

Resilience, Rumination, and Loneliness among young adults among NSSI-Endorsers and Non-NSSI-Endorsers

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Abstract

The present study aimed to explore the relationship between Resilience, Rumination, and Loneliness among NSSI-Endorsers and Non-NSSI-Endorsers. Purposive sampling was used in order to obtain the data – two groups of participants (total n = 180; female n = 105) were formed on the basis of a self-report screening question - NSSI-Endorsers, n = 90; (female n = 47; male n = 43); and Non-NSSI-Endorsers, n = 90; (female n = 58; male n = 32) The tools employed were (a) The Non-Suicidal Self-Injury Expectancy Questionnaire (NEQ); (b) The Brief Resilience Scale (BRS); (c) The Ruminative Response Scale (RRS); and (d) The UCLA Loneliness Scale. The data were analyzed using mean, SD, Pearson's correlation, and t-test. The results of the study indicate that NSSI shares a statistically significant relationship with resilience, with rumination, and with loneliness.

Keywords: NSSI, resilience, rumination, loneliness