GRIT, RESILIENCE AND SELF-REGULATION AMONG YOUNG ADULTS

By,

Nivetha, S.

20PAP015

A thesis submitted to the

Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD)
Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

In Partial Fulfillment of the Requirement for the Degree of

MASTER OF SCIENCE

IN

APPLIED PSYCHOLOGY

(2020-2022)

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S. Gayatridevi
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Signature of the
Guide

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ABSTRACT

"Consistency of effort over long run is everything". The study on "Grit, Resilience and Self-Regulation among Young Adults" aims to assess the relationship among the variables and to understand the differences in gender and area of residence among the variables. The study involves 300 participants (male=149 and female=151) from Coimbatore and Ramanathapuram. The samples were chosen using Simple Random Sampling Technique. The participants were assessed using Grit Scale developed Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly, D.R. (2007), Connor-Davidson Resilience Scale structured by Connor Davidson (2003) and The Short Self-Regulation Questionnaire validated a short version of the scale by Pichardo et al. (2014), Pearson Correlation and independent sample t-test were used to analyze the data and draw conclusions. The results show that Grit, Resilience and Self-Regulation are positively correlated. Females are found to have high Grit, Resilience and Self-Regulation. Difference with respect to Area of residence were found in Grit and Resilience. Acknowledging these strengths produce passion through a combination of using mistakes and problems as a opportunities to get better, ambition and control of impulses.

Keywords: Grit, Resilience, Self-Regulation, Young Adults

INTRODUCTION

CHAPTER I

INTRODUCTION

Grit

A personality trait characterised by means of perseverance and ardour for achieving long-term goals. Grit entails working strenuously to overcome challenges and preserving effort and interest over time notwithstanding failures, adversities, and plateaus in progress. Recent research suggest this trait may additionally be greater relevant than intelligence in finding out a person's high achievement. For example, grit may be specifically vital to undertaking an specifically complicated project when there is a sturdy temptation to provide up altogether.

Grit was once described as "perseverance and ardour for long-term goals" through psychologist Angela Duckworth and colleagues, who drastically studied grit as a personality trait. They found that people high in grit have been capable to preserve their determination and motivation over long periods no matter experiences with failure and adversity. They concluded that grit is a higher predictor of success than intellectual intelligence (IQ), primarily based on their assessment of academic attainment with the aid of adults, GPA among Ivy League undergraduates, dropout charge of cadets at West Point US Military Academy, and ranking in the National Spelling Bee.

Earlier research of fulfillment often emphasized the thinking that high-achieving people commonly possess qualities above and past that of everyday ability. Duckworth et al. emphasised that grit is a higher predictor of achievement than intellectual brain (IQ), due to the fact grit serves as the overriding thing that provides the stamina required to "stay the course" amid challenges and setbacks. Marcus Crede and colleagues later observed that the contribution of grit to the prediction of success mostly stems from the perseverance of effort, and they puzzled the inclusion of consistency of pastime (passion) as one of the elements of grit, as described by means of Duckworth et al .

Positive Psychology

Grit ties in with fantastic psychology and in particular, with perseverance. As mentioned earlier, the capability to stick with and pursue a goal over a lengthy period is an important issue of grit. This region of nice psychology has been involved in the method of perseverance as a fantastic indicator of long time period success. A 2014 study through Von Culin, Tsukayama and Duckworth found that individual differences in grit and its two component facets—perseverance of effort and consistency of hobbies over time—may derive in part from differences in what makes people happy.

Intelligence

One of the fantastic predictors of future fulfilment has been intelligence. This relationship has been observed in scholastic fulfilment as nicely as in job performance. As such, one may count on that grit would be strongly correlated with intelligence. In fact, this brought on one of the early questions asked in grit research, "Why do some people accomplish more than others of equal intelligence?". Somewhat surprisingly, in four separate samples, grit used to be determined to be either orthogonal to or slightly inversely correlated with intelligence. This capability that grit, in contrast to many typical measures of performance, is not tied to intelligence. The researchers counselled that this helps explain why some very smart individuals do not constantly operate properly over lengthy periods.

Personality measure

The grit measure has been compared to the Big Five persona traits, which are a group of wide character dimensions consisting of openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism.

“Grit is passion and perseverance for very long-term goals,” says American psychologist Angela Lee Duckworth, who presently spearheads some essential studies into the position grit plays in success. “Grit is having stamina,” she continues. “Grit is sticking with your future, day in, day out, no longer simply for the week, no longer just for the month, but for years, and working in reality hard to make that future a reality.”

Duckworth herself is the first to say that the essence of grit remains elusive. But the five common traits of grit listed under can make matters clearer.

Characteristics of grit

1.Courage

When people think of braveness they might also assume of bodily bravery, however there are many different varieties of courage. After all, braveness is no longer the absence of fear, but the triumph over it. Examples of braveness include taking a hazard when others will not; following your vision, no count number where it takes them; standing up for what they agree with in, in particular when their beliefs are unpopular; or virtually doing the proper aspect even though easier alternatives exist. The qualities of brave human beings include patience, the ability to believe the unbelievable, and the guts to say "no". They are no longer afraid of taking an unpopular stand, nor of asking for help. They are in a position to forgive and cross on quickly, but additionally to remain the course when absolutely everyone else has deserted ship.

2. Conscientiousness

Conscientiousness is described as the personality trait of being thorough, careful, or vigilant. Conscientiousness implies a want to do an assignment nicely and conscientious human beings are efficient and organised, no longer resting until the job is executed and finished right. Generally, they favour to do the proper component and opinions and beliefs on any difficulty are rarely held lightly. They additionally have a tendency to be perfectionists who like to do the whole thing "the proper way". In addition, the conscientious man or woman is committed to work and is successful of intense, single-minded effort. They like the appearance of orderliness and tidiness and are good organisers, catalogers and listing makers. Finally, conscientious human beings stick to their convictions and opinions – opposition solely serves to make stronger their dogged determination.

3. Perseverance

If peoples are going via hell, hold going," Winston Churchill famously said. Indeed, to many people, perseverance is synonymous with ache and suffering however those with genuine grit are capable to flip their point of view on perseverance a hundred and eighty degrees and view warfare as a doorway to pleasure. Essentially, to persevere capacity to begin and continue steadfastly on the route toward any goal you set and frequently this issue on my own is the difference between failure and success. However, one of the distinctions between any one who succeeds and anybody who is just spending a lot of time doing some thing like exercise to have purpose. That's where long-term dreams come in. They furnish the context and framework in

which to find the meaning and value of their long-term efforts, which helps cultivate drive, sustainability, passion, courage, stamina… grit.

3. Flexible

In one word, resilience is “toughness” – the capability to recover shortly from difficulties. In general, these who are extraordinarily optimistic have a tendency to exhibit larger resilience. They strategy existence with a feel of humour, are able to snort at themselves and to reframe situations and experiences to see a lighter side. Resilient human beings also tend to have a robust moral compass or set of beliefs that can't be shattered. They don’t evaluate themselves to others, understanding as an alternative that they are their own yardstick of success. They additionally see difficulties as stepping stones to transformation. Finally, they do no longer strive to manage their lives. Instead, they domesticate self-awareness and practice mindfulness. They lay down themselves to life’s ups and downs and modify their attitudes and dreams according to the measurement of the wave they are presently riding.

4. Passion

Passion creates excellence when mediocrity will do. Passionate humans have a deep feel of purpose and are regularly selfless in their actions. They additionally recognize themselves – they have a clear experience of their values and beliefs, and they live through them. They normally be given themselves as imperfect and growing, seeing existence as a collection of choices and options. They are driven by means of goals, and are result-oriented. They don’t let whatever stop them – they have a “will to find a way” attitude and don’t take delivery of “no” for an answer. By the same token, they are also enthusiastic about the success of others. Finally, they take responsibility for their lives but are now not afraid to ask for support. Passionate humans recognise that they are in the driver’s seat as they travel on their experience of life

Resilience

Resilience is what gives peoples the psychological electricity to cope with stress and hardship. It is the intellectual reservoir of electricity that humans are able to call on in instances of want to elevate them via except falling apart. Psychologists agree with that resilient individuals are better in a position to deal with adversity and rebuild their lives after a struggle.

Dealing with alternate or loss is an inevitable section of life. At some point, anyone experiences various stages of setbacks. Some of these challenges would possibly be exceptionally minor (not getting into a type you wanted to take or being grew to become down for a merchandising at work), whilst others are disastrous on a tons larger scale (hurricanes and terrorist attacks).

Deal with these problems can play a good sized role in no longer solely the outcome but also the long-term psychological consequences. The precise news is that there are things you can do to emerge as greater resilient.

People who continue to be calm in the face of catastrophe have what psychologists call resilience. Resilient humans are capable to utilize their skills and strengths to cope and get better from problems and challenges. These issues can also include

- Job loss
- Financial problems
- Illness
- Natural disasters
- Medical emergencies
- Divorce
- Death of a loved one

Instead of falling into despair or hiding from troubles with unhealthy coping strategies, resilient people face life's difficulties head-on. This does not mean that they ride less distress, grief, or nervousness than other people do. It capacity that they use healthy coping skills to cope with such difficulties in methods that foster power and growth. In many cases, they may also emerge even improved than they were before.

Those who lack this resilience might also alternatively grow to be overwhelmed through such experiences. They may dwell on problems and use unhelpful coping mechanisms to deal with life’s challenges.

