

REVIEW OF LITERATURE

CHAPTER II

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The reviews related to "Efficacy of Positive Psychology Interventions in Enhancing Grit, Mindfulness and Resilience among College Students from Single Parent Family" were presented in this chapter. The headings were segregated into Single Parent Family, Grit, Mindfulness, and Resilience.

Single Parent Family

Stigmas over Single Parent Family

Adegboyega (2019) examined the impact of single parenting on the emotional evolution of primary school students as observed by two hundred primary school teachers in Nigeria. The researchers used descriptive research design and simple random sampling in the study. They constructed a questionnaire named, Influence of Single Parenting on Emotional Development Questionnaire (ISPEDQ) and a twenty-item demographic scale to assess the participants and did the statistical analysis using t-test and analysis of variance (ANOVA) on the collected data. The results showed that when it comes to emotional development, primary school students had low self-esteem. Though primary school teachers viewed single parent family as a problem for the children's emotional development, the findings revealed that significant results were absent for the emotional development of the students and single parent's gender and qualification. So, the researchers suggested the teachers provide sensitive assistance for students' emotional development.

Gagnon (2018) has made an extensive thematic analysis of the experiences of twenty-six undergraduate female students from the UK. These girls were the first graduates of the family and were born before wedlock. Semi-structured interviews and reflective writings of these girls were used for the study. This study covered areas like Feministic theory, Intersectionality theory, and zeroed into prejudices of people and social stigmatization caused to these girls. Through this study, girls' fear of announcing their family status, enrolling in college to gain respect in society, complications of race, and family status make people accepted; how the special treatment towards them – hurts deeply can be clearly understood. This study recommends policymakers and educationists create pedagogy practices that provide equality to all students so that the quality of academic experiences and future life in society will improve.

Economic Conditions of Single Parent Family

Heggeness (2020) identified the effect of delay in divorce on Chile's children's welfare activities. Secondary data from Encuesta de Protection Social (EPS) survey and Supreme Court records were used for this study. Fourteen thousand three hundred and sixty-two married and two thousand and seven hundred and forty-four cohabitant families with children aged six to eighteen from EPS survey and twenty one thousand and two hundred and thirty five family cases and two thousand six hundred and sixty seven divorce cases from Court records were taken as the sample. Regression analysis and Linear Probability Model were performed. The results showed that delay in divorce results and monetary benefits impacted the school enrolling in secondary school children. Unless the secondary school children have an option of work the school could not make a decision, and because of this the families suffered in economic development.

Jovanovski and Cook (2019) studied the impact of Australia's welfare reforms on physical health, specifically nutrition and well-being of single mothers and their children. Qualitative research was conducted on twenty single mothers who were receiving Parenting Payment Single, New Start Allowance (NSA), or the Disability Support Pension. Through interviewing and doing thematic analysis on these single mothers, it was found that single mothers who are receiving government grants and going for the job were finding it difficult to manage their children's time, money, and nutritional requirements. Since they were continuously on work, job search or some training, they could not even cook nutritious meals or afford healthy meals for themselves or for their children. This inadequacy was taxing the well-being and nutritional health of single mothers and their children. The researchers recommend that future research focus on how single mothers from different countries face women's basic hardships like food production and relieving hunger.

Greenberg and Shenaar-Golan (2018) studied the single mother's management of poverty with the higher education programs' gets help from their children's perspective in the Northern Israel areas. These families receive support from governments like grants and specially designed higher education programs for those who did not pursue higher education, leading to new jobs and improved family economic conditions. The in-depth interview method was used for data collection. The quality time spent by mother and children were mutual learning activities only. After the single mother joined college, children sensed the new identity emerging within her and regarded her success. Due to the mother's effort in

joining college program and improving family conditions, children felt proud and started to treat mothers as role models. They felt the absence of mothers, but it has become a motivator to improve the communication between mothers and children and increase the children's wish to pursue higher studies.

Avram, Brewer, and Salvatori (2018) analyzed the state of single parents who search for work and claim benefits from the Government of the UK. Secondary data from the UK's Department for Work and Pension called Work and Pension's Longitudinal Study was used. The main aim was to show the policy Lone Parent Obligations on single parents who received unconditional Income Support (IS) benefits and later got changed into employment and other welfare benefits. Single parents who lost the IS grants were differentiated into treatment and control groups based on the age of their youngest child and also based on the government grants like Income Support (IS), Employment and Support Allowance(ESA), Job-seekers Allowance (JSA), Career's Allowance(CA). It was found that the single parents who lost are gradually moved into work; some were able to gain disability benefits by providing proper evidence and gaining the approval from concerned policy officers and needed single parent got non-claimant unemployment benefits.

Glveanu (2015) studied sixty five single-parent families with children aged seven to eleven years to understand their parenting competencies about other demographic factors. Parental Competence Questionnaire, Affective Support, Stress Management Inventory, Disciplining Inventory, Time Management Inventory, and Crisis Management Inventory were used. Descriptive statistics and one-way ANOVA analysis were performed. The results showed that single parents from the rural area had higher emotional support and were equipped with good disciplinarian measures in handling their children compared with single parents from the urban area. It was also established that parents who have a lower economic background showed lower competence in parenting.

Communication in a Single Parent Family

Weber, Alvariza, Kreicbergs, Sveen (2019) explored the communication in single parent families where one parent was dead within four to fourteen months from the children's reference. Four families were interviewed, and inductive content analysis was made. The themes emerged from the analysis: communicating without hindrance about the new difficulties, loss of the loved one, grief and bereavement, and reaching for aid were essential and had to be fostered. So the results showed that communication was influential in the

family's adjustment and coping mechanisms. It is vice versa, i.e., the family's communication will get affected by adjustment and coping mechanisms.

Tran, van Berkel, van IJzendoorn, and Alink (2018) investigated the various forms of maltreatments and its connecting factors to adolescents in Northern Vietnam. One thousand eight hundred fifty-one school students aged twelve-seventeen years filled child maltreatment questionnaire and demographic questions. Bivariate correlation and logistic regression analysis were calculated. Observing parents' fight, emotional harassment, etc. increases with age, and boys experience more abuse than girls. It was found that single parent family adolescents experience more sexual torture, emotional pain, parent's fight, rejection by parents, and different types of maltreatment. This research prioritised single parent families in parenting programs and suggested implementing interventions to prevent child maltreatment early because the risk of child maltreatment increase with age. More research on emotional abuse and "Tiger Parenting" in Vietnam could illuminate emotional abuse linked with high socioeconomic status and parental employment.

Hornberger, Zabriskie, and Freeman (2010) collected data from three hundred and sixty-two single parent families with minor children(ten - seventeen years) in the US with the help of a private data collection agency. The main aim was to identify how family members' leisure time and involvement in leisure affect family functioning in both single and two-parent families. Family adaptability and cohesion scale, socio-demographic details, and family leisure activity profile were measured. It was found that leisure time has a positive relationship with family functioning and cohesion. Family leisure involvement related to family cohesion and family adaptability, while core family leisure showed diversity in family functioning constructs from the parent, youth, and family perspectives. Due to the complex needs of the single-parent families - survival of the family structure and fulfillment of necessities were given more importance than spending leisure time with their children.

