

ROLE OF EMOTIONAL MATURITY AND RESILIENCE IN ENHANCING PSYCHOLOGICAL WELL-BEING OF ADULTS

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Abstract:

Understanding and managing our emotions is essential for effective communication and positive interaction between people. Emotional maturity is the ability to handle situations responsibly. Appropriate display and interpreting of one's own emotions and that of others is a skill we need to acquire. Resilience is using one's mental processes and behaviors in promoting personal assets and protecting oneself from the potential negative effects of stressors. The data was collected using the Resilience Scale by Gail M. Wagnild and Heather M. Young (1993), the Emotional Maturity Scale by Y. Singh and M. Bhargava (1991) and Ryff's Psychological Well-Being Scale by Dr. Carol Ryff (1989). Results indicated that emotional maturity was significantly negatively correlated to psychological well-being. Resilience was positively related to psychological well-being. Significant gender differences were observed with respect to psychological well-being. Significant differences in the means scores of single and married adults were reported with respect to emotional maturity, resilience and psychological well-being. Significant differences in the means scores of emotional maturity and psychological well-being of adults were observed with respect to age. No significant difference in the means scores of resilience of adults was observed with respect to age. No significant gender difference was observed with respect to emotional maturity and resilience of adults. Therefore enhancing resilience would be the key to greater psychological well-being in adults.

Key words: Emotional maturity, resilience, psychological well being, adults.

INTRODUCTION:

Feelings of wellbeing are fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life. Past experiences, attitudes and outlook can all impact wellbeing Well-being emerges from our thoughts, actions, and experiences, most of which we have control over. When we think positive, we tend to have greater emotional well-being. When we pursue meaningful relationships, we tend to have better social and psychological well-being.

Operational Definition:

- Emotional maturity: Emotional maturity can be defined as a person's ability to manage, control and express one's own emotions in an effective manner.
- Resilience: Resilience refers to the capacity of an individual or community to cope with stress, overcome adversity or adapt positively to change.
- Psychological well-being: Psychological well-being is defined as a person having good mental health, high life satisfaction, and a sense of meaning or purpose in life.

Significance of the research: The present study aims to understand the influence of emotional maturity and resilience on the psychological well-being of adults. Failing to maintain psychological well-being can cause distress and affect the mental balance of individuals, leading to disturbances in their personal and professional life. Therefore, understanding how factors like emotional maturity and resilience affect psychological well-being is of utmost importance. Similarly, studying the influence of demographic variables like age, gender and marital status on emotional maturity, resilience and psychological well-being is crucial to the enhancement of well-being. Studies in the past have focused on adults in general in relation to issues of their well-being. However, such comparative studies give very less insight into causality and influences which maintain the experiences of well-being or distress. The significance of the present investigation will lead to deeper insights in finding out the impact of various factors on the psychological well-being of adults.

Conceptual definitions:

Emotional maturity: Walter and Smitson (1974) defined emotional maturity as, "A process in which the personality is continually striving for greater sense of emotional health, both intra-psychically and intra-personally". In brief emotional maturity can be called as the process of impulse control through the agency of "self" or "ego".

According to Crow and Crow (1974), 'The emotionally mature or stable individual regardless of his age, is the one who has the ability to overcome tension to disregard certain emotion stimulators that effect the young and view himself objectively, as he evaluates his assets and liabilities and strive towards an improved integration of his thought, his emotional attitude and his overt behaviour'.

Further, emotional instability is an indication of emotional immaturity, as emotionally unstable response is characterized by the lack of agreement between the emotional response and the provoking stimulus (Lohithakshan, 2003).

Resilience: A key component of healthy development is the cultivation of psychological resilience. This concept refers to a sense of competency and effectiveness, on the one hand, and to connectedness to the broader community, on the other. Those who possess such resources can best cope with life's inevitable setbacks and challenges (Moen & Erickson, 1995).

Resilience is a common phenomenon that emerges from the coordinated orchestration of basic human adaptive processes (Ong, Bergeman & Boker (2009).

Psychological well-being: Ryff (1989) felt that the existing measures of psychological well-being had little theoretical grounding, despite an extensive literature on the aspects of positive functioning. According to her, certain countours of well-being i.e., self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth were more relevant to the understanding of psychological well-being.