Disappointment or failure would possibly force them to unhealthy, destructive, or even dangerous behaviors. These humans are slower to get better from setbacks and may also journey more psychological misery as a result.

Building Resilience

Fortunately, resilience is something that peoples can construct each in their self and in their children. There are distinct steps that peoples can take to emerge as extra resilient.

Reframing Thoughts

Resilient people are capable to appear at bad situations realistically, however in a way that would not middle on blame or brooding over what can't be changed. Instead of viewing adversity as insurmountable, reframe humans thoughts to appear for small methods that people can tackle the trouble and make modifications that will help. Focusing on the effective things people can do help get their out of a poor mindset. You can additionally use this method to assist youngsters study how to better cope with challenges. Encourage them to suppose about challenges in greater positive, hopeful ways. This way, as a substitute of getting caught in a loop of bad emotions, your baby can analyze to see these events as opportunities to assignment themselves and enhance new skills.

Seeking emotional Support

Talking about the difficulties peoples are coping with would not make them go away, but sharing with a supportive friend or loved one can make them feel like they have any one in their corner, which should assist them build their resilience. Discussing matters with other humans can also assist them gain insight or even new ideas that might help them better manipulate the challenges you're dealing with.

To assist toddler improve a help network, strive modelling precise social competencies like sharing their feelings, being empathetic, cooperating with and helping others, and expressing gratitude—and have in mind to make stronger their child's exact behaviour.

Encourage to Control

When confronted with a disaster or problem, it can be effortless to get overwhelmed through things that experience a long way past peoples control. Instead of wishing there was some way people should go lower back in time or change things, attempt focusing solely on the matters that they can immediately impact. Encourage toddler to strengthen this ability by

means of speak me about their scenario and supporting them make a diagram for how they can react.

Even when the scenario appears dire, taking practical steps can help enhance it. No be counted how small these steps may also be, they can enhance people or their child's sense of manage and resilience.

Manage Stress

Building healthy stress management habits is an high quality way to extend peoples ordinary resilience. These habits may want to include behaviors that assist peoples ordinary health, like getting sufficient sleep and exercise, as properly as precise movements they can take in the course of moments of stress, like

- Cognitive restructuring
- Diaphragmatic breathing exercises
- Expressive writing
- Learning biofeedback techniques
- Practicing positive communication
- Problem-solving
- Progressive muscle relaxation

With some practice, these capabilities can be realized and mastered by way of adults and youngsters alike. Eventually, peoples or their child will feel organized to face demanding conditions and resilient enough to leap back quickly. If they need assist studying to maintain their stress levels beneath control, think about enlisting the assist of a cognitive therapist.

Self-Regulation

Self-Regulation is the capability to reveal and manipulate peoples energy states, emotions, thoughts, and behaviors in ways that are acceptable and produce effective outcomes such as well-being, loving relationships, and learning.

It is how people deal with stressors and as such, lays the foundation for all other activity. Developing this potential requires self-awareness, emotional intelligence, environment friendly filtering of sensory stimulation, coping efficaciously with stress, pertaining to nicely to others, and sustaining focus.

Self-Regulation refers to the extent to which human beings influence, modify, or control their own behavior (including ideas and feelings) according to dreams or standards. Goals are a key thinking in fashions of self-regulation as they direct and information cognition and behavior over time and across situations and thereby assist to organize and structure perception, thought, and behavior into meaningful action units. However, the placing and pursuit of dreams additionally requires self-regulation. Although the self-regulatory feature of goals does not seem to trade with age, the way dreams are set and pursued does. The modern-day article elaborates these strategies in the framework of the mannequin of selection, optimization, and compensation. Adapting to life-span adjustments in the availability of assets that are quintessential for intention achievement, adults shift their essential intention orientation from the attainment of good points to the upkeep of functioning and the avoidance of losses. Moreover, intention focal point appears to shift from a improved focus on the consequences of goal attainment to a better center of attention on the method of intention pursuit. These shifts in goal orientation and intention focus assist self-regulation when faced with developmental dreams and contexts requiring the optimization of functioning and overall performance in young adulthood, and the compensation of impending or true decline and losses in later phases of adulthood.

Self-Regulation is described as the intellectual techniques we use to control peoples mind's functions, states, and internal processes. Or, self-regulation may additionally be described as manage over oneself. It may additionally involve control over our thoughts, emotions, impulses, appetites, or mission performance. Self-regulation is regularly thought to be the equal thing as self-discipline (Vohs & Baumeister, 2004) and it usually entails stopping or inhibiting an action although it now and again involves initiating an action (Baumeister, 2014).

Behavioral Self-Regulation versus Cognitive Self-Regulation

Self-Regulation may additionally be behavioral or cognitive (or both).

Behavioral self-regulation involves controlling behavior. peoples may decide now not to punch anybody in the face or peoples may decide to exercise the violin in practise for a recital. peoples are attractive (or no longer engaging) in a behavior.

Cognitive self-regulation includes the manage of thoughts. Maybe peoples attempt now not to think about romantic associate who just broke up with us or peoples strive to shift their thoughts to being grateful for their mother even when she is annoying them. Often, cognitive self-regulation precedes behavioral self-regulation. That's because shifting their thoughts is regularly a key step in changing their behavior.

Conscious Self-Regulation versus Unconscious Self-Regulation

Self-Regulation can also be aware or nonconscious. For example, peoples may consciously manipulate their nervousness via enticing in a technique like deep breathing. Or, peoples would possibly unconsciously adjust our anxiousness by means of having an inherent dependancy of focusing on different matters that make them less anxious. It's additionally possible that self-regulation can fall somewhere in between conscious and unconscious (Vohs & Baumeister, 2004).

Importance of Self-Regulation

Self-Regulation involves taking a pause between a feeling and an action—taking the time to think things through, make a plan, wait patiently. Children often struggle with these behaviors, and adults may as well.

It's handy to see how a lack of self-regulation will motive issues in life. A baby who yells or hits different teenagers out of frustration will now not be popular amongst peers and can also face reprimands at school.

An adult with negative self-regulation skills may also lack self-confidence and vanity and have hassle handling stress and frustration. Often, this may be expressed in terms of anger or anxiety, and in extra extreme cases, this individual may also be recognized with a intellectual disorder.

Self-Regulation is additionally important in that it lets in humans to act in accordance with their deeply held values or social conscience and to categorical their self appropriately. If they cost academic achievement, it will enable them to study as an alternative of slack off before a

test. If peoples value supporting others, it will permit them to help a co-worker with a project, even if they are on a tight closing date their self.

In its most basic form, self-regulation allows them to be extra resilient and leap back from failure whilst also staying calm beneath pressure. Researchers have determined that self-regulation capabilities are tied to a range of wonderful health outcomes. This consists of better resilience to stress, extended happiness, and higher overall well-being.

Effective Strategies for Self-Regulation

All adolescents and adults can advantage from studying concrete techniques for self-regulation.

Mindfulness

According to Dr. Jon Kabat-Zinn, founder of Mindfulness-Based Stress Reduction (MBSR), mindfulness is "the awareness that arises from paying attention, on purpose, in the present second and non-judgementally."

By attractive in competencies such as centered respiration and gratitude, mindfulness permits them to put some house between their selves and their reactions, leading to higher focal point and emotions of calmness and relaxation.

In a 2019 overview of 27 lookup studies, mindfulness was once proven to improve attention, which in turn helped to regulate negative feelings and govt functioning (higher-order thinking).

Cognitive Reappraisal

Cognitive reappraisal or cognitive reframing is any other strategy that can be used to improve self-regulation abilities. This method includes changing peoples thinking patterns. Specifically, cognitive reappraisal entails reinterpreting a scenario in order to trade their emotional response to it.

Some other beneficial strategies for self-regulation include acceptance and problem-solving. In contrast, unhelpful techniques that humans occasionally use include avoidance, distraction, suppression, and worrying.

Qualities of Self-Regulators

The advantages of self-regulation are numerous. In general, humans who are adept at self-regulating tend to possess the following abilities:8

- Acting in accordance with their values
- Calming themselves when upset
- Cheering themselves when feeling down
- Maintaining open communication
- Persisting through tough times
- Putting forth their best effort
- Remaining bendy and adapting to situations
- Seeing the desirable in others
- Staying clear about their intentions
- Taking control of conditions when necessary
- Viewing challenges as opportunities

Strategies to Support Self-Regulation

1. Body's Response to Stress

Many human beings are afraid to experience some of their own feelings. Over time that fear holds them back from self-awareness, and self-regulation. By being conscious of their body's response to stress, they can get ahead of what their talent is about to do. This helps them take full manage over their body. Awareness additionally helps forestall the subconscious mind from running the show. They say that 95% of our actions are subconscious. That means, peoples need to focus on what's going on in their body.

Once they come to be conscious of their body's response to stress, they can start to manipulate their reactions to stress, and get entry to the supports they need.

2. Emotional Responses

Rate peoples emotional responses on a scale of 1-10 when they check-in with their self. As I stated previously, humans can be afraid of their feelings and emotions. Think of a few key phrases that might represent your top 5 emotions; empowered, compassion, patience, gratitude, appreciation, stressed, acute-stress, hungry, angry, impatient, confused, annoyed, judgemental, non-judgemental, etc….Try not to judge yourself. Instead, analyze to be curious and open

yourself up to new methods of gaining knowledge of self-regulation, and transferring to extra effective emotions.