Mental Health Status

Sinha and Ram (2018) analyzed the mental health state of fifteen -twenty four aged unmarried young individuals in India compared to their parent's marital status. Secondary data from the Youth in India Survey (2006-2007) collected from Rajasthan, Bihar, Tamil Nadu, Andhra Pradesh, Maharashtra, and Jharkhand was used. Global Health Questionnaire was used to manage the data. Bivariate and multivariate statistics were used to analyze the data. The results revealed a significant correlation between parents' longevity and the mental

health of the children. Moreover, the youth living with single parents showed more possibility to get psychological disorders than the child living with both the parents. Daughters from single parent families showed more proneness for mental disorders than male counterparts, and it may be due to social prejudice, stigmatization among the culture. The researchers recommended that policymakers give special consideration to children from single parent families for quality education and employment opportunities.

Richter and Lemola (2017) examined the secondary data from the SOEP database of Germany. The Life Satisfaction, Social Economic Status, Occupational Prestige, Education of Parents, Doctor's visit, Marital Status of people aged from eighteen - sixty-six years were collected. Six hundred and forty-one individuals from single mother family; one thousand five hundred and thirty-nine individuals got into single parent family after early childhood and twenty thousand nine hundred and forty-three individuals from dual-parent family were taken into study. Hierarchical multiple regression analyses and structural equation modelling were done. The results showed that the individuals who lived the entire life with a single mother have very lower life satisfaction than individuals who lived only part of their experience with a single mother. Other factors like poor health, economic conditions, social contacts, romantic partners, etc., also paved the way for lower life satisfaction in adulthood. Individuals from the Federal Republic of Germany and Socialist German Democratic Republic did not show any life satisfaction variation. It does prove that cross-cultural factor has no reduction in the problem of single parent family.

Johnson, Torres, Sykes, Gibson, and Baker (2017) studied cancer patients' grief towards the death of their loved ones and their effect on their mental health. Bereavement Questionnaire, Depression Inventory, Anxiety Inventory, Somatization Inventory were given to one hundred and fifty-three cancer patients aged thirteen-twenty-one years. Descriptive statistics, Mantel-Haenszel Chi-Square test, and Kruskal Wallis test were used. The results showed that cancer patients who lost their parents and friends had a higher risk of mental health problems. Since cancer patients' perception over bereavement as slow and ongoing, immediate research and interventions for loss in cancer patients and other chronic illnesses were highly recommended.

Dijanac (2016) studied one hundred and fifty-five (seventeen - thirty-one years of male and female) subjects from single parent family who lost their fathers due to sudden deaths. The study aims to analyze whether anger has become a personality due to the

problems caused during childhood. Various socio-demographic variables like age, SES, and other psychological factors like cause of parent's death, psychological professional help, presence of anxiety, depression, etc. and the aggression-related contingencies were also studied. Socio-demographic data, the State-Trait Anger Expression Inventory–2, the Zung Self-Rating Anxiety scale, the Zung Self-Rating Depression scale, and the Mini International Neuropsychiatric Interview were used for data collection. A hierarchical regression analysis was used to analyze the results. The results show that the anger as a personality was due to the loss of a father at a young age and the presence of irritability, showing anger-related behaviors at the slightest provocation. The socio-demographic variable, i.e., Marriage – the married subjects possess minimal anger compared to the unmarried ones.

Daryanani, Hamilton, Abramson, and Alloy (2016) speculated that children from single-mother families were more prone to psychopathology issues and attempted to make meaning of the underlying cause. They took three hundred and eighty-five adolescents and their single mothers from a multicultural background. They hypothesized that Single mothers would possess more negative parenting behaviours, which would serve as a causal factor for psychopathology in adolescents compared with dual families. Researchers used demographic forms, Children's Report of Parental Behavior inventory, Kiddie-Schedule for Affective Disorders, Schizophrenia-Epidemiological version, Children's Depression inventory, Multidimensional Anxiety scale for Children and Children's Life Events scale, and the collected data were analyzed using exploratory analysis. The results revealed that single mother's controlling behaviours predicted the adolescent's depressive symptoms and externalizing disorders. When compared with boys, girls were prone to depression due to the controlling single mother. Moreover, the rejection from single mothers serves as a significant predictor in adolescents externalizing behaviour. However, in dual families, rejection from the mother was not serving as a predictor for externalizing behaviour. The researchers concluded that single mothers were not inferior to dual families, but there is a significant need for change in the parenting practices. They also added that low socioeconomic status and stressors were the reasons for single mothers negative parenting behaviours.

Agero and Guhao (2016) conducted in-depth and focused group interviews on understanding the fourteen single mothers of school children in Bansalan, Davao del Sur. Seven participants attended in-depth interviews, and seven attended focused group interviews. During the research process, the following themes emerged from the single mothers: self-sacrificing nature, fear, insecurity, steadfastness, challenging issues, etc. It was

also found that single mothers had learned some beautiful experiences out of their life. They were withstanding adverse situations with bravery; being optimistic; believing, forgiveness; love without expectations, dreaming big, and making meaning out of experiences. This study was recommended to understand single parents and their community's state so that children from these families will get benefitted.

Stephen and Udisi (2016) examined the impact of a single parent family on children. One hundred and fifty adolescents aged between twelve to seventeen years from both single and two-parent families in Amassoma Community were studied. One hundred fifty self-report items adapted from various questionnaires were used, and secondary data were also included in the study. Simple percentage and Kendell's method was used for analysis. It was concluded that boys from single parent family get affected more when compared to the girls, and the younger the child during the separation, the more the impact of the trauma. Apart from economic issues, their well-being in these entire areas- emotional, social, educational, behavioral were also affected.

Shenoy, Lee and Trieu (2015) used the data from Spring 2013 data of the American College Health Association-National College Health Assessment. They studied the challenges faced by community college students from single parent family and the link between mental health issues like depression, self-injury and suicide attempt with single parent family. Three hundred and nine students belonged to the Single Parent Family among six thousand eight hundred and thirty-two students. ACHA-NCHA instrument data used in the data were analyzed using univariate and bivariate descriptive analysis. The results revealed that the issues in the family, like family relationships had an impact on the single parent family students. They showed more suicidal attempts and mental health issues than the students from different family structures.