Review of related literature:

Emotional maturity and psychological well-being:

Linking growth goals and emotional maturity to psychological well-being seemed to positively affect the latter. Individuals having exploratory growth goals were found to have high levels of ego development with respect of emotional maturity, whereas individuals who had intrinsic goals were also found to have better well-being (Bauer & McAdams, 2004).

The broaden-and-build theory of positive emotions states that positive emotions enhance resilience directly as well as indirectly, leading to greater psychological well-being (Gloria & Steinhardt, 2016).

Resilience and psychological well-being:

With respect to older adults, the greater their ability to savor positive experiences and possess higher resilience, greater happiness was experienced, lower depression, and greater psychological well-being. Savoring, is thus associated with positive outcomes for people with higher and lower levels of resilience (Smith & Hollinger-Smith, 2014).

Age and emotional maturity:

Age is found to be significantly associated with positive emotions and antecedent-focused emotion regulatory strategies like cognitive reappraisal which was found to partially mediate the effect of age on positive emotions (Yeung, Wong & Lok, 2011).

Adults of differing ages experience different ways of expressing emotion. Elders are found to be higher in emotional control, mood stability, and emotional maturity while lower in psycho-physiological responsiveness and sensation seeking. Thus, with advancing age the self-regulatory capacity also increases (Lawton et. al. 1993).

Age and resilience:

Resilience is multi-dimensional in nature. While assessing family and individual resilience in older adults, it was revealed that self-efficacy, access to social support network, optimism, perceived economic and social resources, spirituality and

religiosity, relational accord, emotional expression and communication, and emotional regulation were strong predictors of resilience (Martin et. al., 2015).

Increased age, was correlated with significantly lower resilience scores (Balmer, Pooley & Cohen, 2013).

Resilient people have strong physical functioning, are willing to initiate behaviors and to expand efforts in order to succeed and they have a sense of control and were found to be satisfied with their current life (Talsma, A. N, 1996).

Age and psychological well-being:

Maturity and age were found to be positively associated with subjective well-being, maturity mediated the relationship between age and well-being. Thus, older individuals are found to be more psychologically mature than younger people and may be happier as a result (Sheldon, K. M., & Kasser, T., 2001).

Different life periods involve distinct psychological challenges and gains. The criterion of psychological well-being involves feelings of, and striving toward, exploration and development. The desire and attempt to grow characterize self-actualizers. Human variation in psychological well-being is due to the experiential substance of people's lives (Lee, C.; Keyes, M. & Ryff, C.D., 1999).

Gender and emotional maturity:

Aleem and Sheema (2005) have found that there is a significant difference between the mean scores of male and female students on emotional stability. Female students are less emotionally stable compared to male students.

While analyzing the relationship between emotional maturity and adjustment of college students in order to assess the impact of gender and stream on emotional maturity and adjustment, it was found that the level of emotional maturity and adjustment of girls are higher than boys and science students have better adjustment while art students have high emotional maturity. There were no significant differences between boys and girls with respect to adjustment and emotional maturity. There were significant difference between art and science student in emotional maturity but not significant in adjustment (Panth, M. K., Chaurasia, N., & Gupta, M. 2015).

Significant gender differences on emotional instability, emotional regression, social maladjustment, personality disintegration, lack of independence and total emotional maturity were noticed among University students (Singh, Kaur and Dureja, 2012).

Gender and resilience:

Fuller, R., & Lain, J. (2019) found out that female-headed and male-headed households differ in terms of their vulnerability and resilience.

Resilience being dynamic, can be fostered across the lifespan and is generally associated with greater health. In a cross-cultural research conducted by Phillips, S.P. et.al., 2016, resilience levels were found to be moderately high and similar among women and men. With respect to gender and resilience, economic circumstances were stronger correlates of resilience for men, while for women social circumstances were strongly associated greater resilience.

Gender and psychological well-being:

Moen, P., Dempster-McClain, D., & Williams Jr, R. M. (1989) studied the consequences of multiple roles on psychological well-being or physical health of women and the results revealed that social integration i.e. membership in voluntary organizations promoted longevity.

Perez, J. A. (2012) explored the gender differences in various aspects of psychological well-being among college students using a cross-sectional, non-experimental quantitative study. Gender differences were found in terms of daily spiritual experience, father relationship, peer relationship, autonomy, positive relations with others, and purpose in life. No gender differences were found in the aspects of positive affect, negative affect, mother relationship, teacher relationship, environmental mastery, personal growth, and self-acceptance.