3. Toolbox of developing Coping Strategies

Once peoples have multiplied focus of their bodily and mental responses to stress, they choose to strive to stay in the moment. To stay calm and suppose – and no longer act on their massive thoughts – they will need some strategies.

Take mental breaks like reading a book, or stroll away from their work and make a cup of tea. They can additionally listen to track or watch a film but attempt to advance a pursuits that offers them a intellectual break.

Have a bodily break. I advise them time table a normal time in their calendar to do so each day. Peoples can do 2 minutes of deep breathing, a speedy walk up the stairs or go raise some weights. They choose, however attempt to get their body moving.

Support humans physique via grounding activities like yoga, deep respiratory or the use of guided meditation. Close their eyes and breathe for a few seconds. When they build consciousness into day, to pause and take a few breathes, they convey more focus and intention to what they want. Awareness is the pinnacle of mindfulness strategies that can help people continue to be focused on being sane, rather of the opposite.

Start via taking a few moments each day to practice these skills, in a time of calm. When peoples take care of their thinking and body, pay interest to their thoughts. By creating peoples toolbox of coping techniques when they’re calm, they can extra with no trouble access them in instances of stress, giving them an gain in self-regulating.

4. Supplements in Supporting Mind-Body Health

Many health problems can be linked to dietary deficiencies. Nutrients like Vitamin A, B6, B12, C, D, Calcium, Folate Iodine, Iron, Magnesium and Zinc assist one’s normal physical, emotional and cognitive health. The rising stages of nutrient deficiencies compounded by using added place of work stress places peoples at hazard for anxiousness and burnout. These are impacting one’s capacity to function at work, leading to absenteeism. Peoples can counteract this threat and nutrient deficiency by means of taking a excessive fine B-Complex Vitamin and Multivitamin.

Need for the study

The current study proposed to examine the relationship between Grit, Resilience and Self-Regulation among young adults, considers the variety of beneficial outcomes. Grit is passion and sustained persistence applied toward long-term achievement, with no particular concern for rewards or recognition along the way. It combines resilience, ambition and self-control in the pursuit of goals that take months, years or even decades. Resilience gives people the psychological strength to cope with stress and hardship. Resilient people are able to utilize their skills and strengths to cope and recover from problems and challenges. Self-regulation involves controlling one's behaviour, emotions and thoughts in the pursuit of long-term goals.

The present research helps in contributing greatly on understanding, enhancement and importance of long-term achievements and its relation to facing and dealing with adverse situations and to control peoples mind's state or functions.

The prospect for present and future studies of these variables are said to be high, as these are less extensively studied in past researches and also that each of these variables as facets contribute greatly under emerging areas of psychology such as positive psychology. personality psychology.

REVIEW OFLITERATURE

CHAPTER II
REVIEW OF LITERATURE

Yan Dai, Hyun Sung Jang, Jill Salisbury-Glennon, Chih-hsuan Wang, Kamden Strunk (2022) explored the cross-cultural comparison of college student self-efficacy, self-regulation, and resilience between the US and China during the COVID-19 pandemic. This study elucidates a cross-cultural comparison of college students' self-efficacy, self-regulation, and resilience between college students in the United States and China during these challenges times. A total of 479 college students from the United States and China were participate in this study. The findings of the study indicated that US college students demonstrated significantly higher self-efficacy and resilience and significantly lower self-regulation than Chinese college students.

Bushra Hossain, Yingtong Chen, Stephen Bent Felicia Widiaia, Stephanie Haft, Fumiko (2021) examined the role of grit and resilience in children with reading disorder: a longitudinal cohort study. The study investigated whether grit and resilience were associated with anxiety, depression, academic performance and quality of life(QOL) in these students. The study included 163 participants with RD from 3 schools. The results indicated that grit and resilience are significantly related to mental health, academic performance and QOL in children with RD.

Narges Adibsereshki, Nikta Hatamizadeh, Firoozeh Sajedi, Anoshirvan Kazemnejad (2021)researched resilience intervention to strengthen self-regulation in adolescent students with hearing loss. The study determined whether a resilience intervention program enhances self-regulation in adolescents with hearing loss. The participants were 122 students with hearing. The findings of the research showed that implementing resilience intervention programs can promote the self-regulation skills in adolescent students with hearing loss.

Mackenson Montas, Sowmya Rao, Hamza Al Atassi Michael Shapiro, Jason Dean (2021) studied relationship of grit and resilience to dental students' academic success. This study assessed the levels of grit and resilience reported by U.S. dental students, and its possible association with academic achievements. The findings of this study suggested that dental students with high grit and resilience achieved higher GPA and better class ranks.

Marianos Ghobadi, Omid Moradi, Yahya Yarahmadi, Hamzeh Ahmadian (2021) conducted structural equation modelling of marital boredom based on resilience through emotional self-regulation. This study aimed to develop a casual model of marital boredom based on the degree of differentiation and resilience mediated by couples' emotional self-regulation. The findings of the study indicate that marital boredom and its components including resilience and emotional self-regulation have a significant effect on resolving marital conflict.

Vasiliki Georgoulas-Sherry, Hanna Hernandez (2021) explored the effects of grit and resilience on moral competence following simulated combat exposure. This study investigated the impact of moral competence, including the moderating effects of grit and resilience, following exposure to combat-like environments. 107 participants from a private US Military University were placed in either a immerse and immerse environment. The findings of this study revealed a main effect of grit on moral competence, suggested that grit could had a functioned as a buffer following stimulated combat.

Vidhu Mohan, Jaiprabh Kaur (2021) examined about assessing the relationship between grit and academic resilience among students. The study assess the relationship between grit and academic resilience among school students. The sample consisted of 120 school students with equal number of males and females(male-60, female=60). The findings of this study showed a positive correlation between self-belief and persistence components of academic resilience and grit. It can be recognized a negative correlation between control and anxiety components of academic resilience and grit

Emre Umucu, Diana Villegas, Renee Viramontes, Hyejin Jung, Beatrice Lee (2021) studied about measuring grit in veterans with mental illness: examining the model structure of grit. This study examined the model structure, reliability and validity of the Grit-S for veterans with mental illness. A total of 156 veterans with mental illness were participated. The findings of the research revealed that Grit-S is a multidimensional, reliable, and valid scale for measuring grit in veterans with mental illness.

Amin Wibowo, Widya Paramita (2021) researched resilience and turnover intention: The role of mindful leadership, empathetic leadership, and self-regulation. This study investigates the impact of mindful and empathetic leadership on resilience and turnover intention, with self-regulation as a mediating variable. The sample comprised 188 nurses dealing with COVID-19's patients in Indonesia were participated. The findings of the study suggested that self-regulation mediates the relationship between mindful leadership/empathetic leadership and turnover intention/resilience.

Somboon Jarukasemthawee, Kuallaya Pisitsungkagarn, William Brien, Harry (2021) conducted a relationship between mindfulness, self-compassion, and grit among Thai national athletes: the mediating role of self-regulation. The study examined the mediating role of self-regulation in the associations between self-compassion, self-regulation, and grit. A sample of 320 Thai national athletes were participated. The findings of this study showed that mindfulness had positive direct and indirect associations with grit. It can be understood that Self-regulation had a positive and direct association with grit and also mediated the relationships between mindfulness on grit and self-compassion on grit.

Xin Tang, Katja Upadyaya, Katarlina Salmela-Aro (2021) examined about school burnout and psychosocial problems among adolescents: Grit as a resilience factor. The study investigated whether grit can mitigate the associations between school burnout, loneliness, and depressive symptoms among adolescents. The participants were 1296 seventh and 1166 eighth graders from Finland. The findings of this study found that two grit facets-consistency of interest and perseverance of effort-played resilient roles in school burnout.

Hakeem Shakir, Justin Cappuzzo, Hussain Shallwani Amanda Kwasnicki Carli (2020) explored Relationship of grit and resilience to burnout among US neurosurgery residents. The study investigated the prevalence of burnout among neurosurgery residents and also aimed to determine the relationship among burnout, grit and resilience. The findings of the research suggested that there is a inverse relationship between grit/resilience and burnout.

Emily Dunston, Emily Messina, Alan Coelho Shelby Cherist, Martin PWaldrip (2020) researched physical activity's association with grit and resilience in collage students: "Is intensity the key to success?". This study determined the independent associations among physical activity, sitting grit and resilience in collage students. The participants of this study was undergraduates students (n=244) from a regional University. The findings of the study indicate that intensity of physical activity plays an important role in psychosocial determinants related to student success such as grit and resilience.

Geralyn Meyer, Bobbi Shatto, Orawan Kulieerung Lisa Nuccio, Adam Bergen (2020) conducted the relationship between resilience and grit among nursing students: a correlational research study. This study explored the relationship between resilience and grit in pre-licensure nursing students. Students from 3 pre-licensure programs were participated. The findings of the research indicate that grit and resilience are related concepts but are not synonymous.

Tom Prickett, Julie Walters, Longzhi Yang, Morgan Harvey, Tom Crick (2020) studied resilience and effective learning in first-year undergraduate computer science. This study investigated the relationships between effective learning and success and two measures of positive psychology: grit and resilience. The participants are grit(n=58) and resilience(n=50). The findings of the research suggest that development of targeted interventions to support students in further developing their resilience could support their learning, as well as progression and retention.