Melhem, Porta, Shamseddeen, Payne, and Brent (2011) reported the effect of Grief in Youth bereaved by parent's death caused by suicide, injury, or other natural causes. This longitudinal study focused on one hundred and eighty-two grievors aged seven through fifteen and their surviving parents. A modified version of Adult Inventory of Complicated Grief, Schedule for Affective Disorders and Schizophrenia for School-aged Children, Mood and Feeling Questionnaire, Screen and Feeling Questionnaire, Child PTSD questionnaire, Suicidal ideation – Junior Inventory, Beck Depression Inventory, Beck Anxiety Inventory, PTSD Scale, Adult Suicidal Ideation Questionnaire, Life Events Checklist, Shortened

Readjustment Rating Scale, Hollingshead Scale, Social Readjustment Scale, Family Adaptability and Family Cohesion Scale II, Survey of Children Social Support, Multidimensional Scale of Perceived Social Support, Aggression Questionnaire, Weinberger Adjustment Inventory- Self Esteem Subscale, Kidcope Checklist and Ways of Coping Questionnaire, etc., were assessed. Semi-structured interviews and Clinical interviews were performed for understanding the death of the parent and clinical symptoms of the griever, respectively. Paired T-tests, Post hoc pairwise comparisons, Bonferroni corrections, Multinomial Logistic Regression, etc., were performed. The results showed that for most of the sample, the grief reaction subsided over time. Some minority among the selection showed prolonged grief, which eventually led to depression and other functional issues. It was also found that the caregiver's well-being after the parent's death was the sole factor of child/adolescent well-being. If the Grief reactions over the death of a parent did not stop even after a prolonged period, the adolescents might develop functional impairment or depression. Thus, the researchers recommended research on interventions to handle grieving children and adolescents from single parent families and assist the remaining parent.

Physical Health Status

Chiu, Rahman, Vigod, Lau, Cairney, and Kurdyak (2018) examined the mortality rate of single fathers compared with single mothers and both parents from two-parent families. Secondary data from the Canadian Government's community health survey was used to analyze eight hundred and seventy-one single fathers, four thousand five hundred and ninety single mothers, and sixteen thousand three hundred and forty one partnered fathers, and one thousand and six hundred and eighty eight partnered mothers. Cox proportional hazard model, socio demography, lifestyle, and clinical factors were analyzed using ANOVA and Kruskal Wallis Test. It was found that single fathers hold a higher risk of mortality factors. Understanding the social profile of single fathers will help treat them well in advance.

Tafà, Cerniglia, Cimino, Ballarotto, Marzilli, and Tambelli (2018) wanted to know whether the loss of a parent and a surviving parent with psychopathological symptoms might lead to physical illness in the adolescents. Four hundred eighteen adolescents who had lost one parent by three years old and their single parent were included in the study. Physical Health Assessment, CBCL -16 measure (Child psychopathology symptoms), Child Disassociative Checklist, SCL-90 R (Parental Psychopathology symptoms) were used, and they were monitored for six years. Uni-Variate Cox Proportional Hazard Regression analysis

with time-dependent variables was performed. This longitudinal study showed that the surviving parent's psychopathological risk and trauma induced by the loss of death parent contributed to the adolescent's illness. The dissociation of adolescents aggravated physical problems, specifically during puberty.

Buresova, Bartosova, and Cernak (2015) conducted research on self-harm in adolescents and its connection with parenting styles, gender differences. One thousand one hundred ten adolescents aged eleven - sixteen from the Czech Republic were used in this study. Among them, six hundred and fifty from two-parent and four hundred and sixty from divorced single parent families. Self-harm Behaviour Questionnaire, Demographic questions, Self-harm Inventory, and Questionnaires for Parenting Styles in the Family were used. It was found that adolescents from single parent family exhibited more self-harming behavior than other adolescents. The results also indicate that an ineffective parenting style might lead to risky behaviors far worse than self-harming.

Academic Performance

Watt (2019) assessed seven Single Parents and three elementary school teachers using surveys formed by the researcher, namely, Parent Involvement Survey and Involvement Survey - Teacher Sample and Partnership for Assessment of Readiness for College and Careers (PARCC), and student report cards. The researcher computed descriptive statistics and Pearson Product Moment Correlation to make sense of the data collected. The results revealed that there was a relationship between student learning and socioeconomic status and parental involvement. Amidst parent involvement activities like participating in parent teacher meeting, reviewing report cards, assisting students in the learning process, attending open house meetings and field trips, there was a strong relationship between single parents reviewing report cards and student's learning.

Abuya, Mutisya, Onsomu, Ngware, and Oketch (2019) collected secondary data from an ERP research program to understand the academic outcomes of eight thousand two hundred and thirty-three school children aged six to fourteen slums of Nairobi, Kenya. Data of academic result, structure of the family, social economic status, siblings, category of the school, age, gender, etc. were used in this study. Descriptive statistics and Univariate, Bivariate Logistics Regression Models were used. Children from dual-parent families showed good academic outcome when compared with single parent and step-parent families. The

researchers recommended that to gain good academic outcomes, single parent families needed to be strengthened.

Lange, Dronkers, and Wolbers (2014) used the secondary data from the Organization for Economic Co-operation and Development for Programme for International Students Assessment (2000-2003) consisting of details about 209,300 of fifteen years old students from twenty five countries. The aim was to identify the extent of single parent family share in the school effect over the students' academic performances. It was found that the percentage of available parent family students in the school had less impact on the educational outcome of the students in general. The school's staff number had nil effect, and the school's socio-economic status has a partial impact on students' academic outcomes from a single-parent family. The presence of a mother with a guardian in the family had positive effects on academic results.

Role of Other Relationships

Savolainen, Kaakinen, Sirola, and Oksanen (2018) analyzed how connecting with a group of friends is related to internet usage and alcohol addiction. Fifteen to twenty-five-year-old participants finished questionnaires like AUDIT-C, South Oaks Gambling Screen, Compulsive Internet Use Scale, and General Health Questionnaire. The multi-step regression approach and Sobels test were used, and the results showed that all types of addictions were connected with psychological distress. The sense of belonging with a friend's gang leads to low internet usage and more alcoholic consumption.

Apelian and Nesteruk (2017) focused on parental loss in the youth through their reflections. This qualitative study analyzed the effect of a parent's death from childhood, and it continued until late adolescence. Eleven children of eighteen-thirty years underwent a semi-structured interview with fourteen questions about their lifestyle, communication, coping, etc., before and after the parent's death. Interview data, transcript, and demographics were able to fit into the Double ABC-X model of family stress and adaptation, and it was used to explain the results. Stressors like economic issues increased responsibility, and loss of a parent made them seek strong support from friends, relatives, and extended social networks. They also developed their managing strategies like working hard in school, relying on friends as a distraction, and seeking alone. The whole process made them attain maturity earlier than their peers and changed their overall outlook.

Chen (2015) used Taiwan Educational Panel Survey (TEPS) data to understand grandparents' part in a single parent family in Taiwan. Among the large pool of data set - sixteen thousand six hundred and ninety-seven data of two-parent families, single-father families, and single-mother families were taken. General Cognitive IRT Scale, Socio-Demographics Variables like Age, Social Economic Status, Living Arrangements, etc. were collected in this survey. The OLS regression method was used in this study. It was found that single fathers were more willing to settle with grandparents, and the adolescents/youths from single father's family gained more cognitive results and better academic performances. Single mothers who shared their living with grandparents found to spend more money on tutorial purposes.

