

A Study on Relationship between Resilience and Life Satisfaction among Adults

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Abstract

The present study aimed to examine the relationship between resilience and life satisfaction among employed men and women. A purposive sampling technique was used to select 156 working individuals (76 men and 80 women) from different occupational sectors in Jaipur, Rajasthan. Resilience and life satisfaction were measured using the Brief Resilience Scale and the Satisfaction with Life Scale, respectively. Statistical analyses, including correlation, regression, independent samples t-test, and one-way ANOVA, were conducted using SPSS version 25. The findings revealed a significant positive association between resilience and life satisfaction among working adults. Regression results indicated that resilience accounted for 45.3% of the variance in life satisfaction. Additionally, one-way ANOVA showed no significant differences in resilience or life satisfaction across occupational groups. Similarly, no statistically significant gender differences were observed in either resilience or life satisfaction. The study highlights the potential benefits of spiritual development programs, such as mindfulness practices, community engagement, and spiritual counseling, in enhancing life satisfaction. It also emphasizes the importance of resilience-building strategies to help individuals manage stress and maintain a positive outlook. Practical implications include incorporating spirituality and resilience-based approaches into workplace wellness initiatives, mental health interventions, and public health programs targeting middle-aged adults. Future research is recommended to investigate cultural variations and longitudinal patterns to gain deeper insights into these relationships.

Keywords- Resilience, Life satisfaction, working men and women.

Introduction:

Maintaining a healthy lifestyle, effectively managing life's difficulties, and developing problem-solving abilities are essential competencies in today's fast-paced world. Modern professional environments are highly demanding and expose individuals to numerous stressors, including heavy workloads, job insecurity, unfavorable working conditions, and extended working hours. These challenges significantly influence psychological well-being.

Life satisfaction refers to a person's overall sense of well-being and the dominance of positive emotions over negative ones. In contrast, resilience describes an individual's capacity to recover and adapt after experiencing adversity. In psychological terms, resilience represents the ability to endure stress and hardship while maintaining emotional and mental stability. Resilient individuals do not necessarily experience fewer negative emotions; rather, they apply effective coping strategies that enable them to manage difficulties and restore balance (Cherry, 2022). Resilience may be expressed in various forms, including physical, mental, emotional, and social dimensions.



Physical resilience involves the body's ability to withstand illness, injury, or physical challenges and to recover from long-term health conditions (Community Industry Group, 2021). Mental resilience refers to an individual's capacity to face demanding situations through problem-solving, adaptability, creativity, and flexible thinking (Community Industry Group, 2021). Emotional resilience is associated with traits such as emotional awareness, perseverance, patience, acceptance, optimism, and hope (Andresen, 2017). Social resilience highlights the importance of interpersonal relationships and support systems, including family and friends, which play a crucial role in helping individuals cope during difficult times (Andresen, 2017).

Life satisfaction reflects an individual's evaluation of the gap between personal aspirations and actual achievements. It represents a comprehensive sense of well-being that encompasses multiple life domains rather than a single source of happiness (Tagay et al., 2016). Diener (1984) defined life satisfaction as a subjective assessment of one's quality of life based on personal standards and values. According to the bottom-up theory, satisfaction across various life domains—such as work, family, relationships, and health—collectively contributes to overall life satisfaction (Bayraktar & Faruk, 2020). In contrast, the top-down theory proposes that life satisfaction arises from internal characteristics such as personality traits and emotional stability (Ilies et al., 2019). Age-related theories suggest that although physical health may decline with age, satisfaction derived from social relationships often increases during middle and later adulthood (Kanfer, 2019).

Previous studies have consistently demonstrated a positive association between resilience and life satisfaction. Gundogan (2021) found that psychological resilience was positively related to life satisfaction and negatively associated with COVID-19-related fear. Similarly, Kraman et al. (2020) reported a strong positive relationship between these two constructs. Kunicki and Harlow (2020) proposed a multidimensional resilience model that includes life satisfaction as a core component, emphasizing that individuals who experience greater life contentment tend to adapt more effectively to adversity.