Marital status and emotional maturity:

Firouzabadi, B. M., Hakami, M., & Mohsen, M. (2011) found that there is a meaningful relationship between the emotional maturity and marital satisfaction. There is a positive and meaningful relationship between the components of emotional maturity (emotional stability, social incompatibility and emotional return) and the marital satisfaction of nurses. Also, there is a reverse and meaningful (negative) relationship between personality disintegration and marital satisfaction. It means that the more the personality disintegration is, the less the probability of marital satisfaction and vice versa.

Marital adjustment is the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other. A happy and well adjusted marital life is the firm basis upon which a stable family is built. While studying the marital adjustment and emotional maturity among 100 dual-career couples, results revealed that wives had better marital adjustment and independence than their husbands. Age, type of marriage and number of children of the couples have significant impact on their marital adjustment and emotional maturity (Jaisri, M., & Joseph, M. I., 2013).

Marital status and resilience:

Significant predictors of quality of life include fertility status, resilience, and freedom from anxiety. In addition, the effect of fertility status on quality of life was found to be moderated by both gender and years of marital life. The results also revealed that fertility status, gender, and years of marital life had additional indirect effects on quality

of life through their effects on resilience and freedom from anxiety. Similarly, resilience had significant indirect effects on quality of life through its effects on freedom from anxiety (Jisha, P. R., & Thomas, I. (2016).

Cheung, M. (2008) found that long-term marital satisfaction has been found to be a protective factor for immigrant couples' adjustment and resilience to immigration and integration. The external factors that enhanced immigrant couples' resilience included attainment of biculturalism, and availability of formal and informal support networks.

Marital status and psychological well-being:

Happily married persons are found to score higher on all well-being and health outcomes. Marital satisfaction is associated with health and well-being in older couples over time, whereas psychological resilience and marital strain are major predictors of psychological well-being (Margelisch, K., et al, 2017).

Marks, N. F., & Lambert, J. D. (1998) examined longitudinal effects of continuity and transitions in marital status on multiple dimensions of psychological well-being. Although marriage continued to promote well-being for both men and women, in some cases—for example, autonomy, personal growth—the single fared better than the married.

RESEARCH METHODOLOGY

Aim:

To study the influence of emotional maturity and resilience on the psychological well-being of adults.

Objectives:

1. To analyze the relationship between emotional maturity and psychological well-being among adults.
2. To assess the relationship between resilience and psychological well-being among adults.
3. To explore the influence of subject variables viz; age, gender and marital status on the emotional maturity, resilience and psychological well-being of adults.

Hypotheses:

- 1: There will be a significant positive correlation between emotional maturity and psychological well-being of adults.
2. There will be a significant positive correlation between resilience and psychological well-being of adults.
3. There will be a significant difference on scores of emotional maturity with respect to age, gender and marital status among adults.

4. There will be a significant difference on scores of resilience with respect to age, gender and marital status among adults.

5. There will be a significant difference on scores of psychological well-being with respect to age, gender and marital status among adults.

Sample:

The sample for this present study consisted of 152 participants; consisting of 70 males and 82 females within the age range of 20-69 years. The method of random sampling was used in order to obtain the sample for the present study.

Tools Used For Data Collection:

- 1) ***Emotional Maturity Scale***, developed by Y. Singh and M. Bhargava (1991) consisted of 48 items with a 5-point rating scale namely; very much, much, undecided, probably and never. The scale measures five factors i.e emotional instability, emotional regression, social maladjustment, personality disintegration and lack of independence. The test-retest reliability has been estimated at 0.75 and validity against the Adjustment Inventory by Singh and Bhargava is 0.46.
- 2) ***Resilience Scale***, developed by Gail M. Wagnild and Heather M. Young (1993) consisted of 25 items, each to be rated on a 7- point rating scale namely; strongly disagree, slightly disagree, disagree, neutral ,agree, slightly agree, strongly agree. The items of resilience scale were selected to reflect five interrelated components of resilience; equanimity, perseverance, self-reliance, meaningfulness and existential aloneness. The internal consistency reliability of the scale was calculated using Cronbach's alpha values between 0.70 and 0.80.
- 3) ***Psychological Well-Being Scale***: was developed by Dr. Carol Ryff (1989). The scale consisted of 42 items, each to be rated on a 6-point rating scale namely; strongly disagree, slightly disagree, disagree, agree, slightly agree, strongly agree. The RPWB measured six dimensions, i.e., autonomy, environmental mastery, personal growth, positive relations, purpose in life and self-acceptance. The test-retest reliability coefficient of RPWBS was 0.82. Internal consistency values (coefficient alpha) for each dimension varied between 0.86 and 0.91 indicating high reliability of the scale.

