

# Resilience, Optimism & Mindfulness: The Tripod Of Wellbeing For Chronically Ill Patients

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## ABSTRACT

Wellbeing is meant by how an individual is happier and healthier in all aspects like physical, mental, social and spiritual. Based on these aspects, a person's wellbeing could be positive or negative. Resilience is ability to face, to cope and a major component against stress. Positive thinking, which is an element of optimism, enhances hope and confidence, where it is about future concerns, reduces anxiety. Mindfulness is a powerful strategy, to be non judgmental about situations and to live in the present, which protects a person's wellbeing from being depressed. The purpose of the study was to analyze whether Resilience, Optimism and Mindfulness support Positive Wellbeing. The study was conducted among chronically ill patients of Tamilnadu, who were managing with Diabetic Mellitus, aged between 40 to 60. The questionnaires of Resilience, Optimism, Mindfulness and wellbeing were used to find out the levels and correlations between wellbeing and other independent variables. Results indicated that higher levels of Resilience, Optimism and Mindfulness were associated with positive wellbeing, whereas lower levels were associated with negative well being.

**Keywords:** Resilience, Optimism, Mindfulness, Wellbeing

## Introduction

Dodge, R., et.al (2012) Wellbeing is not just a term, it's a state or condition of a person. Wellbeing is a wholesome concept of wellness of an individual which includes Physical, Mental, Emotional, Social, Spiritual and also Economical. All the aspects are interrelated to one another in which every aspect influences each other. When deeply looking into all aspects Chronic illness has a greater impact on wellbeing which may seriously affect a person. Physical wellbeing of a person is decided by age, gender, hereditary, immunity etc., some diseases are curable, some are treated, some are manageable, some are acute and some are chronic also. Chronic diseases are treatable and manageable (eg. Heart Diseases,

Hypothyroidism, Diabetic Mellitus etc) It needs more mental strength to cope with.

Mental wellbeing is a person's capability to deal with stressors, or ups and downs in daily life. Low levels of mental wellbeing for a long period of time will lead to diagnosable mental health conditions like depression, anxiety etc. Mental wellbeing also incorporates with emotional wellbeing and Spiritual wellbeing which enhances holistic wellbeing. So all these aspects form an overall positive wellbeing within an individual. CABA (2019) Mental wellbeing is described as another term as Subjective well being which Hedonic, pleasure or joy. Mental wellbeing is differentiated from psychological wellbeing with its significance, which targets Eudaimonic, achieved through self actualization and finding meaning of life. Ryff, C. D., & Keyes,

C. L. M. (1995) The factors of psychological well being are 1. Autonomy (being independent with own thoughts and behaviors which are not influenced by others) 2. Environmental Mastery (being in charge of own situations) 3. Personal growth (admitting new opportunities, striving for improvements etc) 4. Positive relationships with others (ability to make and retain interpersonal relationships with empathy, love etc) 5. Purpose in life (understanding meaning of life, goal oriented) 6. Self acceptance (having a positive attitude about self, non-judgmental and accepting self as they are) .

Ramachandran, A. (2014) Diabetic Mellitus is commonly known as diabetes, a metabolic disorder, which is caused when the pancreas doesn't produce enough insulin and increases blood sugar level. It is one among the chronic disorders, could be treatable and manageable. Symptoms of the diabetics include frequent urination, excessive thirst, increased appetite, fatigue etc. The major causes of diabetic mellitus are obesity , lifestyle and heredity .Debono, M., & Cachia, E. (2007), Garrusi, B., et.al (2013) It is known that diabetic patients have an impact on psychological well being, quality of life and tend to develop mental health issues .With diabetic patients ,there will be fluctuations with blood sugar level, causing low mood, irritability, anxiety, anger etc.