Isyaku Salisu, Norashidah Hashim, Munir Shehu Mashi, Hamza Galadanchi Aliyu (2020) examined about perseverance of effort and consistency of interest for entrepreneurial career success: does resilience matter?. This study examined the effect of grit on entrepreneurial career success, career achievement and perceived financial through the role of resilience. A sample comprised of 111entrepreneurs in Nigeria. The research findings suggest that the perseverance of effort was related to all the aspects of career success as well as resilience.

Dorian Hayden studied coping with being cut from the team: examining grit, resilience and optimism in response to failure in college athletes. This study investigated the ways in which optimism, grit and resilience are related to academic success and athletic participation for college students after they gone through a negative event in their sport. Participants between the ages of 18 to 25 were participated. The findings of this study indicated that both resilience and combination of resilience and grit but not optimism, predicted adaptive coping strategies in participants.

Giacomo Bono,Kresimir Reil, Jadwiga Hescox (2020) examined about stress and wellbeing in urban college students in the US during the COVID-19 pandemic: can grit and gratitude help?. This study investigates the impacts of the pandemic on their psychological, academic and financial and their resilience to the pandemic during this period, the role of socioeconomic status. It also examined whether the grit and gratitude helped in these areas. 86 freshmen were participated. The findings of this study suggested that grit and gratitude can be promoted to protect college students' subjective wellbeing and better cope with adversity of the pandemic.

Daniel Terry, Blake Peck (2020) researched academic and clinical performance among nursing students: what's grit go to do with it?. The study examine the measures of grit in the context of demographic characteristics of nursing students and their impact on student self-perceived academic and clinical performance. A sample of all nursing students (n=2349) were participated. The findings of the study suggested that grit was the only significant predictor of clinical and academic performance.

Jeffrey Warren, Robyn Hale (2020) explored predicting grit and resilience: exploring college students' academic rational beliefs. This study explored the impact of academic rational beliefs on grit and resilience. Data were collected from 289 undergraduate college students at a minority-serving institution. The findings of the research suggested that academic rational beliefs related to evaluation and work habits accounted for a significant amount of variance in grit.

Eun Kim, Jong Eun Lee, Hye Ran An studied grit influencing factors in middle school students: focusing on ego resilience and emotional intelligence. The purpose of the study is to help middle schoolers overcome difficulties by grasping the impact of their self-resilience and emotional intelligence on grit. A sample of 186 middle school students were participated. The findings of the study indicated that male students scored higher than female students scores were higher when parental relationship were intimate.

Ali Akbar Nahang, Fahimeh Mosavi Najafi, Roya Mohammadi (2020) researched the effect of mindfulness training on emotional self-regulation and psychological resilience of unsupervised children. The study was to investigate the effectiveness of child-based mindfulness on emotional self-regulation and psychological resilience of unsupervised children. The sample consists of 40 children. The findings of the study showed that the effect of mindfulness on emotional self-regulation and psychological resilience in unsupervised children was positive.

Buaphrao Raphiphatthana, Paul Jose (2020) conducted the relationship between dispositional mindfulness and grit moderated by mediation experience and culture. The study was designed to examine the relationship between dispositional mindfulness and grit in community samples and to explore the potential moderating experience across the USA and Thai cultures. The findings of the research that mindful individuals tend to also be gritty regardless of cultural backgrounds or mediative experience.

Chunyu Yang, You Zhou, Qilong Cao, Mengfan Xia, Jing An (2019) explored the relationship between self-control and self-efficacy among patients with substance use disoreders: resilience and self-esteem as mediators. The purpose of this study is to investigate how resilience and self-esteem mediate the relationships between self-control and self-efficacy among patients with substance use disorders. A sample of 298 patients with substance use disorder from Shifosi rehab in China were participated. The results indicated that the path from self-control through resilience and self-esteem and on to self-efficacy is significant among patients with substance use disorders.

Fard Fereshteh Saberi, Arbabi Fatemeh Haji (2019) examined the relationship between family emotional climate with emotional self-regulation and resilience in University's students. This study was conducted with the aim of examining the relationship of affective family climate with emotional self-regulation and resiliency of students. A sample included 150 students. The results showed that, affective family climate is significantly correlated with emotional self-regulation and resiliency.

James Hazy (2019) conducted difference in grit and resilience among non-traditional doctoral students: A casual comparative study. The purpose of this study was to compare the grit and resilience scores between two groups of non-traditional doctoral students in pursuit of their terminal degree at a university. The findings of the study suggested that there is no significant differences were demonstrated for either grit or resilience.

Jackson Howard, Bonnie Nicholson, Steven Chesnut (2019) studied relationship between positive parenting, overparenting, grit and academic success. The study examined the influence of parenting on grit and academic success. 226 college students were participated in this study. The findings of the research indicated that overparenting and parental acceptance and involvement were significantly related to grit. It can be assumed that grit had a significant predictive relationship with academic success.

Julie Ernst, Michaela Johnson, Firdevs Burcak (2019) researched the nature and nurture of resilience: exploring the impact of nature preschools on young children's protective factors. The purpose of the study was to explore the potential for nature preschools to support the development of initiative, self-regulation, and attachment. A sample of 78 children who attended nature preschools, as well as in a baseline group of 14 children who attended a non-nature preschool. The results indicate a significant strengthening of these protective factors over the course of a school year in preschool participants who attended a nature preschool.

Paul Caldarella, Jason Johnson, Ross Larsen, Melissa Health, Jared Warren (2019) examined Adolescents sports participation and parent perceptions of resilience: A comparative study. The study compared the resilience levels of adolescents who participated in sports and not participating in sports as reported by parents. A sample of 214 adolescents who participated in sports with the resilience levels of peers not participating in sports (n=62) as reported by parents. The findings of the study demonstrated a positive relationship between the number of sports played and increased resilience scores.

Sahen Gupta, Sudhesh (2019) studied grit, self-regulation and resilience among college football players: a pilot study. The study investigated the operation of grit, self-regulation and resilience of college football players. This pilot study utilized the quantitative method (n=32). The findings of the resaech indicated that grit and self-regulation both share a positive relationship with resilience. Self-regulation is a predictor of resilience among college football players.

Zeynep Aydin Sunbul, Oya Yerin Guneri (2019) explored the relationship between mindfulness and resilience: The mediating role of self compassion and emotion regulation in a sample of underprivileged Turkish adolescents. The purpose of this study was to examine a mindfulness model of resilience through the mediating effects of self compassion and difficulties in emotion regulation among underprivileged Turkish adolescents. The sample of the study consisted of 752 students who aged 14-19. The results showed mindfulness to be a positive and significant predictor of self-compassion while negatively and significantly predicting difficulties in emotional regulation.

Zara Tahir, Muhammad Asif Khan (2019) studied self-regulation impairment source of abusive supervision leading to employees' turnover intentions with moderation of resilience in Pakistani service industry. The purpose of this study is to test a model on self-regulation impairment as source of abusive supervision which leads to employee's dominant behavioural outcomes such as turnover intentions, also to test resilience as an intervention. The total number of participants were 215 professionals belonging to service sector of Pakistan. The results exhibit that the role of self-regulation impairment as a source of abusive supervision which further leads to deviant behaviours of employees in form of their intentions to leave the organization.

Ansley Bender, Rick Ingram (2018) explored connecting attachment style to resilience: contributions of self-care and self-efficacy. The study evaluated the contributions of attachment security, self-efficacy, and self-care to resilience. A sample of undergraduates were participated in this study. The results supported self-efficacy and self-care partially mediated the relationship between attachment security and resilience.

Brad Hodge, Brad Wright, Pauleen Bennett (2018) examined the role of grit in determining engagement and academic outcomes for university students. This study explored the role of engagement in the relationship between girt and academic outcomes. A sample of 395 Australian university students were participated. The findings of this study suggested that there was a positive relationship between grit, engagement and academic productivity.

Heidi Holtz, Katherine Heinze, Cynda Rushton (2018) researched Interprofessionals' definitions of moral resilience. This study describe common characteristics and themes of the concept of moral resilience as reported by interprofessional clinicians in health care. 184 interprofessional clinicians in health care as well as small group of 23 professionals were participated. The results indicate three primary themes such as personal, relational and buoyancy and three subthemes are self-regulation, self-stewardship and moral efficiency.

Che-Li Stanley Lin, Chun-Yen Chang (2017) studied personality and family context in explaining grit of Taiwanese high school students. This study examined two family context variables, namely family influence and democratic parenting style, which may be predictive of grit, particularly in an Asian context. A total of 1504 students from one private comprehensive high school participated. The findings of the research indicated that gritter higher school learners tend to display higher self-report academic performance and academic satisfaction.

Jesus De La Fuente, Mirela Lopez-Garcia, Manuel Mariano-Ver, Jose Manuel Martinez (2017) examined about personal self-regulation, learning approaches, resilience and test anxiety in psychology students. This investigation was to establish association and interdependence relationships with other important motivational-affective variables. 121 students from the second and fourth year of the Psychology degree program at the University of Almeria were participated. The results found that self-regulation had a significant relationship with each type of learning approach, positive with tenacity and with resilient control, and a negative relationship with worry.