Psychological Well-being and the College Students from Single Parent Family

Boeret al. (2020) portrayed the data of 105,400 adolescent's social media usage association with well-being. Assessments like Cantril's ladder, HBSC Symptoms Checklist, Multidimensional Scale of Perceived Social Support were used in the adolescents of twenty-nine countries. Descriptive statistics, Bivariate Correlation, and Stepwise Regression Analysis (the best fit model was evaluated using Bayesian Information Criterion and Akaike Information Criterion) were used. Uniformly, all the countries' results showed that the usage of Social media, when it reaches the level of addiction, leads to a reduction in the adolescent's well-being levels of school, mind, and society.

Dierckenset al. (2020) collected data from 244,777 adolescents from seventeen countries. This study associated national wealth and income inequality with socioeconomic inequalities in adolescents' mental well-being. Psychological, social symptoms, and life satisfaction were analysed using descriptive statistics, correlation, and regression. When the national wealth index was more and the inequalities were low, adolescents' psychological and somatic symptoms reported low. Divergently, when the gross national income level was more psychological and somatic symptoms were more and socioeconomic inequalities positively correlated with psychological symptoms and life satisfaction.

A photovoice method was used to research twenty-one adolescents from rural and urban areas of Udupi, India. The study's main aim is to explore adolescents' emotions in their personal space, the reference frame on the relationship with others, and their adjustment levels. A total of one-hundred and twelve photographs from their journal and in-depth interviews were taken using the showed model. The data collected were categorized into

themes and subthemes and analysed with the help of ATLAS ti software. The participants were able to realize the meaning behind their activities in Microsystems. The results revealed that adolescents experienced gender bias and struggles, specific to Indian culture, in relating and adjusting with others (Sekaran, Bailey, Kamath, Ashok, and Kamath, 2020).

Lee, Lee, Greene, and Shin (2019) used healthy development school projects secondary data, which assessed four thousand and ninety-eight students from countries like Laos, Mongolia, Nepal, and Sri Lanka. The main aim is to study psychological distress and its association with different domains like self, family, and society. Chi-square tests, bivariate and multivariate logistic regressions were performed. Thirty-three percent of the sample had psychological distress, and fourteen percent of the students possessed suicidal ideation and these findings showed the serious nature of the mental health issue. Parental monitoring and bullying correlated with psychological distress.

Lang, Brand, Colledge, Ludyga, Puhse, and Gerber (2019) used cross sectional and prospective data to examine the connection between sleep and psychological functioning with self-reported physical activity and the belief about physical activity. Eight hundred and sixty-four participants filled out International Physical Activity Questionnaire, Insomnia Severity Index, Pittsburg Sleep Quality Index, Epidemiologic Studies Depression Scale, Adolescent Stress Questionnaire, Satisfaction with Life Scale, Mental Toughness Questionnaire. Descriptive statistics, ANCOVA, and MANCOVA, were performed. The participants who were active in physical activity and perceived themselves as dynamic showed better Psychological functioning. It was also found that the participants who believed they were physically active had a better sleep.

Kaltenegger, Laftman, and Wenberg (2019) took the secondary data from Stockholm school survey to study about twenty-one thousand eight hundred and eighty-six students to investigate whether psychological health serves as a moderator on unhealthy activities like gambling, heavy drinking. Descriptive statistics, binary logistic regression analysis was performed, and the results showed that impulsivity was a weak predictor in explaining psychological problems and several social demographics variables that were risk factors for risk gambling and HED. Psychological problems negatively moderated the adolescent gambling and heavy drinking, and the impact was well pronounced specifically on females.

Saquiba, Saquibb, Wahida, Ahmeda, Dhuhayra, Zaghouloula (2017) wanted to investigate video games addiction and its relationship with mental health in two hundred and

seventy-six students from Saudi Arabia. The students were assessed with Body mass index, General Health Questionnaire, Video Game Questionnaire, and Arab Teen Life Study. Descriptive statistics, multivariate logistic regression, were calculated. The results showed that the level of psychological distress is almost equal in males and females. The presence of overweight or obesity is also noted in thirty-two percent of the sample. Specifically, female students showed less sleep time when there is an increase in in-game time. Since the proportion of students with psychological distress was more, it would be more appropriate to examine the other possible correlates such as individual characteristics, family factors and academic outcomes.

Vyskocil (2018) studied the status of single mothers studying degrees and rearing children simultaneously. The researcher wanted to understand the hardships in balancing studies and children, single mother's perception of positive and negative parenting. They also wanted to know the thinking of the single mother about Government or Institution's assistance in fees for both children and them. The thematic analysis showed that the single mother's awareness of necessitated and bidding time demands lead to the identity formation of "good mom" and "good student". They also felt guilty because of several reasons like, missing some events at family and college; poor classroom performance; losing space in the class because of missing evens and low performance; perception about moral support by teachers or professors; thinking related to the institutional support because of their single parent situation; financial debts and other needs and supports aid in the completion of the degree. The narratives showed how the pressure from self, others and the environment to perform as a better student and mother acts as a stressor. Single mothers had experienced shame because of the instructors' behaviour, like criticizing them for bringing a child to class or reprimanded them for bringing a child to a forum where the theme was not appropriate to the child. Single mother's parents registered the challenges due to the education loan. They also shared their apprehension about how their daughter will handle the situations forced on them like high debt, low paying, not suitable jobs, high cost of living, if debt loads were too high to be supported by income, job insufficiency was experienced, or cost of living was too high to support both debt and living expenses.

Kapustina (2016) had analyzed the socialization process of adolescents in both single and dual-parent families. One hundred and eighty-five participants from thirteen to sixteen years and out of them, seventy-two adolescents were from single parent family. The Scale of Trait Anxiety, The Method of Communicative and Organizational Aptitudes, My Family,

Parent-child Interaction, Fundamental Interpersonal Relations Orientation (FIRO-B), State Trait Anxiety Inventory (STAI), the Individual Typological Questionnaire, Socio-Psychological Adaptation's Questionnaire, the Buss-Durkee Hostility Inventory, Individual Typological Questionnaire were used in this study. The correlation between the variables was analysed using the Spearman rank correlation and Mann-Whitney U Test. The analysis showed that there was a difference in socialization in adolescents based on single and dual-parent families. Apart from the other dispositional factors like interpersonal anxiety, verbal hostility, negativism, extraversion, rigidity, sensitivity, aggression, and emotiveness contributions also exist.

Seymour (2015) researched the connection between psychological well-being and positive and negative effect, planning towards future goals, and how it got influenced by the social demographic factors. Two hundred and one school students with an age range of fifteen - nineteen completed self-report measures of effect, Positive well-being, and Subjective Socioeconomic Status were used. Descriptive statistics, Bivariate Correlation, Regression, Independent t test and Fischer Transformation Z score were computed. The positive impact related to psychological well-being dimensions like personal growth, self-acceptance, and purpose in life. The adolescents from lower socioeconomic backgrounds had more positive affect, self-acceptance scores, and positive planning towards the future when compared with high socio-economic background adolescents. Academic and job-related goals related to Personal growth and Purpose in Life.