Herrman, H., et.al (2011) Resilience is also described as like mental wellbeing's description ,an ability to face & cope with stress .Resilience is necessary to prohibit the occurrence of stress and other mental health issues. Resilience is an essential component for every individual to establish effective problem solving and decision making skills, framing and retaining relationships and fixing reasonable objectives in life. Costco, T. D., et.al (2017) Resilience and wellbeing are interconnected with each other and a strong level of resilience is a sign of mental and psychological well being. Yi-Frazier, J. P.,(2010) Diabetic patients who have higher levels of resilience could be able to deal with their illness effectively than people with low levels of resilience. Carver, C. S.,et.al (2010) Optimism is a doctrine of life ,a thought process of positivity ,which means resists negative thoughts of past ,present and future ,but still these thoughts are more concerned about present and

future , which reduces fear & worries ,improves hope & confidence. Conversano, C., et.al (2010) The negative thoughts are one among the symptoms of depression & anxiety, as optimism restricts these thoughts, it supports mental & psychological wellbeing. Fournier, M., et.al (2002) Optimism helps to take care of people's physical wellbeing when they are managing with their chronic illness, also it maintains positive wellbeing of diabetic patients, Celano, C. et.al (2013).

Shapiro, S. L., et.al (2006) Mindfulness is a powerful strategy, to be non judgmental about situations and to live in the present, which protects a person's wellbeing from being depressed. When people live with mindfulness, they could avoid negative thoughts, avoid blaming for incidents and protect their Mental & Psychological wellbeing to proceed for further solutions. Hardy, S. (2015) Mindfulness could enhance physical and psychological wellbeing, as it will be a suitable component for diabetic patients to maintain their physical, Mental and psychological well being.

### Objectives

To Analyze the Levels of Resilience, Optimism, Mindfulness ,Mental wellbeing and Psychological well being among Chronically ill Patients .

To assess Gender, socioeconomic status, Age variations in Resilience, Optimism, Mindfulness, Mental well being and Psychological well being among chronically ill patients.

To explore whether there are correlations between independent and dependent variables.

To examine whether Resilience, Optimism and Mindfulness impact Mental and Psychological well being.

### Hypotheses

H1- There will be a significant difference between men and women in the levels of Resilience, Optimism, Mindfulness, Mental wellbeing and Psychological well being.

H2- There will be a significant difference between Middle socioeconomic status and Higher socioeconomic status in the levels of Resilience, Optimism, Mindfulness, Mental wellbeing and Psychological well being.

H3- There will be a significant difference between age groups in the levels of Resilience, Optimism, Mindfulness, Mental wellbeing and Psychological well being.

H4- There will be a significant relationship between Resilience, Optimism, Mindfulness (Independent Variables) and Mental wellbeing, Psychological Well Being (Dependent Variables).

H5-There will be a significant influence of Resilience, Optimism and Mindfulness on Mental well being and Psychological Well Being.

### Methods & Materials

The purpose of the study was to analyze whether Resilience, Optimism and Mindfulness supports or enhances Mental and Psychological wellbeing among people dealing with chronic illness. The participants are chronically ill patients who are dealing with Diabetic Mellitus from Tamil Nadu. Simple random sampling method was used to collect the data. The demographic variables taken for this study are Gender, Socioeconomic status and Age. The sample size was 195, Men (N=117) and Women (N=78). The socioeconomic status taken for this study are Middle (Male N=37., Female N=39) and High (Male N=80., Female N=39). The age group taken for this study was 40 to 60 and it was divided into two groups as 40 to 50 (N= 137) and 51 to 60 (N=58). The dependent variables of the study are Mental Well Being and Psychological Wellbeing and the Independent variables are Resilience, Optimism and Mindfulness. The present study was done by the following five psychological tools.

1. Nicholson McBride Resilience Questionnaire (NMRQ). It has 12 items which measure Resilience, constructed by McBride (2010). It is measured through a five point rating scale ranging from 'strongly disagree' to 'strongly agree'. The result indicates (a) A developing level of resilience (0-37), (b) An established level of resilience (38-43), (c) A strong level of resilience (44-48), (d) An exceptional level of resilience (49-60). The reliability estimated by Cronbach's Alpha = .76.

2. Life Orientation Test- Revised (LOT-R) is a 10-item scale which is the measurement of optimism and pessimism about the future. It is a five point rating scale ranging from strongly disagree to strongly agree. Scores 0-13 indicates

Low optimism which is High pessimism, 14-18 indicates Moderate Optimism, 19-24 indicates High Optimism which is Low in Pessimism. The Cronbach's alpha coefficients of reliability were 0.70 (optimism), 0.74 (pessimism).

3. Cognitive Affective Mindfulness scale Revised (CAMS-R) is a 12-item scale that measures the four domains of mindfulness (attention, present –focus, awareness, acceptance and non judgmental) with four point rating scale ranging from rarely to almost always. Higher the scores, higher the mindfulness. Minimum score is 12 and Maximum score is 37. Cronbach's alpha was found in CAMS-R was 0.66.

