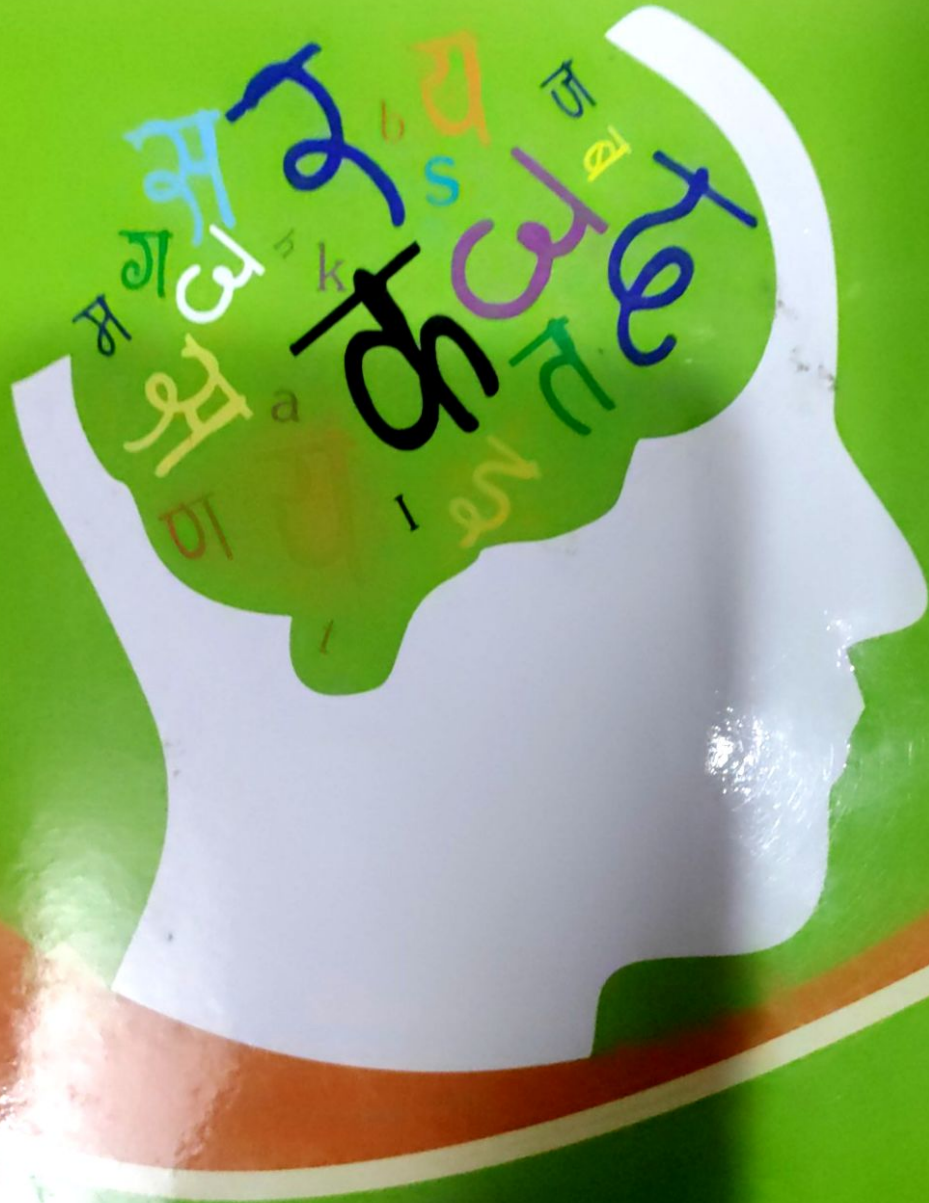


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शैक्षिक शोधपत्रिका



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अधिगम

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Positive Thinking and Resilience Among Students-A Correlational Study

Ritu Modi*

Abha Singh**

Abstract

The period of adolescence is full of turmoil. In the Indian scenario, parents are anxious about their children's behaviour and career. Adolescents face parental, teachers, and peer group pressure. They need positive thinking and resilience to achieve their personal and professional goals. The present study strives to analyze the relationship between positive thinking and resilience among students. The study was conducted on a sample of 60 respondents in the age group of 18 to 21 using a simple random sampling technique. Positive Thinking Scale and Connor-Davidson Resilience Scale were used to assess positive thinking and resilience. The result indicated that the relationship between positive thinking and resilience is found positively significant among students. Positive emotions such as love, gratitude, optimism may increase resiliency because they serve as a buffer against depression, conflicts, and other adverse reactions. Resilient students perceive themselves as competent in encountering any adversities in life.

Key Words: Positive Thinking, Resilience, Students.

Introduction:

Resilience is a powerful source to acquire positivity. Positivity helps us to remain resilient. There are many challenges in

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