Jong Im Jin, Nam Cho Kim (2017) conducted Grit, academic resilience, and psychological well-being in nursing students. The study investigate the relationship among grit, academic resilience, and psychological well-being among nursing students. 271 nursing students were participated. The findings of the research indicate that it is necessary to develop grit and academic resilience enhancement programs to improve the psychological well-being of nursing students.

Paulo Ceasar Dias, Irene Cadime (2017) explored protective factors and resilience in adolescents: The mediating role of self-regulation. The main goal of this study was to explored the mediating role of self-regulation in the relationship between protective factors and resilience. The sample was composed of 393 adolescents who attended secondary education. The results indicated that home, community and peer environment predicted significantly the levels of resilience of students.

Rozanna Aitcheson, Soleman Abu-Bader, Mary Howell, Deena Khalil, Salman Elbedour (2017) examined about resilience in Palestinian adolescents living in Gaza. The study examine the prevalence of depression and anxiety and predictors of resilience in a group of adolescents attending secondary school in Gaza. There were 335 Palestinian adolescents enrolled in 11^{th} and 12^{th} graders in secondary school in Gaza were participated. The results shows that significant predictors of resilience were age, optimism, family sense of coherence, ethnic identity, self-regulation and coping skills.

Urvashi Dutta, Anita Puri Singh (2017) studied about studying spirituality in the context of grit and resilience of collage-going young adults. They aimed to study the levels of spirituality, grit and resilience in collage-going young adults and the existing relationship of spirituality with resilience and grit. Data was collected from the collage-going young adults. The findings suggest that resilience and spirituality had a significant positive correlation, also that grit and spirituality had a significant positive correlation.

Aswini, Amrita Deb (2017) researched about flourishing among postgraduate students: the role of resilience, meaningfulness and grit. This study based on the strength based approach, explored the role of meaningfulness, resilience and grit on flourishing among postgraduate students in India. Participants included 101 postgraduate students who were enrolled master's and doctoral programs in India. The results found that females display higher levels of meaningfulness, flourishing and grit as compared to males whereas, males score slightly higher on resilience as compared to their female counterparts.

Lauren Boardman (2016) conducted Building resilience in nursing students: Implementing techniques to foster success. This study examined about building resilience in nursing students: implementing techniques to foster success. A 40 baccalaureate nursing students were participated. The results revealed an overall increase in resiliency scores.

Ms Urvashi Shrivastava, Vinay Mishra (2016) conducted grit, resilience and agency in sportsperson and non-sportspersons. This study aimed to study the difference in the levels of agency, resilience and grit in sportsperson and non-sportsperson and also seeks to establish the relationship between agency, resilience and grit. The findings of the research indicate that non-sportsperson exhibited higher levels of grit, resilience and agency as compared to sportsperson

Vinothkumar, Nayana Prasad (2016) studied moderating role of resilience in the relationship between grit and psychological well-being. This study find the moderating roles of resilience in the relationship between grit and psychological well-being.170 adolescents belonging to the age range of 14 to 17 were participated in this study. The results showed a significant positive relation between all the variables, resilience, grit and psychological well-being and resilience have no significant moderating role in the relationship between grit and psychological well-being.

Cher McGillivray, Aileen Pidgeon (2015) examined Resilience attribute among University students: a comparative study of psychological distress, sleep disturbances and mindfulness. The study examines the attributes of resilient university students, by comparing the differences between high and low resilient students on levels of reported psychological distress, sleep disturbances and mindfulness. A total of 89 university students participated in the study aged between 18 to 57 years. The results showed that university students with high levels of resilience reported significantly lower levels of psychological distress and significantly higher levels of mindfulness, compared to university students reporting lower levels of resilience. There were no significant differences reported with regard to sleep disturbances.

Shelagh Schytte (2012) studied the relationship between resilience, self-regulation and the academic performance of learners living in townships under adverse circumstances. The study aimed to determine whether a relationship exists between resilience, self-regulation and the academic performance of learners. The results showed that academic performance was better for a group of participants who are high on self-regulation than for a group of participants who are low on self—regulation.

Seung Won Park, Rayne Sperling (2012) explored Academic procrastinators and their self-regulation. The study examined in relation to models of self regulated learning. The purpose of this study was to understand the motives and reasons for academic procrastination from a self-regulated learning perspective. The participants completed several survey instruments of academic procrastination, self regulation and academic motivation. The findings of the study indicate that academic procrastination was related to poor self-regulatory skills and defensive behaviours including self-handicapping strategies.

Amy Collins, Michael Smyer (2005) researched the resilience of self-esteem in late adulthood. The study examined the resilience of self-esteem after loss in the lives of older adults. A sample of older adults (n=1278) from the Americans' changing lives study was used to examine loss in the domains of health, financial security, or work and career and self-esteem before and after the loss. The results indicated that the low incidence of loss and small change in high levels of self-esteem are further evidence of resilience in older adults' psychological well-being.

Dale Schunk (2005) studied about commentary on self-regulation in school contexts. The study examined the relations among self-regulation, motivation, and learning. He conducted this intervention to improve student's self-regulation. The study showed that combining training on self-regulation with problem solving instruction was especially effective in enhancing self-regulation and achievement. The findings of the research that teachers who practiced collaborative interactive teaching strategies promoted deep level cognitive processing in their students.

METHODS

CHAPTER III

METHODOLOGY

The method pertaining to the study on Grit, Resilience and Self-Regulation among Young Adults as carried out in the following steps:

- Objectives
- Hypotheses
- Area
- Sample
- Inclusion criteria
- Exclusion criteria
- Tools
- Procedure
- Analysis of data

Objectives

- To assess the relationship between Grit, Resilience and Self-Regulation among Young Adults.
- To observe the gender difference in Grit, Resilience and self-Regulation among Young Adults.
- To explore the difference in area of residence in the variables among Young Adults.
- To find out the level of Grit among the Young Adults.
- To identify the levels of Resilience among the Young Adults.
- To assess the level of Self-Regulation among the Young Adults.

Hypotheses

- H1:There is a significant relationship between Grit and Resilience among Young Adults.
- H2:There is a significant relationship between Resilience and Self-Regulation among Young Adults.
- H3:There is a significant relationship between Self-Regulation and Grit among Young Adults.
- H4:There is a significant gender difference in Grit, Resilience and Self-Regulation among Young Adults.
- H5:There is a significant difference in the area of residence in Grit, Resilience and Self-Regulation among Young Adults.

Area

The study was conducted in and around Ramanathapuram and Coimbatore. The reason for the choice of cities are as follows:

- Availability of the required number of samples for the study
- Cooperation and willingness of the participants

Sample

For the study, a total sample of three hundred were chosen within the age group of 19-25 years, where in simple random sampling technique was used to collect the data required.

Inclusion criteria

- The participants in the age group of 19 to 25
- Young Adults who are willing to participate
- Both male and female participants are included
- Both urban and rural area participants are included

Exclusion criteria

- The participants below 19 and above 25 years of age
- Unwillingness participants are excluded
- Gender other than male and female are excluded

Tools

The study used the following for the purpose of data collection

- Consent form

  The consent form was designed by the researcher. It helps to understand the willingness of the participant who take part in the study.

- Confidentiality form

  The confidentiality form is the one that assures the participants about the usage of their responses to research purpose only. Meanwhile, the responses will not be revealed outside.

Socio-Demographic status profile

The Socio-Demographic status profile is designed by the researcher to be used for gathering the demographic details of the participants like age, gender, education, occupation, socio economic status, and area of residence for research purpose.

Grit scale

The Grit Scale measures peoples perseverance and passion for long-term goals. It was designed by Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly, D.R.(2007)which contains 12 items with . the responses are ranges from very much like me to not like me at all. Using 200 millennial in Surabaya, Indonesia, as research subjects, this research was conducted between April and July 2019. Moreover, Short Grit Scale (Grit-S) was also proven to be valid and reliable with 2=20.97; probability value=0.138; RMSEA=0.045; CFI=0.972; GFI=0.976; and AGFI=0.941. while the composite reliability set was 0.82.

The Connor-Davidson Resilience Scale (CD-RISC)

The Connor- Davidson Resilience Scale (CD-RISC) in its Spanish validated version (Bobes et al., 2001-2008) was used to assess resilience. This original scale was designed by Connor Davidson (2003). The CD-RISC scale includes a total of 25 items in its original version, grouped into 5 subscales or dimensions that measure the ability to cope with adversity. The items are scored on a scale from 0 (not true at all) to 4 (true nearly all the time). The default model shows a good fit (Chi-Square= 100,856, df=80, $p<0.05$; CFI= 0.963, TLI= 0.957, IFI= 0.968, RFI= 0.921 y NFI= 0.964; RMSEA= 0.027). The reliability coefficient of this version of the CD-RISC has internal consistency alpha values acceptable for the total questionnaire items ($\alpha = 0.751$), and an acceptable Guttman split half coefficient ($\alpha= 0.703$).

