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# UNDERSTANDING ADAPTIVE POSITIVE PSYCHOLOGICAL RESILIENCE: A SURVEY-BASED STUDY

**Dr. Antara Jha Mishra**
*Former Scholar, Department of Education, University of Gour Banga, Malda*

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## ABSTRACT

*Psychological resilience is a vital adaptive capacity that enables individuals to cope effectively with adversity, & uncertainty. The present study aims to examine adaptive positive psychological resilience by assessing individuals' emotional regulation, goal orientation, optimism, perseverance, cognitive flexibility, and coping strategies in challenging situations. To ensure representative participation and minimize selection bias, a quantitative survey-based research design was employed using a random sampling method. Data were collected through a structured 20-item resilience questionnaire measuring responses related to hope, positive reframing, interpersonal regulation, emotional self-control, motivation, and adaptive decision-making. Percentage-based and item-wise analysis revealed a dominantly high level of adaptive resilience among respondents of the current study. Findings indicate strong tendencies toward hope maintenance despite failure, effective emotional regulation of anger, jealousy, anxiety, and frustration, goal-oriented self-discipline, high perseverance after failure, and cognitive flexibility in managing complexity. Notably, participants demonstrated exceptional resilience in overcoming doubts, sustaining motivation, transforming negative thoughts into constructive action, and taking initiative despite fear of failure. However, relatively lower resilience was observed in managing social criticism and distrust, suggesting potential areas for psychological strengthening. Overall, the study confirms that adaptive positive psychological resilience functions as a crucial psychological resource supporting emotional stability, motivational endurance, problem-solving capacity, and effective adjustment to adversity.*

**KEYWORDS:** *Adaptive Positive Psychological Resilience, Emotional Regulation, Cognitive Flexibility, Perseverance and Goal Orientation, Psychological Coping and Optimism*

## 1.0. INTRODUCTION

Psychological resilience is a core construct which is scientifically recognised in contemporary psychological study due to the spontaneous attempt to conduct the adaptive functioning when an individual faces with the adverse situation or stimulation by the unexpected stimuli and conditions. There are a lot of no desirable aspects of considerations related to the base operational perspectives of psychological adaptation namely adversity, failure, complex life stressors, and uncertainty (*Masten,2001*). There is an important term which is basically highlighted in modern psychological study in positive directions that is resilience. In modern studies, resilience is reframed as a dynamic and developable process which is influenced by different factors related to the personal, social, and environmental aspects (*Luther, Cicchetti, & Becker, 2000*). Resilience is an essential constructive process by which an individual will be enable to regulate own emotions in connection to the adverse situational influence; to sustain the motivation for coping with the uncertainty; to engage own self in problem-solving (*Gross, 2015*). By reviewing the present studies on the resilience, it has been identified that resilient individuals are more capable of learning failure or uncertainty or any adverse situation (*Dweck, 2006*). From the previous studies, it is established that resilience is an effective and active process to support cognitive flexibility and allowing individuals to cope with negative experiences as per the context of uncertainty; by practicing it, an individual will be able to response effectively as per the adaptive directions (*Bonanno, 2004*). Practice of resilience will reframe negative experience by utilising the dynamic process by exercising cognitive operations through flexible perspectives. In the case of psychological influences done by the negative vibration of stress, anxiety, and depression, resilience can create an effective and desired influences to redirect towards the positivity. It is a positive factor to resist the negative influences of psychological abnormality (*Fletcher & Sarkar, 2013*). So, resilience is a psychological vibration that helps to enhance the operational capacity to free from the negative influence of emotional discomfort. It is not the direct regulating factor to resist the movement of psychological discomfort like distress (*Southwick et.al., 2014*). Individual who practices the resilience who can reflect the effective behavioural qualities like higher order persistence, effective level of goal commitment, and adaptive decision-making under pressure. This research findings have been established in the field of educational and occupational setting in terms of refection of adaptive decision making in terms of the effort to minimise the pressure (*Duckworth et al., 2007*). Based on the effective reviewing of the studies on educational and occupational settings, it has been identified that resilience helps an individual to be adaptive decision maker, a person with a perfect goal commitment, and an individual with the higher level of persistence in connection to the diversified interactions of perspectives and its stimuli under pressure. Positivity is an essential feature of resilience which can carries the effective connection with the base of hope, self-regulated motivation, and the actual meaning of life (*Snyder, 2002*). Resilience is an important feature of an individual which

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directly helps to make effective decisions to deal with the uncertainty. Psychological resilience is a significant cause to create an effective foundational construct to comprehend the complexity, changeability of life pattern & perspectives, and the state of failure-prone adjustment (*Masten & Reed, 2002*). Psychological resilience is also emerged from the foundational study of positive psychology in terms of comprehension the adaptation, positive adjustment, uncertainty, and complex life stressors.