Sagone and De Caroli (2014) studied the connection between sub domains of psychological well-being (Carol Ryff) and resilience (Wagnild and Young) in two hundred and twenty-four late adolescents aged between fourteen to eighteen years. The adolescents got assessed with Psychological Well-being Scale and Resilience Scale. The results of Stepwise Regression analysis and t-test implied that the adolescents who were able to find ways to grow from their environment showed resilience and psychological well-being; middle adolescents had more clarity in choosing and realizing their abilities, and finally, boys were able to identify and express needs, attitude, acceptance when compared with girls.

Tu, Lee, Chen, and Kao(2014) checked the connection between depression, parents, psychological control, and antisocial behaviour in three hundred and seventy-seven Taiwan high school students. Chinese Paternal Psychological Control, Chinese Maternal Psychological Control, Children's Depression Inventory, and Antisocial Behaviour Scale

were assessed. T-tests, correlation analysis, and hierarchical regression analysis were calculated. It was concluded that the mother's psychological control predicts antisocial behaviour and depression's role as a mediator of parents psychological control, and anti-social behaviour was statistically significant.

The researchers aimed to understand the impact of teaching creative and critical thinking skills on the locus of control and psychological well-being of adolescents. They used random clustered sampling and selected forty students (fifteen years) and randomly categorized into test and control groups, and the test group received twenty hours of training sessions. The researchers assigned the student's groups to fill in the assessments like the California Critical Thinking Skills Test Form B, Abedi-Schumacher Creativity Test, Locus of Control Test, and Psychological Well-being Inventory. Independent t-test results revealed that there was a significant enhancement in the creative thinking and critical thinking in post-intervention phase. MANCOVA results showed a statistically significant improvement in the levels of locus of control and subjective psychological well-being (Flor, Bitar, Monir and Zohreh, 2013).

Grit and College Students from Single Parent Family

Alhadabi and Karpinski (2019) studied Grit's connections, Self- efficacy, achievement orientation goals, and academic performance in two hundred and fifty-eight university students. Demographic variable, academic information, cumulative grade point average, grit scale, modified achievement goal orientation scale, and modified self-efficacy scale were measured. Path analysis and final mediation model were performed. Through parallel and mediation methods, it was understood that Grit positively associated with academic performance when mastery and approach goals were intact, and Grit was negatively associated with a theoretical account in the presence of avoidance goals. Self-efficacy act as a supportive and protective role by enhancing the positive impact of mastery and performance-approach goals and decreasing the negative effect of avoidance goals on academic outcomes.

Gruenberg, Brock, and MacDougall (2019) investigated the Grit scores in Pharmacy students and their connection with academic and professional outcomes. Eight hundred fifty-two students' data on demographic variables, grit scale, grade points, advanced pharmacy practice experience ratings, and residency match results were collected first in 2016 and again in 2017. Descriptive statistics and logistics regression analysis were performed. The results showed that higher grit scores were not connected with higher academic or professional

performance. Though the variation of grit scores in the students throughout the year may be due to some external factors, a challenging situation was the requirement to bring out the gritty nature of the students.

Tang, Wang, Guo, and Salmela-Aro (2019) speculated the connection between grit and academic outcome, analysed the effect of growth mindset and goal commitment on grit, and determined the mediation effect of grit on goal commitment, academic results, and growth mindset. 2018, sixth to ninth class students from Finland were taken for this longitudinal study. Grit-s scale, growth mindset measure, personal project analysis inventory, schoolwork engagement inventory, gender, SES, academic persistence, academic goal orientation scale, conscientiousness, and GPAs were measured. Descriptive statistics, structural equational modelling, and correlation were performed. gender, SES, academic persistence, academic goal orientation, conscientiousness was controlled. In sixth standard students, grit was predicted by goal commitment and not by growth mindset. In the case of eighth and ninth class students, perseverance related to school achievement and engagement. The results showed that goal commitment had to be encouraged for this sample than a growth mindset.

Kim and Hong(2019) studied the outcomes of grit and academic self-efficacy on major satisfaction of students in health-related matters. Two hundred and ninety university students attended questionnaires like Grit scale, self-efficacy scale and major satisfaction scale. They used independent samples t-test, ANOVA, Scheffe's Post hoc analysis, Pearson correlation and Multiple regression. The results showed that female students were more greater than their male counterparts, and male students had more academic self-efficacy than the female. The researchers also found that the grit and academic self-efficacy did not depend on the major satisfaction. Nevertheless, academic self-efficacy had a positive impact on major satisfaction. The sub factors, perseverance of effort and self-control, did have a positive influence on major satisfaction. The researchers suggested conducting educational and counselling programs would enhance the Grit level of the students.

Cosgrove, Chen, and Castelli (2018) examined the relationship of grit, school attendance, physical areas like BMI, physical fitness in connection with academic performance. Three hundred and ninety-seven (seven - twelve grades) Hispanic students from Southern parts of the United States were measured using fitness gram assessment for physical fitness, short grit survey. Secondary data collected from the school were socio demographic

details, attendance, and academic performance scores. Descriptive statistics, spearman correlation, and hierarchical regression statistics tests were used. It was found that students with high grit scores and a low number of total absences showed good academic performance. Grit and school presences served as positive factors towards physical health and academic outcomes.

Bazelais, Lemay, Doleck, Hu, Vu, and Yao (2018) researched three hundred and nine Pre-university students from Montreal, Canada. Grit scale and mindset scale surveys were used. The focus of the study was to predict the academic achievement with the help of grit and mindset. ANCOVA, hierarchical multiple linear regression analysis, and descriptive statistics were used. It was found that academic achievement cannot be predicted with the help of grit and mindset at the level of college Students. Training the students in perseverance and passion will increase pro-social behaviour and lead to attitudinal change, which may indirectly improve academic achievement.

Holdan, Lias, Locke, Elfen, and Buzzelli (2018) compared the academic outcome of gritty and low grit scored students. Grit scale and Pearson correlation were used in this study to understand one hundred and twenty four mathematics undergraduate students data. The results showed that students with low Grit scores had scored equally high marks in Maths like Gritty students. It was concluded that in this sample, the Grit score has no relationship with the academic outcome.

Kannangara, Allen, Waugh, Nahar, Khan, Rogerson, and Carson (2018) conducted mixed-method research on three studies to understand the importance of Grit away university students. Four hundred and forty uuniversity students were given the Grit scale, Perceived stress scale, short Warwick Edinburg Mental Well-being Scale, National Well- being items, and Self Control Scale. The results showed that girls were grittier than boys, and Self-control had a higher correlation with Grit. In the second study, Grit scale, perceived stress scale, short Warwick Edinburg mental well-being scale, National well-being items, self-control scale, and additionally resilience scale and mindset were administered to three hundred and forty students. The results showed that the students with higher Grit scores had more self-control, mental well-being, and resilience and possessed more growth mindset, and Grit varied with age and more associated with self-control. A semi-structured interview was administered to ten successful graduates. The themes that emerged from the interview were

passion, perseverance, self-control, and positive mindsets. Based on these results, the researchers were formulating the Bolton Uni Stride Scale.