Literature Review

Yang et al. (2018) further demonstrated that resilience and social support significantly enhance life satisfaction and stress management among individuals with substance use disorders.

Middle adulthood represents a critical developmental phase characterized by psychological, social, and existential transitions. Challenges such as career stagnation, family responsibilities, and identity changes may emerge during this stage, making adaptive coping strategies essential for maintaining overall well-being. The present study explores the relationships among spirituality, resilience, and life satisfaction in middle-aged adults.

While spirituality was traditionally associated with religious practices, it is now recognized as a psychological resource that fosters meaning-making and coping. Spirituality provides emotional strength, moral guidance, and a sense of connection with a higher power. Its influence is shaped by cultural traditions, personal experiences, social networks, and psychological traits. Spiritual practices such as prayer, meditation, and mindfulness have been linked to improved emotional regulation and psychological stability.

Resilience, defined as the ability to adapt successfully to adversity, is influenced by personal characteristics including optimism, self-esteem, emotional regulation, and problem-solving skills. Social support, cultural values, and environmental factors also contribute to resilience development. Theoretical frameworks such as Bronfenbrenner's Ecological Systems Theory, Positive Psychology, and Developmental Psychopathology offer valuable insights into how resilience evolves across the lifespan.



Life satisfaction, as a subjective indicator of quality of life, is shaped by both internal and external influences, including emotional health, cognitive evaluations, personal accomplishments, and meaningful relationships. Theories such as Subjective Well-Being and Self-Determination Theory emphasize the importance of autonomy, competence, and social connectedness in achieving sustained life satisfaction. This study proposes that spirituality serves as a foundational resource, resilience functions as a mediating mechanism, and life satisfaction represents the outcome variable.

Recent research supports these relationships across diverse populations. Studies by Sneha and Gowri (2025) and Akbayram and Keten (2024) demonstrated that spiritual intelligence is associated with improved mental health and reduced stress and anxiety. Pankaj and Sharma (2024) reported that spiritual well-being significantly enhances life satisfaction among university students. In occupational settings, Zafar and Agha (2023) found a positive correlation between resilience and life satisfaction among working adults.

Research involving special populations further supports these findings. Edis and Bal (2024) observed that higher spirituality levels in pregnant women were associated with greater life satisfaction. Heuschkel et al. (2024) reported increased resilience and psychological adjustment among cancer patients with stronger spiritual beliefs. Olusegun (2024) highlighted the role of religious participation and family support in promoting well-being among older adults.

Additional studies have shown that spirituality contributes to academic performance and stress management. Hussain et al. (2023) found that spiritual education enhanced resilience and reduced stress among Islamic studies graduates. Morato et al. (2023) and Sher et al. (2023) reported that spirituality and spiritual intelligence played a protective role in reducing psychological distress during the COVID-19 pandemic.

The mediating role of resilience has also been widely examined. Shabani et al. (2023) demonstrated that resilience mediated the relationship between anxiety and life satisfaction in older adults with chronic illnesses. Maier and Surzykiewicz (2020) found that spirituality enhanced self-efficacy, which in turn promoted proactive coping and life satisfaction. Meta-analytic evidence from Schwalm et al. (2021) and Dey et al. (2021) confirmed moderate positive relationships between spirituality, resilience, and well-being. Borji et al. (2020) further identified self-esteem as a mediator between spirituality and resilience.

Yildirim (2018) reported that resilience significantly influenced the relationship between fear of happiness and well-being indicators, including life satisfaction and flourishing. Zheng et al. (2017) found that resilience mediated the association between community and family support and life satisfaction among older adults. Tagay et al. (2016) observed positive correlations among self-efficacy, resilience, and life satisfaction. Bajaj and Pande (2016) demonstrated that mindfulness improved emotional balance and life satisfaction through enhanced resilience. Similarly, Akbar et al. (2014) reported a strong relationship between resilience and life satisfaction among migrant populations.

Methodology

Research Design:

A comparative quantitative correlational research design was employed to examine the relationship between resilience and life satisfaction among working men and women.

Participants:

A total of 156 employed men and women were selected using purposive sampling. The inclusion criteria consisted of individuals from all occupational levels working within Jaipur city.