By reviewing the traditional studies, it has been observed that the study was concentrated on how individuals recover after exposure to severe trauma done due to natural disasters, unexpected violence, or major life disruptions. In this studies, post event recovery and psychological repair were highlighted in the study based on the resilience (*Bonanno, 2004*). From the early models, it has been viewed that resilience is a protective response that strategically helps an individual to ensure for returning towards the baseline after the unexpected experience about the adversity (*Luthar et al., 2000*). From the early studies, it has been considered that resilience is an adaptive and protective capacity that helps directly to recover from the breakdown (*Fletcher & Sarkar, 2013*). Proactive resilience is an effective capacity that emphasises preparation, anticipation, and strategic adjustment before stressors escalate into crises (*Greenglass, 2002*). There is an essential consideration about the resilience that is goal-orientation can play significant influence to create the different approaches of resilience. This goal orientation in connection to practice the resilience that highlights the nature of sustain motivation, strategic behaviour of self-regulation of own behaviour that are the significant parameters to overcome the obstacles created due to uncertainty (*Duckworth et al., 2007*). Based on the different empirical studies, it has been observed that resilience is directly connected with the issues of cognitive flexibility. It is also connected with the base operational aspects of the approaches of emotional regulation; these findings are observed in connection to deal with the intentional effort rather exposure alone (*Gross, 2015*). From the effective reviewing of the traditional resilience-based studies, it has been generally observed that psychological context of resilience is recognised by the basic aspects of adaptive, proactive, and goal orientation of human behaviour.

In the study of resilience, it has been observed that there is an effective approach to deal with it that is adaptive positive psychological resilience which is a significant multidimensional psychological capacity. Based on the effective practice of this capacity, an individual can perform the behaviour for the purpose of adjustment in dynamic mode. In this dynamic approach, the effective integration of emotional cognitive, social resources, and motivational aspects of human personality as well as the livelihood (Masten, 2014). Regulating approaches of emotional behaviour helps to manage distress, anxiety, and frustration without impairing the decision-making styles; so adaptive positive psychological resilience helps to opt the effective adjustment strategies by controlling own behavioural reactions (*Gross, 2015*). There is an effective aspect of resilience that is cognitive reframe; it helps to interpret the setbacks as manageable challenges rather than failures (*Lazarus & Folkman, 1984*). An individual by maintaining social harmony under stress, an individual can direct the interpersonal dimension of adaptive positive psychological resilience; in these circumstances, an individual can make a balance personal goals with relational stability as well as cooperation (*Rutter, 2012*).

## 2.0. OBJECTIVES OF THE STUDY

The major objectives of the present study are:

1. To examine how individuals maintain hope and optimism despite perceived failure or lack of preparation.
2. To assess the ability to regulate negative emotions such as jealousy, frustration, anger, fear, and anxiety.
3. To analyze cognitive flexibility in simplifying complex situations and reframing negative experiences positively.
4. To evaluate emotional self-control in interpersonal contexts involving betrayal, criticism, distrust, and relationship maintenance.
5. To measure perseverance, resilience, and goal-orientation following failure or difficulty.
6. To understand individuals' capacity to delay gratification and endure short-term discomfort for long-term achievement.
7. To examine adaptive coping strategies related to motivation, persistence, and positive reframing.
8. To present a percentage-wise psychological resilience profile based on response distributions.

## 3.0. RESEARCH QUESTIONS

This study seeks to answer the following research questions:

i. To what extent do individuals sustain hope and positive expectations when success is uncertain?
ii. How effectively do respondents transform negative thinking into constructive action?
iii. How strong is emotional regulation in managing jealousy, anger, frustration, anxiety, fear, and discouragement?
iv. What levels of perseverance and resilience do individuals display after experiencing failure?
v. How well do individuals suppress short-term emotional discomfort for long-term benefits?
vi. To what extent do respondents show cognitive adaptability in simplifying complexity and reframing challenges?
vii. How effectively do individuals manage interpersonal conflicts and maintain relationships despite emotional strain?
viii. What dominant adaptive psychological resilience patterns emerge from the response distribution?

## 4.0. SAMPLING METHOD

The study employed a random sampling technique to ensure that participants were selected without systematic bias, thereby enhancing the representativeness and generalizability of the findings. Total 663 college going students from Malda district were selected as sample for this study.