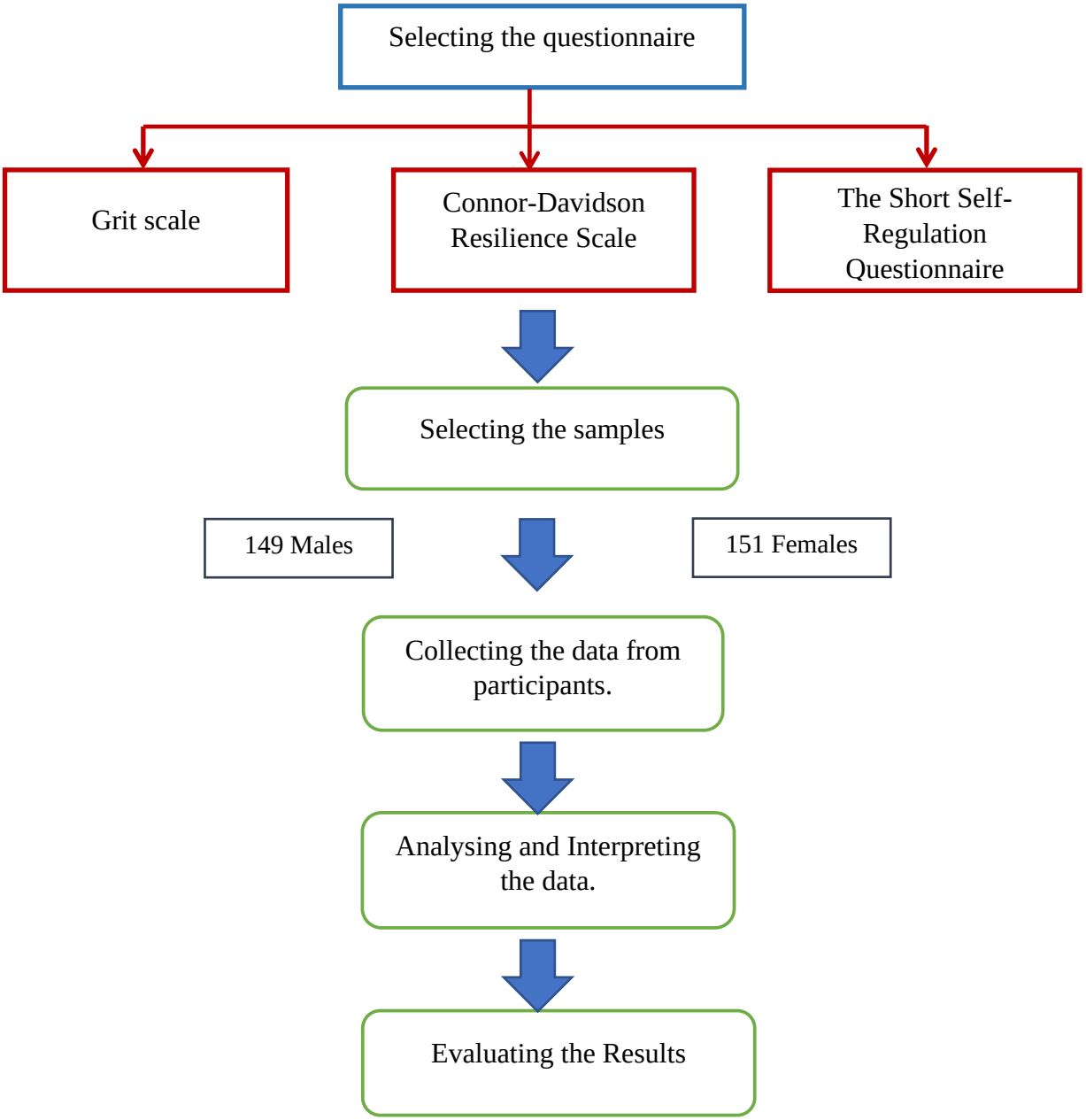
The Short Self-Regulation Questionnaire (SSRQ)

The Short Self-Regulation Questionnaire (SSRQ) measures goal setting, perseverance, decision making, and learning from mistakes. The scale has 32 items and two dimensions with Likert response choices ranging from 1 (strongly disagree) to 5 (strongly agree). Pichardo et al. (2014) validated a short version of the scale from Brown et al. (1999) in University students, finding evidence for four factor of self-regulation. This new model proposed presented a good fit (Chi-square= 242,670, df= 150, $p< 0.001$, CFI= 0.929, TLI= 0.919, IFI= 0.930. RMSEA= 0.041; HOELTER= 0.290, $P<0.01$). Internal consistency is acceptable for the total questionnaire items ($\alpha= 0.725$) and Guttman split halves ($\alpha= 0.707$).

Procedure

The google form was prepared to asses the variables . It consisted of consent form, socio demographic profile, Grit Scale, Connor Davidson Resilience Scale and Short Self-Regulation Questionnaire. This study used simple random sampling technique to collect data from 300 participants from the Coimbatore and Ramanathapuram belonging to 19 to 25 years of age. The locations to collect the responses from the targeted group of among adults were selected as per the convenience and accessibility of the interested participants. The instructions to respond were presented in the questionnaires, the link for the google form was sent to the participants through the social media. Participants were instructed as " To read the items carefully and be honest in their responses." The responses were scored and the results were interpreted using SPSS software.

Flow Chart



Analysis of the data

The data was analyzed using SPSS (Statistical Package for Social Science) software. The statistical methods used in the study includes Pearson correlation and independent sample t-test.

RESULTS AND DISCUSSION

CHAPTER IV

RESULTS AND DISCUSSIONS

The aim of the study “Grit, Resilience and Self-Regulation among Young Adults” is to assess the relationship among Grit, Resilience and Self-Regulation. The study involves 300 participants (male=149 and female=151) from Coimbatore and Ramanathapuram, chosen by Simple Random Sampling Technique. The participants were assessed using The Grit Scale, Connor-Davidson Resilience Scale (CD-RISC) and The Short Self-Regulation Questionnaire (SSRQ). The scoring was done and analysed using Pearson correlation and independent sample t -test. The results are tabulated and discussed below.

Table I

Demographic data of individuals (N=300)

Demographic variables		No. of individuals	Percentage
Gender	Male	149	49%
	Female	151	51%
Area	Rural	119	40%
	Urban	181	60%

Figure I

Representation of Demographic data of individuals – Gender

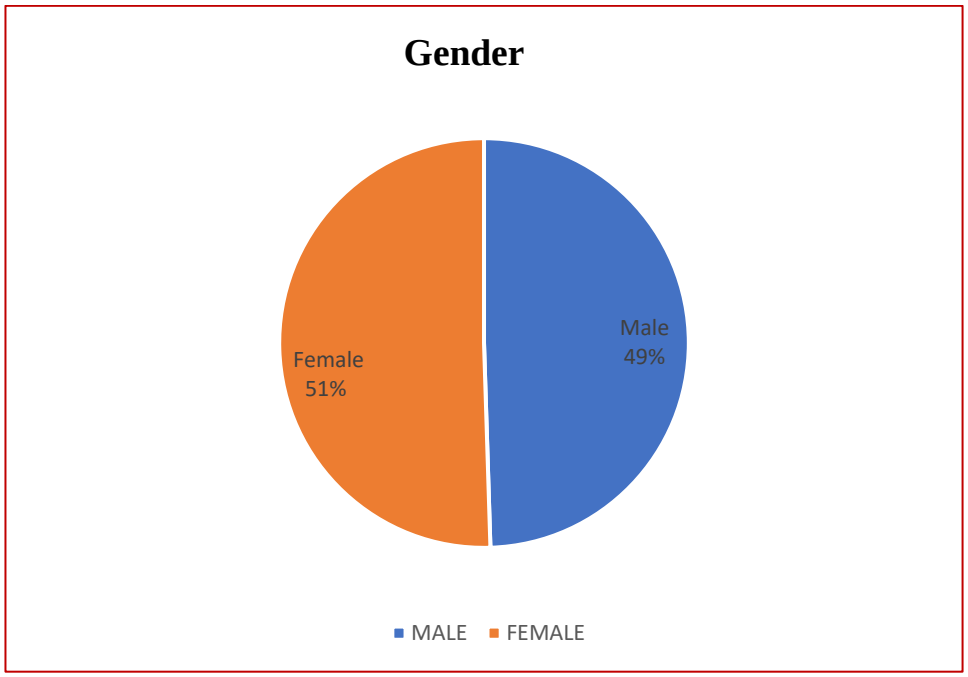


Figure II

Representation of Demographic data of individuals – Area of Residence

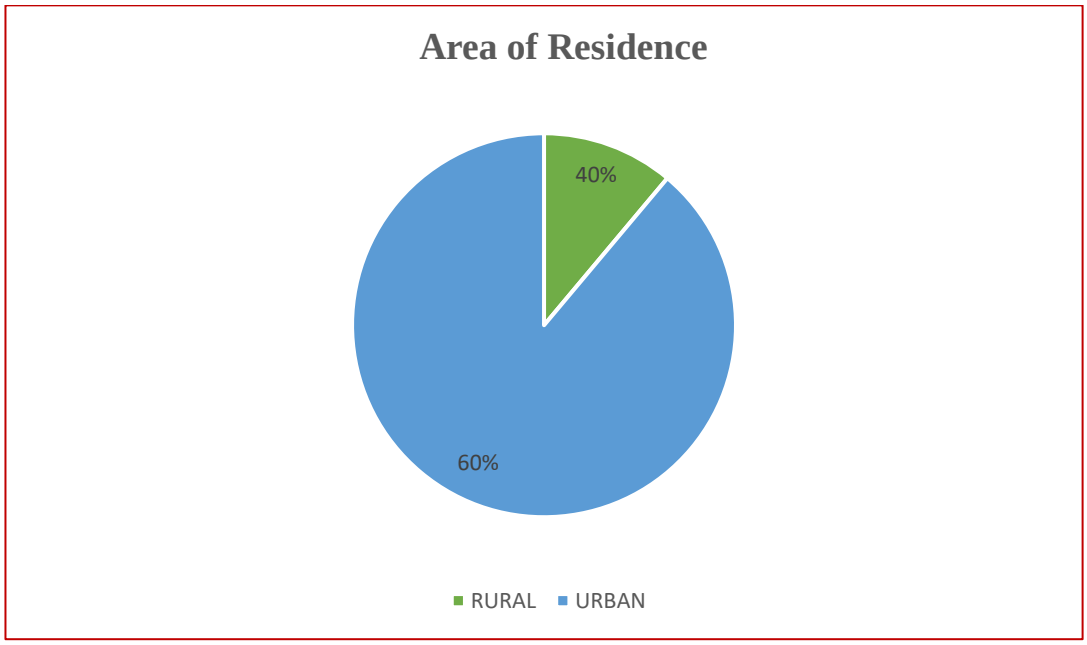


Table I shows the outline of the demographic data of the individuals who took part in the study. The percentage value for gender is 49% and 51% in females and males respectively. In area, the participants from rural were 40% and urban were 60%.