Vyskocil (2018) studied the status of single mothers studying degrees and rearing children simultaneously. The researcher wanted to understand the hardships in balancing studies and children, Single mother's perception of positive and negative parenting. They also wanted to know the thinking of the single mother about Government or Institution's assistance in fees for both children and them. The thematic analysis showed that the single mother's awareness of necessitated and bidding time demands lead to the identity formation of "good mom" and "good student". They also felt guilty because of several reasons like, missing some events at family and college; poor classroom performance; losing space in the class because of missing evens and low performance; perception about moral support by teachers or professors; thinking related to the institutional support because of their Single Parent situation; financial debts and other needs and supports aid in the completion of the degree. The narratives showed how the pressure from self, others and the environment to perform as a better student and mother acts as a stressor. Single mothers had experienced shame because of the instructors' behaviour, like criticizing them for bringing a child to class or reprimanded them for bringing a child to a forum where the theme was not appropriate to the child. Single mother's parents registered the challenges due to the education loan. They also shared their apprehension about how their daughter will handle the situations forced on them like high debt, low paying, not suitable jobs, high cost of living, if debt loads were too high to be supported by income, job insufficiency was experienced, or cost of living was too high to support both debt and living expenses.

Hwang, Lim, and Ha(2017) analysed the association between age, Grit, conscientiousness, self-control, and school success of five hundred and nine female university students in Korea. Researchers used the Grit scale, self-control scale, the international item pool big five and academic maladjustment scale in the data collection. Structural equational modelling was used to do the statistical analysing part. The results showed that the perseverance of effort negatively correlated with academic maladjustment and positively correlated with grade scores. Grit showed a positive correlation with conscientiousness and self-control. Age factor showed direct and indirect effects on Grit and academic success.

Tovar-García (2017) compared Grit's impact on educational outcomes among native Russian students and migrant students from Central Asia, Tatar. Two thousand and thirty-three ninth class students and one hundred and seventy eight migrant students were measured with educational achievement index, family background index, school quality index, and grit index. Basic descriptive statistics, mean comparative indexes, t-tests, correlation co-efficient, regression were performed. The results showed that the Grit was a major factor in understanding native and migrant students' educational outcomes. Regarding academic products, Grit has reduced the educational gap between the majority of migrants and native students, but for Tatar migrants, the Co-efficient Grit value was negative. It showed that migrants' low educational outcomes due to the lower socio-economic status, culture, and other challenging situations could be changed by developing Grit.

Sharkey, Bakula, Gamwell, Mullins, Chaney, and Mullins (2017) examined four hundred and seventy Undergraduate's Grit and its connection with health-related quality of life and health care management skills. Short Grit scale, transition readiness assessment questionnaire, short form survey-36 was used. Descriptive statistics, hierarchical regression analysis, mediation model was calculated. Grit scores were positively related to the physical and psychological dimensions of health-related quality of life and health care management skills. It was also revealed that health care management skills mediated the Grit and physical aspects of quality of life and not for psychological elements. Exploratory analyses showed that Grit directly connects with the psychological aspects of health-related quality of life, and the mediating factor has to be found in future research.

Vela, Lu, Lenz, and Hinojosa (2015) analysed the positive psychology variables and their effect on the Grit of one hundred and twenty-eight Latin college students. Meaning in life questionnaire, subjective happiness scale, hope scale, pan-hispanic familism scale, and short grit scale were measured. Descriptive statistics and multiple regression analyses were performed. The results showed hope as a strong predictor of Grit, i.e., as expectancy increases, Grit also increases and vice versa. The students who searched for meaning and purpose in life showed less Grit score. Familism did not have a connection with Grit for these students.

Pennings, Law, Green, and Anestis (2015) wanted to understand how suicidal thoughts develop into an act of suicide and examine the connection between the variables - suicidal ideation, hopelessness, and Grit nine hundred and thirty-four US military soldiers.

Beck hopelessness scale, grit scale, patient health questionnaire, beck scale for suicidal ideation, and depressive symptom index- suicidality subscale was measured. Descriptive statistics, ANOVA, primary analyses, correlation, were performed. The results showed that Grit served as a moderator between suicidal ideation and hopelessness. Gritty soldiers were able to evade suicidal ideation even with higher hopelessness, and thus Grit served as a protective factor.

Vainio and Daukantait (2015) investigated the relationship between Grit and psychological well-being, life satisfaction, and harmony in life. The organism theory was used to understand this relationship. Two studies were performed with one hundred and ninety-six university students and three hundred and ninety-six career pursuing adults. Pearson correlation, independent sample t-test, mediation model, bootstrapping, and little MCAR model, skewness, histograms were performed. Sense of coherence and authenticity was taken as mediators and gender as moderator. It was found that Grit had a strong positive relationship with psychological well-being, satisfaction with life, and harmony in life. Sense of coherence and authenticity mediated Grit and well-being for women in both studies and men in working adults alone.

Culin, Tsukayama, and Duckworth (2014) conducted two cross-sectional studies to analyse the individual differences in pursuing Grit and Happiness and how Grit relates to happiness – specifically, pleasure, meaning, and engagement. In the first and second studies, fifteen thousand and one hundred eighty-seven adults and three hundred and seventeen adults filled in the questionnaires of the Grit scale and orientation to happiness scale in authentic happiness and MTurk websites, respectively. Descriptive statistics, bivariate correlations, path model, were performed. It was found that Grit was directly related to engagement through effort and negatively connected with pleasure through interest, and that means, if the effort increases, Grit will also increase, leading to more engagement and if the pleasure activities increase, interest will get decreased, leading to low Grit level. It was also found that Grit strongly correlated with engagement rather than meaning.

Resilience and College Students from Single Parent Family

Enrique, Mooney, Salamanca-Sanabria, Lee, Farrell, and Richards (2019) conducted randomized control trials on seventy-five college students to examine the efficacy of internet intervention performed by a software program individual to improve Resilience. These students were segregated into three groups with every twenty-five participants: Intervention

with a human support group, intervention with automation group, and waiting list group. Connor-Davidson Resilience Scale, Pemberton Happiness Index, Brief Resilience Scale, Patient Health Questionnaire, Rosenberg Self-Esteem Scale, and Perceived Stress Scale, Satisfaction with Treatment were assessed. Linear mixed model analyses, T-tests, descriptive statistics, chi-square tests were performed. The results showed that there was statistically significant evidence for internet-based intervention programs in promoting resilience.

Karela and Petrogiannis (2018) analyzed the children's (four - seven years) Emotional well-being after parental divorce in the light of Bronfenbrenner ecological systems theory and Kurdek's model of divorce in Greece. In this correlation study, one hundred and thirty divorced parents with a child were taken. Following scales like Affective Wellness Scale for Pre-School Children, Overt Hostility Scale, Quality of Co-Parental Communication Scale, Home and Family Questionnaire, Life Event Schedule, Nijmegen Child Rearing Situation Questionnaire, Social Support Scale, and Life Satisfaction Inventory were assessed. Correlation analysis was performed. It was found that at the micro system-level-warm parental communication, affection, and absence of parental stress were positively correlated with child's emotional well-being. In Meso system level, the supportive co-parenting, children's emotional and social competence and in exo system level, supporting social groups and parent's life satisfaction were the factors that were positively correlating with child's emotional well-being.