## 5.0. RESEARCH DESIGN

This research adopted a quantitative survey-based research design, which is particularly suitable for measuring

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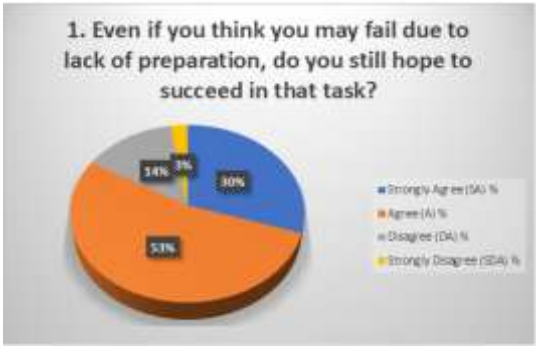
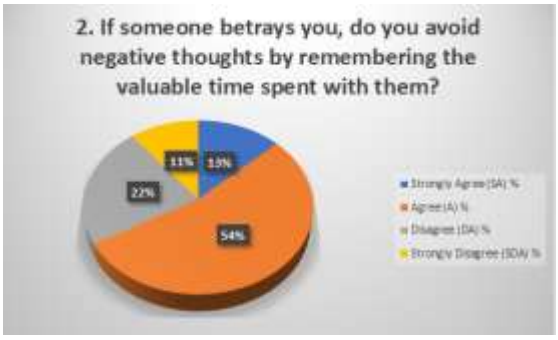
psychological traits such as resilience, emotional regulation, optimism, and perseverance across a large group of respondents.

## 6.0. ITEM-BASED ANALYSIS AND INTERPRETATION

**Item 1 — Hope despite lack of preparation**
83% (SA+A) respondents reported maintaining hope even when they anticipate failure due to inadequate preparation, indicating strong optimism, positive expectancy, and motivational resilience.

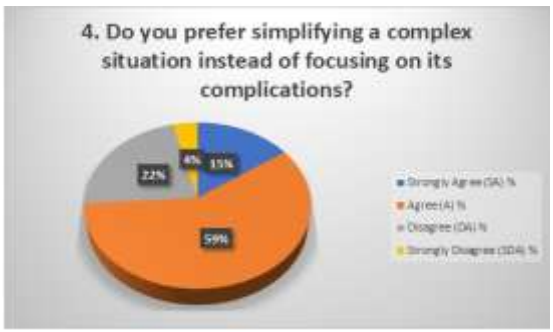



**Item 2 — Emotional regulation after betrayal**
67% (SA+A) avoid negative thoughts by recalling positive past experiences, reflecting adaptive emotional reframing and forgiveness-oriented coping.

**Item 3 — Suppression of jealousy**
76% (SA+A) suppress jealousy to preserve relationships, showing high interpersonal emotional control and maturity.

**Item 4 — Simplifying complex situations**
74% (SA+A) prefer simplification over rumination, indicating strong cognitive flexibility and adaptive problem-solving orientation.



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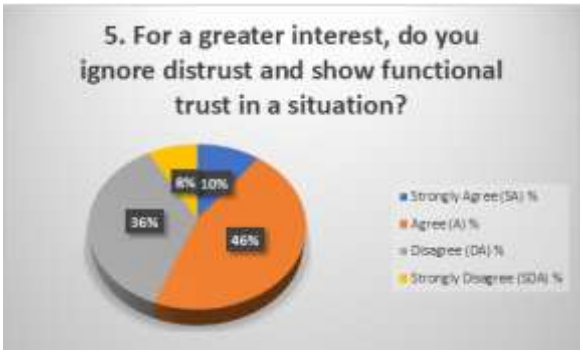
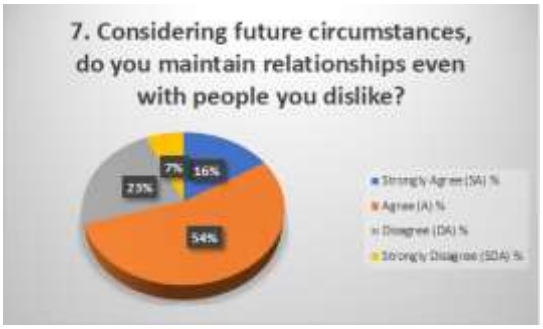
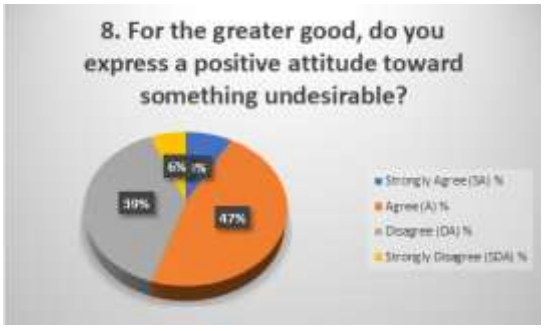
**Item 5 — Functional trust despite distrust**
56% (SA+A) ignore distrust for greater interest, suggesting moderate adaptive trust-building capacity, though with some emotional caution.