Results

Table 1. Demographics description of participants (N=156)

| Variable | Characteristics | Frequency | Percentage |
|------------|-----------------|-----------|------------|
| Gender | Male | 76 | 48% |
| | Female | 80 | 51.30% |
| Age | 21–40 | 132 | 84.60% |
| | 41 and Above | 24 | 15.40% |
| Profession | Doctors | 36 | 23.10% |
| | Teachers | 62 | 39.70% |
| | Others | 58 | 37.20% |

Demographic Characteristics of Participants

Table 1 presents the demographic characteristics of the participants, including gender, age, and profession. The sample included nearly equal numbers of male (n = 76) and female (n = 80) participants. Most respondents (84.6%) were between the ages of 21 and 40, whereas 15.4% were aged 41 years or older. Participants represented a variety of professional backgrounds. Teachers constituted the largest proportion of the sample (39.7%), followed by individuals employed in public and private sector occupations categorized as "others" (37.2%), and medical professionals (23.1%).

Study Variables

The study examined two main variables: resilience and life satisfaction.

Resilience refers to an individual's ability to adapt to and recover from adversity, trauma, or significant life challenges. It involves maintaining or restoring psychological stability and emotional well-being when faced with stress. In the present study, resilience was operationalized using scores obtained from the Brief Resilience Scale (Smith et al., 2008). Higher scores indicate greater resilience, whereas lower scores reflect reduced resilience.

Life Satisfaction is defined as a person's subjective evaluation of their overall quality of life. It represents the degree of contentment individuals feel regarding various life domains, including health, relationships, emotional state, and occupational functioning. In this research, life satisfaction was measured using the Satisfaction with Life Scale (Diener et al., 1985). Higher scores indicate greater satisfaction, while lower scores signify higher levels of dissatisfaction.

Statistical analyses were conducted using SPSS version 25. Pearson's correlation coefficient was applied to examine the relationship between resilience and life satisfaction. Additionally, regression analysis and independent-samples t-tests were performed to assess gender-based differences.

Table 2. Correlation between resilience and life satisfaction among working men and women (N = 155).

| Variables | SWLS | BRS |
|-----------|--------|--------|
| SWLS | — | .516** |
| BRS | .516** | — |

Note: SWLS= Satisfaction with Life Scale; BRS= Brief Resilience Scale; ** $p < .01$.

Table 2 shows a moderate positive correlation ($r = .516^{**}$, $p < .01$) between resilience and life satisfaction between working men and women.

Table 3. Mean, Standard Deviation and One-Way Analysis of Variance in Resilience and Life Satisfaction Across Profession Groups

| Variables | Doctors M | Doctors SD | Teachers M | Teachers SD | Others M | Others SD | F (2,153) | η^2 | p |
|-----------|--------------|---------------|---------------|----------------|-------------|--------------|-----------|----------|-------|
| BRS | 19.22 | 3.86 | 19.82 | 3.37 | 19.78 | 3.37 | 0.381 | 0.005 | 0.684 |
| SWLS | 23.06 | 6.03 | 22.37 | 5.25 | 22.28 | 5.01 | 0.262 | 0.003 | 0.77 |

Table 3 presents the mean scores, standard deviations, and F-values for resilience and life satisfaction across professional groups. The one-way ANOVA for resilience (BRS) showed no statistically significant differences in mean resilience scores among the profession groups. The obtained F-value was 0.381 with a p-value of 0.684, which exceeds the established significance level ($\alpha = 0.05$). Furthermore, the effect size ($\eta^2 = 0.005$) was negligible, indicating that professional group membership accounted for only a minimal proportion of variance in resilience. Post hoc comparisons using Tukey's test also revealed no significant differences in resilience scores among doctors, teachers, and individuals from other professions ($p > 0.05$ for all pairwise comparisons).

Similarly, the one-way ANOVA conducted for life satisfaction (SWLS) indicated no statistically significant differences across professional groups. The F-value was 0.262 and the p-value was 0.770, exceeding the significance threshold. The effect size was very small ($\eta^2 = 0.003$), suggesting that professional background contributed very little to the variance in life satisfaction scores. Tukey's post hoc analysis further confirmed that none of the professional groups differed significantly in life satisfaction ($p > 0.05$ for all comparisons).

