

Personality and Resilience among College Students

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Abstract

College education is a transitional stage at which one should learn the art of transforming academic skills into life skills. Parents and society expect a lot from students at college level. Some of the students were able to fulfill these expectations and many feel it difficult and experience stress. It is evident from media reports that the percentage of suicide and drug abuse among college students is increasing in recent years. Overcoming stress and adverse events involve utilization of internal resources and two of the important aspects are personality and resilience. The present study explored the relationship between resilience and personality factors of college students. The data was collected through a survey among college students in Salem. The results revealed that there is a significant relationship between resilience and personality. The negative emotionality is correlated with resilience negatively. The three of the big five personality factors viz. extraversion, openness to experience and conscientiousness qualities have significant positive association with resilience of college students.

Key words: Resilience, Big Five Personality Factors

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