

ABSTRACT

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The present study, Effectiveness Of Positive Psychology Interventions in Enhancing the Psychological Well-being, Grit, Resilience, Mindfulness among College Students from Single Parent Family, was aimed to assess Psychological Well-being, Grit, Resilience, Mindfulness and identifying the effectiveness of Positive Psychological Interventions. The pilot study involved twenty engineering students. The primary study included one hundred and five selected samples through the Purposive Sampling method from Coimbatore with an age range of 17 to 21 years. The tools used for the present study was Psychological Well-being Scale by Carroll D Ryff (1989), Grit Scale by Duckworth (2007), Brief Resilience Scale by Smith(2008), Mindfulness Attention Awareness Scale by Brown and Ryan (2003).The data collected with the respondents by face to face interactions by giving the objectives of the study. The data was collected and tabulated as per the statistical applications. The results found that the selected college students from Single Parent Family have low and moderate Psychological Well-being, Grit, Resilience, Mindfulness. Based on these results, Positive Psychological Interventions were given to enhance their Psychological Well-being, Grit, Resilience, Mindfulness among College Students from Single Parent Family. These results indicate that Positive Psychology Interventions are found to be effective in enhancing Psychological Well-being.

Key Words: Engineering students, Single Parent Family, Psychological Well-being, Grit, Resilience, Mindfulness