

PREVALENCE AND SOCIO-ECOLOGICAL PREDICTORS OF PSYCHOLOGICAL RESILIENCE AMONG UNDERGRADUATE STUDENTS

Siti Fatimah Abd. Aziz

Ministry of Health, Kompleks E, Pusat Pentadbiran Kerajaan Persekutuan, 62590 Putrajaya, Malaysia.

Department of Community Health, Faculty of Medicine and Health Sciences,
Universiti Putra Malaysia, Serdang, Selangor, Malaysia.

Norliza Ahmad

Department of Community Health, Faculty of Medicine and Health Sciences,
Universiti Putra Malaysia, Serdang, Selangor, Malaysia.

Fatimah Ahmad Fauzi

Department of Community Health, Faculty of Medicine and Health Sciences,
Universiti Putra Malaysia, Serdang, Selangor, Malaysia.

ABSTRACT

Introduction: Psychological resilience refers to the capability to "bounce back" from adversity and the process involves a multitude of psychological factors. Significantly, it has been associated with a great impact on one's wellbeing, especially when dealing with life stressors and protects against negative outcomes. Objectives: This study aimed to determine the prevalence of psychological resilience and its socio-ecological predictors among local undergraduate students. Methodology: A cross-sectional study was conducted among 435 randomly sampled undergraduate students from a public university in Selangor, Malaysia. Ten faculties were involved and a probability proportional to size sampling method was used. A validated self-administered questionnaire was administered to obtain socio-ecological characteristics. Psychological resilience was measured by the Brief Resilience Scale (BRS). Statistical significance was set as p-value <0.05. Results: A total of 361 students completed the questionnaire, giving a response rate of 83%. The prevalence of normal-to-high psychological resilience levels was 68.7% and 31.3% for low resilience levels. Factors associated with psychological resilience were self-esteem ($p<0.001$), self-efficacy ($p<0.001$), coping style ($p<0.031$), satisfaction with life ($p<0.001$), and campus connectedness ($p<0.023$). Subsequently, multiple logistic regression showed that high self-efficacy, (AOR 3.2, 95% CI: 1.906-5.522, $p<0.001$) and high self-esteem (AOR 2.85, 95% CI: 1.406-5.772, $p<0.004$) were significant predictors of psychological resilience among undergraduate students. Conclusion: Approximately one in every three undergraduate students had a low psychological resilience level. Self-esteem and self-efficacy were important predictors of psychological resilience. Thus, intervention programs boosting the psychological resilience of undergraduate students should be customized to improve their self-efficacy and self-esteem.

Keywords: psychological resilience, predictors, undergraduates, prevalence, socio-ecological factors.