Table II

Relationship between Grit and Resilience (N=300)

Variables		Grit	Resilience
Grit	Pearson correlation	1	0.21**
	Sig. (2-tailed)		0.00
Resilience	Pearson correlation	0.21**	1
	Sig. (2-tailed)	0.00	

****** Correlation is significant at the 0.01 level (2-tailed)

Table II shows that there is a significant relationship between Grit and Resilience, the correlation value is found to be 0.21 which is significant at 0.01 level. Grit is defined as perseverance and passion towards long-term goals. Resilience is the ability to bounce back after failed. It is inferred that Grit and Resilience are positively correlated, meaning being able to bounce back after failed to reach their goals. They use their mistakes and challenges as a opportunity to perform better. Individuals with high grit scores are more resilient. Individuals with Grit tends to be aimed at long-term and performance oriented goals. This related to basic ideology of Resilience which is the ability to easily recover from or adjust to misfortune or change. Resilience and Grit are two positive personality traits that helps to be successful in life. Moreover, these two helps to bounce back from challenges and keep on going until achieve the goals. Thus, the hypothesis H1,“There is a significant relationship between Grit and Resilience among Young Adults” is accepted.

Table III

Relationship between Resilience and Short Self-Regulation (N=300)

Variables		Resilience	Self-Regulation
Resilience	Pearson correlation	1	0.48**
	Sig.(2-tailed)		0.00
Self-Regulation	Pearson correlation	0.48**	1
	Sig.(2-tailed)	0.00	

**Correlation is significant at the 0.01 level (2-tailed)

Table III shows that there is a significant relationship between Resilience and Self-Regulation. The correlation value is 0.48 which is significant at 0.01 level. Resilience means the ability to recover from setbacks, adapt well to change and progress overcoming adversity. Self-Regulation involves managing one's behavior, emotions and thoughts in the pursuit of long-term goals. It is interpreted that Resilience and Self-Regulation are correlated because being resilient calms themselves down after exciting or upsetting events. Resilient individuals tends to cope , handle adversity and learn from the challenging life situations. Self-Regulation is a good predictor of resilience, because it has the ability to control and manage our thoughts, feelings and emotions in relation to the psychosocial demands. Learning from life experiences serves a significant predictor of coping, confidence, tenacity, adaptation and tolerance to negative situations. Hence, the hypothesis H2, "There is a significant relationship between Resilience and Self-Regulation among Young Adults" is accepted.

Table IV

Relationship between Self-Regulation and Grit (N=300)

Variables		Self-Regulation	Grit
Self-Regulation	Pearson correlation	1	0.10 N.S
	Sig.(2-tailed)		0.08
Grit	Pearson correlation	0.10	1
	Sig.(2-tailed)	0.08	

N.S – Not Significant

Table IV shows there is no significant relationship between Self-Regulation and Grit. The correlation value is 0.10 which is not significant. Self-Regulation is an ability to control responses within the self. Grit is the tendency to sustain interest in and effort towards very long-term goals. Its is interpreted that Self-Regulation and Grit are not correlated, individuals are not able to control their impulses to make adequate decisions to reach their goals. Individuals are not capable to handle temptations to pursue their goal. Individuals with low self-control tend to be impulsive, insensitive towards others, risk takers, short-sighted and nonverbal. Peoples cannot deal with more complex and difficult situations due to lack of self-control. Self-control is important for individual to pursue a goal so they can improve their self-control by avoiding temptations, making a plan, focusing on specific goals and remembering the consequences of action can help them to regulate their behavior more effectively. Hence, the hypothesis H3, “There is a significant relationship between Self-Regulation and Grit among Young Adults” is not accepted.

Table V

Gender difference in Grit, Resilience and Self-Regulation

Variable	Gender	N	Mean	Standard Deviation	df	t	Significance
Grit	Male	149	3.05	0.35	298	2.75**	0.01
	Female	151	3.19	0.54			
Resilience	Male	149	57.81	18.45	298	3.95**	0.00
	Female	151	65.62	15.71			
Self-Regulation	Male	149	102.40	8.47	298	2.82**	0.00
	Female	151	105.86	12.35			

** Significant at 0.01 level

Table V shows that there is a gender difference males and females in Grit, Resilience and Self-Regulation. In Grit, for males and females, the mean value is 3.05 and 3.19 with the standard deviation 0.35 and 0.54 respectively. The t value is found to be 2.75 which is significant at 0.01 level. It can be inferred that Grit is higher in females compared to males. The young adulthood determines to be a period of flourishment for both males and females, but this period of enhancement of oneself might be used differently by each group. Females scored higher than males on the dimension of consistency of interest, perseverance of effort and ambition. Consistency of interests means goal and action-oriented behavior, which is distinct from an individual or situational interests. Perseverance of effort would exert durable effort in facing challenges. It leads to wonderful findings and broadens knowledge about goals.

In Resilience, the mean value is 57.81 and 65.62 and standard deviation is 18.45 and 15.71 for males and females respectively. The t value is 3.95 which is significant at 0.01 level. It cane be inferred that resilience is higher in females compared to males. Females tends to be more resilient and have longer life expectancy than male. They have the ability to bounce back in the face of challenges, losses and adversity compared to males. The resilient woman harnesses inner strengths and rebounds quickly from setbacks such as job loss, trauma or the death of loved ones (Dr. Randy Kamen). Females have the ability to self-soothe during these difficult times.

In Self-Regulation, for males and females, the mean value is 102.40 and 105.86 with standard deviation 8.47 and 12.35 respectively. The t value is found to be 2.82 which is significant at 0.01 level. It is identified that females tends to have higher self-regulation than males. Females utilize the self-regulation skills such as planning before acting, focusing, maintaining attention, remembering, following instructions, recognizing, understanding emotions and being able to control impulses. Females have a lower risk of drug use, anti-social behavior, abnormal eating habits and obesity because of the high levels of self-regulation. Therefore, the hypothesis H4, “There is a significant gender differences in Grit, Resilience and Self-Regulation among Young Adults”.

Table VI

Area of residence in Grit, Resilience and Self-Regulation

Variable	Area of residence	N	Mean	Standard Deviation	df	t	Significance
Grit	Rural	119	3.05	0.43	298	2.13*	0.03
	Urban	181	3.17	0.48			
Resilience	Rural	119	58.19	18.39	298	2.88**	0.00
	Urban	181	64.08	16.60			
Self-Regulation	Rural	119	103.05	9.07	298	1.43 N.S	0.15
	Urban	181	104.86	11.65			

**significant at 0.01 level, *significant at 0.05 level, N.S – Not significant

Table VI shows that there is a difference between rural and urban young adults in Grit and Resilience. It found that there is no difference between rural and urban young adults in Self-Regulation. In Grit, the mean value are 3.05 and 3.17, with the standard deviation 0.43 and 0.48 for rural and urban young adult respectively. The t value is found to be 2.13 which is significant at 0.05 level. It can be inferred that Grit is higher in urban compared to rural individuals. Urban individual tend to spend a considerable amount of time to pursue their long-term goals. Individuals in urban areas have high social pressure and social expectation compared to rural people.

In resilience, the mean value is 58.19 and 64.08 and the standard deviation is 18.39 and 16.60 for rural and urban young adults respectively. The t value is 2.88 which is significant at 0.01 level. It is identified that resilience is higher in urban compared to rural young adults. Urban young adults spend a considerable amount of time to withstand stress and cope with problems and setbacks. This means urban individuals have an ability to learn from experience and to come back stronger. Rather than letting negative problems get in their way, urban people use their resolve to create a positive outcome.

In Self-Regulation for rural and urban young adults, the mean value is 103.05 and 104.86 with standard deviation 9.07 and 11.65 respectively. The t value is 1.43 which is not significant, it is in accordance to the general view that, control responses within the self is not subjective to the area of residence, moreover it might seem that capacity for acceptance and validation of one's own emotions are similar despite the difference in external environment, but the approach to control impulses might vary within each group because self-control can be both learned and strengthened. Therefore, the hypothesis H5, "There is a significant difference between Area of residence in Grit, Resilience and Self-Regulation among Young Adults" is partially accepted.