Discussion

The present study aimed to examine the association between resilience and life satisfaction among working men and women. The findings demonstrated that individuals with higher levels of resilience tended to report greater life satisfaction, whereas those with lower resilience experienced reduced satisfaction with life. In line with the first hypothesis, a moderate positive correlation was observed between resilience and life satisfaction among the participants.

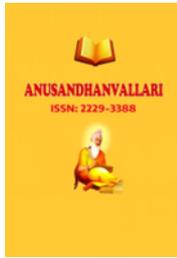


These findings are consistent with prior research. Baykal (2020) reported a strong positive association between resilience and life satisfaction among employees during the COVID-19 pandemic, suggesting that resilient workers experienced higher levels of well-being. Similarly, Aboalshamat et al. (2018) found that medical and dental students with higher resilience reported greater happiness and life satisfaction. Kim (2019) also identified a positive relationship between resilience, life satisfaction, and attitudes toward death. Furthermore, Temiz et al. (2018) demonstrated that increased psychological resilience was associated with higher life satisfaction scores. The second hypothesis proposed that there would be no significant gender differences in resilience and life satisfaction among working men and women. The results supported this hypothesis, revealing no statistically significant gender-based differences in either variable. These findings align with several previous studies, although mixed evidence exists in the literature. For example, Chen et al. (2020) reported that life satisfaction is largely gender-neutral, with only minor differences favoring males during adolescence. Ahmad and Silfiasari (2018) also observed similar levels of life satisfaction among men and women. Conversely, some studies have reported gender-based variations. Zhang et al. (2018) found that resilience had a stronger relationship with psychological distress among male college students. Battalio et al. (2017) reported that the relationship between resilience and quality of life was mediated by sex. You and Park (2017) observed gender differences in the protective role of resilience against suicidal behavior in older adults. However, Sreehari and Nair (2015) found no significant gender differences in adolescent resilience, although age-related differences were evident. Aldhahi et al. (2021) reported higher quality of life and resilience levels among males during the COVID-19 pandemic, while Navarro and Salverda (2018) found gender differences in job satisfaction but not in overall life satisfaction. Akbar et al. (2014) also reported higher life satisfaction among males but no significant gender differences in resilience. The study further explored the role of spirituality and resilience in predicting life satisfaction. The results indicated that participants reported high levels of spirituality, moderate resilience, and moderate-to-high life satisfaction. Correlational analysis revealed that both spirituality and resilience were positively associated with life satisfaction, although spirituality demonstrated a stronger predictive influence. Spirituality showed a significant positive relationship with well-being ($r = .349, p < .01$) and emerged as a significant predictor of life satisfaction ($\beta = .321, p < .001$). These findings suggest that higher levels of spirituality are linked to enhanced well-being and greater life satisfaction. Spirituality appears to provide individuals with meaning, purpose, emotional stability, and coping resources, which facilitate positive emotional experiences and interpersonal connectedness. This strong predictive role of spirituality is consistent with previous research highlighting its importance in promoting psychological well-being. Although resilience also contributes to life satisfaction, spirituality was found to play a more prominent role. Future research may benefit from examining additional psychological factors, such as personality traits, coping strategies, and social support systems, that may further influence these relationships.

Conclusion

The present study investigated the relationship between resilience and life satisfaction among working men and women. The findings revealed a significant positive association between resilience and life satisfaction, indicating that individuals with higher resilience tend to experience greater satisfaction with life, whereas those with lower resilience report reduced well-being. Additionally, the results showed no significant gender differences in resilience or life satisfaction, suggesting that both men and women can attain comparable levels of psychological resilience and life satisfaction.

Overall, the relationship between resilience, gender, and life satisfaction appears to be multifaceted and context-dependent. Factors such as age, cultural background, and life circumstances may influence these associations.



The findings highlight the importance of promoting resilience and spirituality as potential pathways to enhancing life satisfaction and overall well-being among working adults.

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