Resilience and Self-efficacy as Correlates of Well-being among the Elderly Persons

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Well-being is a dynamic concept that includes subjective, social, and psychological dimensions as well as health-related behaviors. Resilience and self-efficacy are important factors that contribute to well-being. This study explores the relationship between resilience, self-efficacy, and well-being among 150 elderly persons between the age range of 60 to 70 years. The participants were assessed with a Resilience Scale, General Self-efficacy Scale, and Well-being Manifestation Measure Scale. The obtained data were analyzed using correlation and multiple regressions. There were significant positive correlations amongst resilience, self-efficacy, and well-being measures of the senior citizens. The findings further revealed that resilience and self-efficacy significantly contribute to all measures of well-being.

Keywords: Resilience, Self-efficacy, Well-being

Well-being can be defined in terms of an individual’s physical, mental, social, and environmental status, with each aspect interacting with the other and each having differing levels of importance and impact according to each individual (Kiefer, 2008). Well-being has been related to numerous potential antecedents, such as personality traits, emotions, physical health, social class, wealth, and social support (Ryan & Deci, 2001).

One of the most widely used models of well-being was presented by Ryff (1989) and Ryff and Keyes (1995) in the context of developing a lifespan theory of human flourishing, describing well-being not simply as the attaining of pleasure, but as ‘the striving for perfection that represents the realization of one’s true potential’ (Ryff, 1995). This model is a multidimensional approach to the measurement of psychological well-being that taps six distinct aspects or facets i.e. autonomy, personal growth, self-acceptance, purpose in life, environmental mastery, and positive relations with others. There may be a large number of factors which significantly correlate with the well-being status of the individual. These factors may be grouped into psychological and demographical categories. Resilience and self-efficacy which fall in psychological category have been found to correlate with well-being at significant levels.

Resilience is the capacity of a system to absorb disturbance, undergo change, and still retain essentially the same function, structure, identity, and feedback (The Resilience Alliance, 2011). Resilience is the happy knack of being able to bungy jump through the pitfalls of life (Fuller, 1998). Resilience is a broad concept covering many domains concepts related to positive patterns of adaptation in the context of adversity (Masten & Obradovic, 2006).

Resilient older adults are able to adjust to life adversities with little disruption to their lives. Resilience is considered as a personality characteristic that moderates the negative effects of stress and promotes adaptation (Wagnild & Young, 1993). Resilience may be understood as the ability to avert the impact of chronic strains, like chronic conditions, on the physical functioning, psychological functioning, and well-being (Talsma, 1995). It has been observed that resilience and self-efficacy are well connected concepts.

Self-efficacy refers to a person’s belief in his/her ability to organize and execute a required course of action to achieve a desired result (Bandura, 1997). Self-efficacy determines an individual’s resiliency to adversity and his/her vulnerability to stress and depression (Bandura, Caprara, Barbaranelli, Gerbino & Pastorelli, 2003).