Tools Used For Data Analysis:

Statistical analysis was performed using the Pearson's Product Moment Correlation Coefficient, t-test and one –way Anova.

DISCUSSION:

The obtained data was carefully analysed and interpreted.

Table No. 1: Data showing the mean and standard deviations of emotional maturity, resilience and psychological well-being of adults.

Variables	Mean	Std. Deviation	N
Emotional Maturity	110.26	21.737	152
Resilience	133.49	16.908	152
Psychological Well-being	174.74	18.184	152

Table No. 1.1: Data and results showing the correlation between emotional maturity, resilience and psychological well-being of adults.

Variables		Psychological Well-being
Emotional Maturity	Pearson Correlation	-.185*
	Sig. (2-tailed)	.023
	N	152
Resilience	Pearson Correlation	.346**
	Sig. (2-tailed)	.000
	N	152
Psychological Well-being	Pearson Correlation	1
	Sig. (2-tailed)	
	N	152

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

* Correlation is significant at the 0.05 level (2-tailed).

Results revealed that emotional maturity was significantly negatively correlated to psychological well-being ($r = -.185, p = .023$). Low emotional maturity scores did not affect psychological well-being in adults. This could be due to the fact that emotional maturity may be one factors contributing to psychological well-being along with other factors like perhaps self-esteem, fulfillment of material needs, life satisfaction etc.

Resilience, on the other hand was found to be positively related to psychological well-being ($r = .346, p = .000$), indicating greater the resilience, greater is the psychological well-being of adults. This result finds support in research studies which indicated that resilience was found to be a recurrent and increasingly important theme in psychological well-being (Ryff, 2014; Souri & Hasanirad, 2011; de Paula Couto, et al., 2011 & Mayordomo, et. al., 2016).

Thus, the hypothesis stating that there will be a significant positive correlation between emotional maturity and psychological well-being of adults was not supported. The hypothesis stating that there will be a significant positive correlation between resilience and psychological well-being of adults was supported.

Table No.2: Data and results showing the test of significance difference between mean scores of Emotional Maturity of adults based on relevant sub-sample of interfering variables.

Dependent Variable	Independent variables	Subgroups Compared	N	Mean	SD	Critical ratio/'F' ratio	Sig. (2-tailed)	Remarks
	Gender	Male	70	109.23	20.790	't' value -.537	.592	Not significant

Emotional Maturity	Marital Status	Female	82	111.13	22.604	't' value 3.291	.001	Significant
		Single	112	113.62	21.149			
		Married	40	100.85	20.814			
	Age	20-29	110	114.58	20.781	'F' value 4.854	.001	Significant
		30-39	22	101.09	22.095			
		40-49	13	99.00	18.748			
		50-59	5	87.00	9.670			
		60-69	2	104.50	33.234			

No significant gender differences with respect to gender and emotional maturity was observed. This result is supported by similar studies (Sivakumar, 2010 & Kasirajan, V.;2016). Results also revealed that there was a significant difference in the mean scores of single and married adults with respect to emotional maturity (t-value=3.291, p=.001). Significant differences were observed with respect to the mean scores of emotional maturity of adults with respect to age, revealing that adults within the age group of 20-29 have a higher emotional maturity as compared to the adults within the age group of 50-59 years (F-value= 4.854, p= .001). Thus, younger adults possess maturity than older adults (Yeung, Wong & Lok, 2011). The hypothesis stating that there will be a significant difference on scores of emotional maturity with respect to age, gender and marital status among adults was partially supported.

Table No.3: Data and results showing the test of significance difference between mean scores of Resilience of adults based on relevant sub-sample of interfering variables.

Dependent Variable	Independent variables	Subgroups Compared	N	Mean	SD	Critical ratio/'F' ratio	Sig. (2-tailed)	Remarks
Resilience	Gender	Male	70	134.13	15.670	't' value .427	.670	Not significant
		Female	82	132.95	17.975			
	Marital Status	Single	112	132.09	17.044	't' value -1.724	.087	Significant
		Married	40	137.43	16.077			
	Age	20-29	110	132.24	16.930	'F' value .955	.434	Not significant
		30-39	22	137.18	17.754			
		40-49	13	139.31	14.642			
		50-59	5	133.60	15.126			
60-69		2	124.00	26.870				

Results revealed that there was no significant difference in the mean scores of male and female adults with respect to resilience (t-value= .427, p= .670). This result is supported by other studies (Fuller-Iglesias, H., Sellars, B., & Antonucci, T. C., 2008).