Cortina, Stein, Kahn, Hlungwani, Holmes, and Fazel (2016) hypothesized that children handle the adverse situation through resilience by using their cognitive interpretation to prevent negative outcomes. They studied the cognitive performance of children about psychological functioning and perception of school environment. One thousand twenty-five children aged ten -twelve from the poor rural population of South Africa were assessed with cognitive triad inventory for children, child behaviour checklist, youth self-report, the trauma symptom checklist, and post-traumatic stress scales, and strength difficulties questionnaire. Descriptive statistics, linear regression, ANOVA, pearson, and spearman correlations were performed. The results revealed that children with negative cognitions could develop depression, anxiety, and other psychological problems. The children with positive cognitions about school tend to handle adversities successfully.

Leventhal, DeMaria, Gillham, Andrew, Peabody, and Leventhal (2016) investigated the girls first program's efficacy, which trained adolescent girls to improve their physical

health. Three thousand girls from Bihar participated in this study were grouped into four groups, namely – RC (Resilience curriculum) only, HC (Health curriculum) only, RC+HC, and SC (School curriculum) only. Resilience curriculum with twenty-three weeks training, health curriculum with twenty-one weeks training was taught by their community elders above eighteen. Difference-in-difference ordinary least squares regression analysis and F tests were performed. Resilience curriculum has improved emotional resilience, social well-being, self-efficacy, and psychological well-being compared with students in the School Curriculum program. The results showed that the RC+HC combined curriculum helped to improve the physical health of the girls.

Anghel (2015) studied how the risk factors affect the psychological and educational resilience of two hundred and fifty-one romanian adolescents using the adolescent resilience scale, academic resilience scale, stressful events scale. Descriptive statistics, Skewness, Kurtosis, and Mann Whitney U tests were analysed. Adolescents with high-risk factors possessed lower psychological and educational resilience and academic performance. All these have a number on their emotional management, disrupting the healthy orientation of their future.

Regev(2014) conducted two types of research to understand how the closeness between father and daughter prevails in divorced and regular families and the effect of the same in attachment styles with future relationships. The data used in this study was obtained from the young adult data set. Young adult interview, self- report closeness scale, attachment security questionnaire, and family environment scale were measured. Descriptive statistics, mediation, and moderation analysis, hierarchial regression, etc. were calculated. In one study, five hundred and twenty-five men and women from both regular and divorced families were taken. It was found that closeness with father and divorced family got mediated only in women participants, and they felt less close after divorce. In the second study, ninety-threewomen were segregated into two groups, namely, relationally resilient women and relationally non-resilient women. It was found that women who experience closeness in relationships with dad and other relationships, even after experiencing the parental divorce, were the people who had satisfying co-parenting before the divorce, and that strengthens their relationship attachments.

Mrinde (2014) decided to study the hardships faced by secondary school students from single parent family. The researcher planned qualitative research with fifty secondary

school students from single parent family and five teachers and five heads. They investigated secondary school students from single parent family from five government secondary schools in Kinondoni municipality with three objectives. Researchers used interview, documentary analysis, and focus group discussions on investigating the causal factors behind low education attainment and tried to define the remedies. Thematic analysis was used in the collected data, and narratives were framed. The results revealed that the hardships faced by secondary school students from single parent family were complex and unique to the individual. Some of the identified challenges were financial issues, parental negligence, need for care, supervision and monitoring, low moral support and guidance, issues in socializing with others. Moreover, these challenges lead to poor educational attainment, low attendance, school dropout, and even health-harming behaviours. The financial issue seems to be the undercurrent among most of the challenges of the single parent family, so the researchers recommended the government to provide aid in paying the school fees. They also recommended that institutions organize more counselling and educational programs for both parents and students to handle the challenges of single parent family effectively.

Haddadi and Besharat (2010) tried to identify the connection between resilience and psychological distress, anxiety, depression, and mental health in two hundred and fourteen students aged nineteen-twenty-nine. Connor-Davidson resilience scale, Beck anxiety scale, Beck depression scale, mental health inventory, and general health questionnaire were assessed. Descriptive statistics and multiple regression analyses were performed. It was found that resilience was positively correlated with psychological well-being, i.e., directly proportional and negatively correlated with psychological distress, anxiety, and depression.

Zakeria, Jowkara, and Razmjoeb (2010) examined the relationship between parenting styles and regression. Three hundred and fifty-five university students of Shiraz, Iran, were taken for the study and assessed with Canner-Davidson resilience scale and steinberg's parenting styles scale. Pearson correlation and multiple regression analysis were performed. It was found that the acceptance–involvement parenting style was the statistically significant predictor of resilience and other types like the psychological autonomy granting style and behavioral strictness supervision style have a nil effect on resilience.

Thomas (2009) conducted qualitative research using multiple case study methodology and Richardson's resilience model in five university students (eighteen-nineteen years) to understand the state of Resilience and protective factors in handling their parent's divorce.

The major focus was on three elements—self-determination theory, protective factors like individual and family and community, and how they contributed to resilience. Demographic data, healthy kids' resilience assessment data, divorce artworks, resilience artworks, and interviews were collected. It was found that the three factors of self-determination theory, i.e., autonomy, relatedness, and competence, were the same as the protective factors of individual, family, and community, in determining resilience. From interviews, it was understood that good cognitive related coping strategies, support from different relationships, helping others, and understanding the importance of relatedness were essential for resilience.

Mindfulness and College Students from Single Parent Family

Shuai, Bakou, Hardy, and Hogarth (2019) wanted to check the efficiency of mindfulness training- specifically breathing practice in reducing the drinker's sensitivity to sound and alcohol seeking behaviour. One hundred ninety-two student drinkers with the age range of eighteen-fifty-two were assigned to different groups. The treatment group received a recording of breathing, and the control group got a speech on science experts, and after listening to this, a loud noise was produced to all groups. Patient-reported outcomes measurement information system alcohol use short form, the alcohol use disorder identification test, driving motives questionnaire revised, generalized anxiety disorder, patient health questionnaire depression scale was measured. ANOVA, exploratory correlations, moderation analysis, and Pearson correlations were performed. The results showed that mindfulness training has eventually reduced stress-induced alcohol-seeking behaviour. The results revealed that the breath counting versus control intervention improved subjective mood compared to prior intervention, attenuated the worsening of subjective mood produced by stress induction. It also stimulated recovery from a stress-induced increase in alcohol-seeking behaviour. Moreover, exploratory moderation analysis confirmed that the recovery from stress-induced alcohol-seeking by breath counting was weaker in alcohol-dependent participants. Mindfulness interventions may decrease problematic drinking by increasing resilience to stress-induced negative mood and alcohol-seeking, as observed in this study.

