological well-being among teachers in Ogbomoso North LGA, Nigeria.

Conclusion

Based on the results of the study, the following conclusion was made:

- i. The study established that resilience is a determinant of psychological well-being among adolescents in Otukpo Local Government Area.
- ii. There was no significant gender difference observed between male and female on psychological well-being among adolescents in Otukpo Local Government Area.

Recommendations

Based on the findings of the study, the following recommendations were made:

- i. This study recommended that the State government through Ministry of Education, Ministry of Youth and Sports should designed programmes and policies that would enhance adolescents' resilience training to be better in society and life satisfaction or psychological well-being. Resilience training and psycho-education should be carried out by government, NGOs, and spirited individuals in society with a view to enhancing resilience among adolescents. If this is done would enhance psychological well-being among adolescents in Otukpo Local Government Area and Benue State at large.
- ii. The issue of gender discrimination between boys and girls in terms of education, vocation, purposeful in life, wellness and psychological well-being should be de-emphasized completely. Both boys and girls can perform maximally well in terms of resilience and psychological well-being.

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