SUMMARY AND CONCLUSION

CHAPTER V
SUMMARY AND CONCLUSION

The study on “Grit, Resilience and Self Regulation among Young Adults” was done among the following objectives:

- To assess the relationship between Grit, Resilience and Self-Regulation among Young Adults.
- To observe the gender difference in Grit, Resilience and self-Regulation among Young Adults.
- To explore the difference in area of residence in the variables among Young Adults.
- To find out the level of Grit among the Young Adults.
- To identify the levels of Resilience among the Young Adults.
- To assess the level of Self-Regulation among the Young Adults.

“Grit, Resilience and Self-Regulation among Young Adults” is a study carried out among 19-25 years old males and females from Coimbatore and Ramanathapuram. There were 300 participants who answered the Grit scale by Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly, D.R., Connor-Davidson Resilience Scale by Connor Davidson and The Short Self Regulation Questionnaire by Pichardo et al through the google form. The scoring was done and interpreted according to the norms.

Hypotheses

- H1:There is a significant relationship between Grit and Resilience among Young Adults.
- H2:There is a significant relationship between Resilience and Self-Regulation among Young Adults.
- H3:There is a significant relationship between Self-Regulation and Grit among Young Adults.
- H4:There is a significant gender difference in Grit, Resilience and Self-Regulation among Young Adults.
- H5:There is a significant difference in the area of residence in Grit, Resilience and Self-Regulation among Young Adults.

Conclusion

- Grit and Resilience are positively related among young adults.
- Resilience and Self-Regulation are positively related among young adults.
- Self-Regulation and Grit are not related among young adults.
- Females are found to have high in Grit, Resilience and Self-Regulation.
- Difference with respect to Area of residence were found in Grit and Resilience.
- Urban and Rural do not differ in levels of Self-Regulation .

Limitations

- The data was collected online hence, the honesty of the responses depends on each participant.
- Sample belongs to limited geographical area.
- Misunderstanding of the questions/ statements might have an influence on the results.
- The findings reported here are correlational in nature and conclusions regarding the directions of influence among the variables studied cannot be established.

Recommendations

- There is a possibility to conduct this study among wider range of age groups belonging to different area.
- A wide range of socio demographic data could be included to study the variables.
- This study can also be done using different combination of variables such as Self confidence, Psychological well-being, optimism, life-satisfaction etc… which are subjective to yield prospective results.

Implications

There are greater possibilities and necessities for further research on Grit, Resilience and Self Regulation. The scope of these areas would heighten in upcoming years.

- This study would serve as a background data for further researches.
- The research findings will benefit young adults, social workers, counsellors etc. to develop intervention programmes in relation to Grit, Resilience and Self Regulation for greater benefit of human aid.
- The ways of enhancing the level of Grit, Resilience and Self-Regulation among young adults could be explored.

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ANNEXURES

ANNEXURE I

CONSENT FORM

You are being invited to take part in a research study. Before you decide to participate in this study, it is important that you understand why the research is being done and what it will involve. Please take the time to read the following information carefully. Please ask the researcher if there is anything that is not clear or if you need more information. The purpose of the research is to study the **"Grit, Resilience and Self-Regulation among young adults"**

Study procedure

You will be given three tests of paper-pencil type along with socio demographic profile. You need to respond to all the items in the tests. There is no risk in undertaking the study. There will be no direct benefits to you for your participation in this study. Your responses to the question will be anonymous and kept confidential. Your participation in this study is voluntary. It is up to you to decide whether or not to take part in this study. If you decide to take part in this study, you will be asked to sign this form. You are free to withdraw at any time and without giving any reason. There are no costs to you for your participation in this study.

Consent

"By signing this consent form, I confirm that I have read and understood the information and have the opportunity to ask questions. I understand that my participation is voluntary and I am free to withdraw at any time, without giving a reason and without cost. I voluntarily agree to take part in this study conducted by Ms. Nivetha S (20PAP015), II M.Sc Applied Psychology.

Name of the participant:

Signature :

Place :

Date :

ANNEXURE II

SOCIO-DEMOGRAPHIC STATUS PROFILE

NAME/ INITIAL :

AGE :

GENDER : M/F

EDUCATION :

OCCUPATION :

SOCIO ECONOMIC STATUS :

AREA : Rural/ Semi Urban/ Urban

I assure that the data collected will be used only for the study and will not be used for any other purposes and confidentiality will be maintained throughout and even after the study.

ANNEXURE III

GRIT SCALE

Angela Duckworth (2007)

Please read each statement carefully before answering. Select one option that applicable for you.

S.no	Statement	Very much like me	Mostly like me	Somewhat like me	Not much like me	Not like me at all
1.	I have overcome setbacks to conquer an important challenge.					
2.	New ideas and projects sometimes distract me from previous ones.					
3.	My interests change from year to year.					
4.	Setbacks don't discourage me.					
5.	I have been obsessed with a certain idea or project for a short time but later lost interest.					
6.	I am a hard worker.					
7.	I often set a goal but later choose to pursue a different one.					
8.	I have difficulty maintaining my focus on projects that take more than a few months to complete.					
9.	I finish whatever I begin.					
10.	I have achieved a goal that took years of work.					
11.	I become interested in new pursuits every few months.					
12.	I am diligent.					

ANNEXURE IV

THE CONOR-DAVIDSON RESILIENCE SCALE

Connor Davidson(2003)

Indicate your response in terms of

S. No	Statements	Not true at all	Rarely true	Sometimes true	Often true	True nearly all of the time
1.	Able to adapt to change					
2.	Close and secure relationships					
3.	Sometimes fate or God can help					
4.	Can deal with whatever comes					
5.	Past success gives confidence for new challenge					
6.	See the humorous side of things					
7.	Coping with stress strengthens					
8.	Tend to bounce back after illness or hardship					
9.	Things happen for a reason					
10.	Best effort no matter what					
11.	You can achieve your goals					
12.	When things look hopeless, I don't give up					

13.	Know where to turn for help					
14.	Under pressure, focus and think clearly					
15.	Prefer to take the lead in problem solving					
16.	Not easily discouraged by failure					
17.	Think of self as strong person					
18.	Make unpopular or difficult decisions					
19.	Can handle unpleasant feelings					
20.	Have to act on a hunch					
21.	Strong sense of purpose					
22.	In control of your life					
23.	I like challenges					
24.	You work to attain your goals					
25.	Pride in your achievements					

ANNEXURE V

THE SHORT SELF REGULATION QUESTIONNAIRE

PotgieterJ.C & Botha (2009)

Indicate your response in terms of

S. No	Statements	Strongly disagree	Disagree	Uncertain	Agree	Strongly agree
1.	I usually keep track of my progress toward my goals.					
2.	I have trouble making up my mind about things.					
3.	I get easily distracted from my plans.					
4.	I don't notice the effects of my actions until its too late.					
5.	I am able to accomplish goals I set for myself.					
6.	I put off making decisions.					
7.	Its hard for me to notice when I've "had enough")alcohol, food, sweets).					
8.	If I wanted to change, I am confident that I could do it.					
9.	When it comes to deciding about a change, I feel overwhelmed by the choices.					
10.	I have trouble following through with things once I've made up my mind to do something.					
11.	I don't seem to learn from my mistakes.					

12.	I can stick to a plan that's working well.					
13.	I usually only have to make a mistake one time in order to learn from it.					
14.	I have personal standards, and try to live up to them.					
15.	As soon as I see a problem ot challenge, I start looking for possible solutions.					
16.	I have a hard time setting goals for myself.					
17.	I have a lot of will power.					
18.	When I'm trying to change something I pay a lot of attention to how I'm doing.					
19.	I have trouble making plans to help me reach my goals.					
20.	I am able to resist temptation.					
21.	I set goals for myself and keep track of my progress.					
22.	Most of the time I don't pay attention to what I'm doing.					
23.	I tend to keep doing the same thing even when it doesn't work.					
24.	I can usually find several different possibilities when I want to change something.					
25.	Once I have a goal, I can usually plan how to reach it.					

26.	I have rules that I stick by no matter what.					
27.	If I make a resolution to change something, I pay a lot of attention to how I'm doing.					
28.	Often I don't notice what I'm doing until someone calls it to my attention.					
29.	I usually think before I act.					
30.	I learn from my mistakes.					
31.	I give up quickly.					
32.	I know how I want to be.					

INSTITUTIONAL HUMAN ETHICS COMMITTEE

Avinashilingam

Institute for Home Science and Higher Education for Women
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Dr.AnithaSubash

26th Febraury 2022

To
Ms.Nivetha.S
Department of Applied Psychology
Avinashilingam Institute for Home Science and Higher Education for Women
Coimbatore – 641 043

Dear Nivetha.S,

Ref: Your proposal No. IHEC/21-22/A.PSY-12 entitled "Grit, Resilience among Young Adults" submitted for approval of IHEC on 23.11.2021.

The Institutional Human Ethics Committee of our University hereby grants approval to your research proposal No. IHEC/21-22/A.PSY-12 entitled "Grit, Resilience among Young Adults" submitted by you. The Approval number for the same is AUW/IHEC/A.PSY-21-22/XPD-12.

We wish you all the best in your research endeavours.

Regards,

S.Uma Mageshwari

Dr.S.Uma Mageshwari
Member Secretary

Institutional Human Ethics Committee