Jain, Connolly, Moore, Leuchter, Abrams and Ben-Yelles et al. (2019) assessed twenty-three dementia caregivers with DSM-IV, Questionnaires like Marwit and Meuser Caregiver Grief inventory, five-factor mindfulness inventory, quick inventory of depressive symptoms. Seventeen underwent fMRI, and they were shown the photograph of the deceased with or without a grief-related or neutral word. They were given four weeks of guided

imagery or relaxation. Descriptive statistics, robust regression analysis, and correlations were performed. It was found that grief and depression were negatively correlated with mindfulness, and the level of grief reduced after the training. Reduction in grief but not mindfulness or depression was predicted by increased relative BA in the precuneus and anterior cingulate regions. Thus, it can be taken as grief-related vs. neutral words elicited activity in the medial prefrontal cortex and precuneus. Showing a picture of the dementia deceased patient increased the brain region's activity like dorsal anterior cingulate gyrus and precuneus, and it can be served as a biomarker for future research.

Kindel and Rafoth (2019) examined the mindfulness training curriculum's impact on thirty-two Doctor of Physiotherapy students in the US. The students were divided into experimental and control groups and administered the Five-Factor mindfulness questionnaire and perceived stress scale before and after therapy. MANOVA, pairwise correlations were performed. It was found that training has improved perceived stress and mindfulness. A semi-structured interview was also conducted with students in the treatment group, and it was coded, and themes were extracted. The categories were prior experience, perception, mindfulness tools, challenges, stress management, self-regulation, continued application, and feedback. Quantitative analysis revealed that there was a significant improvement in the perceived stress and mindfulness leading to better learning outcomes.

Hanna and Pidgeon (2018) gave mindfulness awareness and resilience training to human service professionals to alleviate their stress and burn out and increase mindfulness and resilience. Forty-six professionals were grouped into experimental group and control group in this randomized control study. Five Facet Mindfulness questionnaire, Resilience Quotient scale, Professional Quality of Life scale, and General Well-being schedule were measured. MANCOVA, bootstrap re-sampling, mediation analyses, and descriptive statistics were performed. The results showed that mindfulness awareness and resilience training increased resilience and reduced burnout and stress in human service professionals. The findings from mediation analysis using a bootstrap resampling method showed mindfulness as a mediator producing changes in resilience and psychological well-being due to the MARST intervention. Moreover, the self-reported decrease in burnout due to the treatment was mediated by mindfulness, resilience, and resilience mediated decreased compassion fatigue.

Galante, Dufour, Vainre, Wagner, Stochl, Benton, et al. (2018) did Mindfulness training (eight weeks) for twenty thousand students at Cambridge University, the UK above eighteen years, and examined the efficacy of Mindfulness training to reduce stress and improve resilience. Clinical outcomes in routines evaluation measures, aggregated physical activity scores, and Warwick Edinburgh mental well-being were assessed, and regression modelling, Fischer exact tests were performed. The results showed that Mindfulness training helped the summer examination students reduce their stress level and improvement in their resilience scores, and this training would be an added preventive and protective resource in university counselling services.

Dean, Foureur, Zaslowski, Newton-John, Yue, and Pappas (2017) assessed the efficacy of mindfulness training in improving empathy in fifty-seven health care students within the age range of nineteen-fifty-one years. Jefferson scale empathy – health profession students were measured, and twelve weeks mindfulness program was conducted. ANOVA was performed, and the results showed a statistically significant level of increase in empathy after mindfulness training.

Tang, Tang, and Posner (2016) conducted mindfulness training to test whether it will impact basic symptoms of addiction like stress reactivity, impaired self-control, and emotional dysregulation. In this randomized control study, forty-six undergraduate students were taken and assigned to mindfulness and relaxation groups and given mindfulness training for two- four weeks. Positive and negative affect schedule, profile of mood states, salivary cortisol, and fMRI scans were measured during before, after, and follow-up phases of the study. The results showed that mindfulness training increases connection and activity in anterior cingulate cortex (ACC)/adjacent prefrontal cortex (mPFC) regions of the brain, which were earlier affected by addiction and also responsible for emotional regulation and self-control and thus, these improvements in brain areas will improve the control over addiction activities.

Mihacsi (2016) wanted to examine the efficacy of mindfulness in the parenting process and identify how mindfulness reduces the stressors of being a parent. Five Facet Mindfulness Questionnaire (FFMQ) and Parental Stress Scales (PSS) were used in eighty-seven mothers. The researcher ran multiple regression analyses to analyse the data statistically. The non-judgement of the inner experience facet of mindfulness predicted

parental stress significantly. Moreover, mindfulness described 16.8% of the variance in parental stress.

Ahmadi, Mustaffa, Haghdoost, and Alavid (2014) wanted to understand mindfulness among two hundred and seventy-three undergraduate university students in Malaysia. Mindfulness attention awareness scale and demographics were measured. It was found that these students possess a low level of Mindfulness compared to normal standards. There was no correlation between mindfulness and demographic factors like age, gender, SES, family status, and race but health (physical and psychological factors) showed positive correlation.

Cacciatore, Thieleman, Osborn, and Orlowski (2014) used a case study to show the efficacy of the ATTEND mindfulness-based bereavement care model in handling bereavement. The client was a thirty-four-year-old single parent with four children and was diagnosed with major depressive disorder, anxiety, and posttraumatic stress disorder. He lost his son before fourteen months and could not cope up with the help of psychiatric treatment. So, he approached the social worker for counselling and following scales impact of event scale-R and Hopkins symptoms check list-25 were given. Counselling sessions based on ATTEND mindfulness-based bereavement care model were offered for nearly twenty months, and slowly he could regain his composure and routine.

Thieleman, Cacciatore, and Hill (2014) analysed forty-two self-referred clients with different problems to a mental health agency working on trauma and bereavement care in the US. Impact of event scale-R and Hopkins symptoms check list-25 were assessed, and they were given Counselling sessions based on ATTEND mindfulness-based bereavement care model. A single case pre-test and post-test research design were used in this quasi-experimental study, and paired t-tests and descriptive statistics were calculated. The results showed a statistically significant change in the symptoms of depression, trauma, and anxiety.

Impact of parents on adolescent's subjective well-being was analysed using the self-determination theory. This study also compared the parent's perception and adolescent's need for satisfaction concern. Two hundred and twenty-seven students (fourteen - eighteen age) completed the perception of parent's scale, positive and negative affect scale, and the basic psychological need scale. The data computed using Goodness of fit with X² indices. The results showed that the Adolescent's essential psychological needs satisfaction moderated both the Parent's perception and Subjective Well-being of Adolescents. The father's perception affected the Adolescent's Well-being more than the mother's (Kocayoruk, 2012).

Parto and Besharat (2011) studied the connection of Mindfulness, Psychological well-being, psychological distress, self-regulation, and autonomy with seven hundred and seventeen college students. Philadelphia mindfulness scale, the self-regulation inventory, mental health inventory, and the autonomy scale were used. It was concluded that mindfulness positively correlated with psychological well-being, and self - regulation serves as a mediator between them. mindfulness was negatively correlated with psychological distress. Autonomy acts as a mediator in psychological distress, psychological well-being, and mindfulness.

The prior work of researchers on the college students from single parent family, grit, resilience, psychological well-being, mindfulness was analysed and discussed in this chapter. Based on this review of literature, the methodology and statistical techniques were framed and that were discussed in the following chapters.