

A Study of Resilience, Life Satisfaction and Religiosity

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Abstract

The study was planned to examine the relationship amongst resilience, life satisfaction and religiosity. A sample of 202 adults (equal number of male and female) was selected on the basis of availability from Risikesh (India). All the participants were in the age range of 40-60 years. Resilience, life satisfaction and religiosity were assessed using relevant scales. Data were analyzed using Pearson's product moment method of correlation and regression analysis. The major findings of this study indicate that there is positive and significant correlation between resilience and life satisfaction. While, the correlation between the religiosity and resilience is positive in direction but magnitude is not significant. The regression analyses findings reveal that life satisfaction is significant predictor of the resilience.

Keywords: Resilience, Life Satisfaction, Religiosity,

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