Results also revealed that there was a significant difference in the mean scores of single and married adults with respect to resilience (t-value= -1.724, p= .087) Long-term marital satisfaction leads to greater resilience for the married couples (Cheung, M., 2008). No significant difference was observed in the mean scores of resilience of adults with respect to age (F-value= .955, p= .434).

The hypothesis stating that there will be a significant difference on scores of resilience with respect to age, gender and marital status among adults was partially supported.

Table No.4: Data and results showing the test of significance difference between mean scores of Psychological Well-being of adults based on relevant sub-sample of interfering variables.

Dependent Variable	Independent variables	Subgroups Compared	N	Mean	SD	Critical ratio/'F' ratio	Sig. (2-tailed)	Remarks
Psychological Well-being	Gender	Male	70	171.30	16.517	't' value -2.180	.031	Significant
		Female	82	177.67	19.107			
	Marital Status	Single	112	171.50	14.843	't' value -3.835	.000	Significant
		Married	40	183.80	23.213			
	Age	20-29	110	171.38	14.407	'F' value 6.645	.000	Significant
		30-39	22	177.86	21.261			
		40-49	13	184.15	26.070			
		50-59	5	205.60	22.075			
		60-69	2	186.50	7.778			

Results revealed that there is a significant difference in the mean scores of male and female adults with respect to psychological well-being (t-value= -2.180, p= .031).

Results also revealed that significant differences in mean scores of married and single adults with respect to psychological well-being (t-value= -3.835, p=.000). Thus, marital status is the most powerful predictor of the mental health. It is the quality of a marriage that links marriage to positive mental health (Gove, W. R., Hughes, M., & Style, C. B., 1983). The evidence is consistent with the protection/support hypothesis that a marital partner who provides companionship and psychic aid buffers individuals against physical and emotional pathology (Coombs, R. H., 1991) revealing that married men and women are generally happier and less stressed than the unmarried.

Significant differences with respect to the level of psychological well-being experiences by adults of different age groups was demonstrated (F-value= 6.645, p= .000). Adults in the age group of 50-59 years had a higher psychological well-being as compared to the adults in the age group of 20-29 years. Thus, living a life rich in purpose and meaning, continued growth, and quality ties to others has health benefits (Ryff & Singer, 2008). Similarly, the tendency to focus on the present-moment and adopt a nonjudgmental orientation is important for well-being of adults with advancing age (Mahlo, L., & Windsor, T. D., 2020) and that is why older people are found to be more psychologically mature than younger people and may be happier as a result (Sheldon, K. M., & Kasser, T., 2001).

The hypothesis stating that there will be a significant difference on scores of psychological well-being with respect to age, gender and marital status among adults was supported.

FINDINGS AND CONCLUSION

The present study brought to light the following findings:

Emotional maturity was found to be significantly negatively correlated to psychological well-being, while resilience was found to be positively related to psychological well-being. Significant gender differences were observed with respect to psychological well-being. Significant differences in the mean scores of single and married adults were reported with respect to emotional maturity, resilience and psychological well-being. Significant differences in the mean scores of emotional maturity and psychological well-being of adults were observed with respect to age. No significant difference in the mean scores of resilience of adults was observed with respect to age. No significant gender difference was observed with respect to emotional maturity and resilience of adults.

Thus, findings of this study contribute to our understanding of the underlying mechanism of age, gender and marital status variations with respect to emotional maturity, resilience and psychological well-being in adults. Therefore enhancing resilience is the key to greater psychological well-being in adults.

Limitations and recommendations for the study:

With regards to limitations, equal representation of adults across categories of age, marital status and gender could have been taken into consideration. The present study has considerable scope for further research. Exploring the mediator and moderator factors influencing emotional maturity and resilience would help in analyzing these effects on the subsequent psychological well-being of adults. Additional subject variables like personality characteristics, socio-economic status, family support and life satisfaction could have led to better understanding of the influence of emotional maturity and resilience on the psychological well-being and give a holistic view to the study.

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