4. Warwick- Edinburgh Mental wellbeing scale (WEMWBS) is a 14 item scale with five point rating scale 1-5, which assesses subjective well being and psychological functioning. The total scores ranging from 14 to 70, higher the score, higher the mental wellbeing. Cronbach's alpha reliability coefficient of WEMWBS was 0.861.

5. Ryff's Psychological well being Scale (RPWS) Modified. The scale consists of 18 items which is a 7 point rating scale. It assesses the six aspects of wellbeing such as Autonomy, Environmental Mastery, Personal Growth, Positive relationships, Purpose in Life, Self Acceptance. Minimum and maximum scores are 18, 126 respectively. Higher the scores related to greater psychological wellbeing. Cronbach's alpha reliability coefficient was 0.88.

### Results & Discussion

The analysis was done to measure the levels of Resilience, Optimism and Mindfulness, Mental wellbeing and Psychological well being with demographic variables such as Gender, Socioeconomic status and Age among chronically Ill Patients. 'T' test was done to find out the significance between two groups Gender (Male and Female), Socioeconomic status (Middle and High), Age (40-50 and 51-50) respectively. Bivariate correlation measurement was done to find out the correlations between Independent variables (Resilience, Optimism and Mindfulness) and Dependent variables (Mental Well Being and Psychological well being) and Regression Analysis was done to examine whether Independent Variables have an impact on Dependent variables.

**Table I Shows Mean and Standard Deviation values of Gender (Men & Women).**

Variables	Men		Women		t	df	Level of Significance
	Mean	SD	Mean	SD			
Resilience	45.1282	9.32141	40.4872	11.65605	3.078	139.78	.000
Optimism	17.7521	4.33293	15.1667	4.52817	4.009	160.09	.027
Mindfulness	26.6496	6.30861	23.5128	7.81730	3.088	140.76	.001
Mental Wellbeing	48.6154	13.33316	43.0897	15.15306	2.683	150.40	.000
Psychological Well Being	83.9829	25.94490	70.8077	32.38609	3.142	139.97	.000

Table I shows Mean, Standard Deviation, t-value, degrees of freedom and Level of Significance of Gender. Except Optimism, Level of significance of Resilience, Mindfulness, Mental well being and Psychological wellbeing are less than 0.01 levels, which is highly significant. So there is a significant difference between Men and Women in the levels of Resilience, Mindfulness, Mental Wellbeing and Psychological Well Being and there is no significant difference between men and women in the level of optimism.

**Table II Shows Mean, Standard Deviation, t-Value and level of significance on the basis of Socio Economic Status (Middle & High)**

Variables	Men		Women		t	df	Level of Significance
	Mean	SD	Mean	SD			
Resilience	35.7105	11.49819	48.1008	6.18417	-8.631	103.03	.000
Optimism	13.1711	4.41026	18.9832	2.97442	-10.113	118.54	.000
Mindfulness	19.9474	7.17755	28.8739	4.34050	-9.762	110.30	.000
Mental Wellbeing	35.3158	15.08925	53.4874	7.88677	-9.687	101.49	.000
Psychological Well Being	55.5526	30.24892	93.5042	16.34992	10.041	103.31	.000

Table II shows Mean, Standard Deviation, t-value, degrees of freedom and Level of Significance of socio economic status .Results shown that the level of significance is less than 0.01 level which is highly significant .So there is a significant difference between Middle socioeconomic status and Higher socio economic status in the levels of Resilience, Optimism, Mindfulness, Mental wellbeing and Psychological well being.

**Table III Shows Mean, Standard Deviation, t-Value and level of significance on the basis of Age (40-50, 51-60)**

Variables	Men		Women		t	df	Level of Significance
	Mean	SD	Mean	SD			
Resilience	48.1314	6.53252	31.7931	9.24094	12.233	82.129	.009
Optimism	18.7226	3.06241	11.9828	4.06738	11.333	85.577	.064
Mindfulness	28.4891	4.92162	18.0862	6.03872	11.591	90.564	.112
Mental Wellbeing	53.4453	7.67532	29.7759	12.48865	13.402	75.874	.000
Psychological Well Being	93.0438	17.02933	44.8621	24.03685	13.864	82.242	.000

Table III shows Mean, Standard Deviation, t-value, degrees of freedom and Level of Significance of age. Except Optimism and Mindfulness, Resilience, Mental Well Being and Psychological Wellbeing are significant with 0.01 level .So there is a significant difference between age groups in the levels of Resilience, Mental wellbeing and Psychological well being and there is no significant difference between age groups in the levels of optimism and mindfulness.

**Table IV Shows the correlations and level of significance between variables**

Variables		Resilience	Optimism	Mindfulness	Mental wellbeing	Psychological well being
Resilience	Pearson Correlation	1	.874**	.868**	.928**	.929**
	Sig. (2-tailed)		.000	.000	.000	.000
	N	195	195	195	195	195
Optimism	Pearson Correlation	.874**	1	.832**	.891**	.898**
	Sig. (2-tailed)	.000		.000	.000	.000
	N	195	195	195	195	195
Mindfulness	Pearson Correlation	.868**	.832**	1	.878**	.896**
	Sig. (2-tailed)	.000	.000		.000	.000
	N	195	195	195	195	195
Mental wellbeing	Pearson Correlation	.928**	.891**	.878**	1	.955**
	Sig. (2-tailed)	.000	.000	.000		.000
	N	195	195	195	195	195
Psychological well being	Pearson Correlation	.929**	.898**	.896**	.955**	1
	Sig. (2-tailed)	.000	.000	.000	.000	
	N	195	195	195	195	195

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

Table IV shows the relationship between Independent variables and dependent variables. The obtained correlation value between Resilience and Mental wellbeing, Psychological well being are .928,.929 respectively which are significance at 0.01 level. The result shows that there is a positive and significant relationship between Resilience and Mental Well Being and Psychological wellbeing .It means when Resilience increases Mental and psychological wellbeing also increase .The correlation between optimism and psychological well-being is 0.878.896, which corresponds to significance at

the 0.01 level. The results show that there is a positive and significant relationship between Optimism and Mental, Psychological well-being. That is, as optimism increases, so does mental and psychological well-being also increase. The obtained correlation value between Mindfulness and Mental wellbeing, Psychological well being are .878,.896 respectively which are significance at 0.01 level. The result shows that there is a positive and significant relationship between Mindfulness and Mental Well Being, Psychological wellbeing .It means when Mindfulness increases Mental and psychological wellbeing also increase.

**Table V shows Regression Analysis for Mental Wellbeing**

Variables	B	SE	$\beta$	t	Level of Significance
Resilience	.682	.076	.503	9.007	.000
Optimism	.851	.156	.272	5.462	.000
Mindfulness	.434	.099	.215	4.406	.000

**Table VI shows Regression Analysis for Psychological Wellbeing**

Variables	B	SE	$\beta$	t	Level of Significance
Resilience	1.243	.144	.446	8.605	.000
Optimism	1.771	.297	.276	5.966	.000
Mindfulness	1.148	.188	.278	6.110	.000

Table V & VI shows R- Value, R square, F -value, B -value, SE, BETA value ,t -value and Level of significance of variables. Regression analysis was done to assess the Impact of independent variables(Resilience ,Optimism and

Mindfulness ) on dependent Variables( Mental well being and Psychological well being).From the analysis ,it is known that R values are .948, .955 and while analyzing the level of significance ,it is less than 0.01 level. So there is a significant

influence of Resilience, Optimism and Mindfulness on mental well being and Psychological Well Being.

### Summary & Conclusion

The present study concluded that men and women differ in the levels of Resilience, Mindfulness, Mental wellbeing and Psychological well being .With Optimism, Gender doesn't differ. The levels of Resilience, Optimism ,Mindfulness, Mental well being and Psychological well being differ with Middle and High Socioeconomic status. The levels of Resilience, Mental wellbeing and Psychological well being differ with age. Optimism and Mindfulness do not differ with age. There is a positive correlation seen between Independent variables and dependent variables which means when resilience ,optimism and mindfulness increase, Mental wellbeing & Psychological well being also increase. Also When the levels of Resilience ,optimism, mindfulness decrease Mental wellbeing and Psychological well being also decrease .It means Resilience ,optimism and Mindfulness influence or impact Mental and Psychological well being. Thus the three independent variables Resilience, Optimism and Mindfulness act like tripods, which support Mental and Psychological well being among chronically ill patients.

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