**Item 6 — Overcoming doubts in complex problems**
94% (SA+A) attempt to overcome doubts, reflecting very high mental resilience, self-efficacy, and perseverance.

**Item 7 — Maintaining relationships despite dislike**
70% (SA+A) maintain relationships for long-term benefits, demonstrating social adaptability and emotional self-restraint.




**Item 8 — Positive attitude toward undesirable tasks**
55% (SA+A) show positive attitude for greater good, indicating moderate positive reframing ability.

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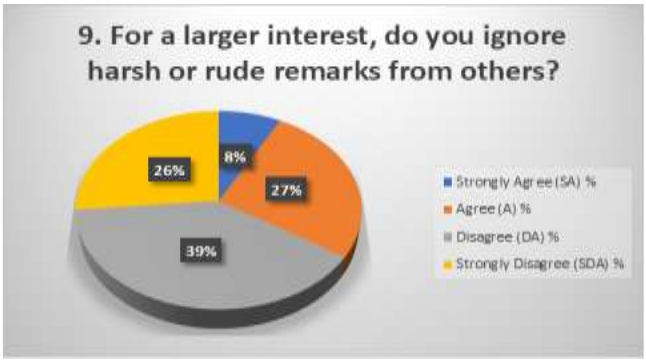
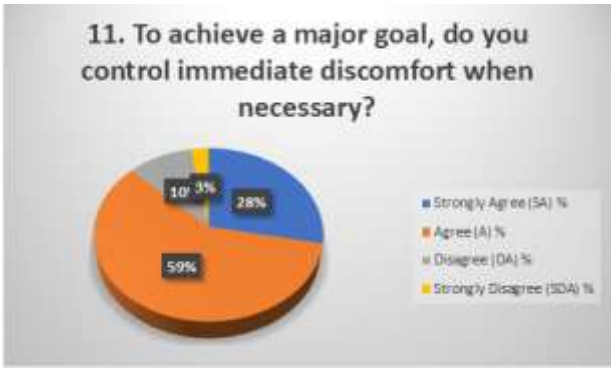
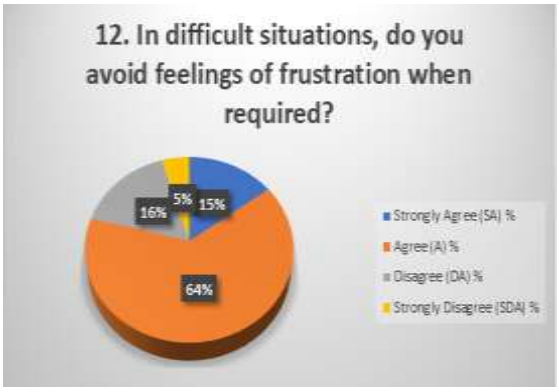
**Item 9 — Ignoring harsh remarks**
Only 35% (SA+A) strongly endorse ignoring rude remarks, showing comparatively lower resilience in handling social criticism.



**Item 10 — Converting negative thoughts into positive action**
84% (SA+A) transform negative thinking into constructive behavior, indicating strong cognitive-emotional transformation capacity.

**Item 11 — Controlling discomfort to achieve goals**
87% (SA+A) delay gratification and endure discomfort, demonstrating high goal orientation, discipline, and self-regulation.




**Item 12 — Avoiding frustration in difficult situations**
79% (SA+A) regulate frustration, indicating strong emotional stability under stress.

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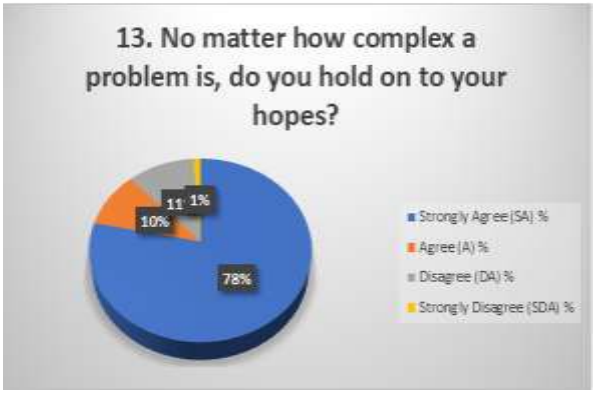
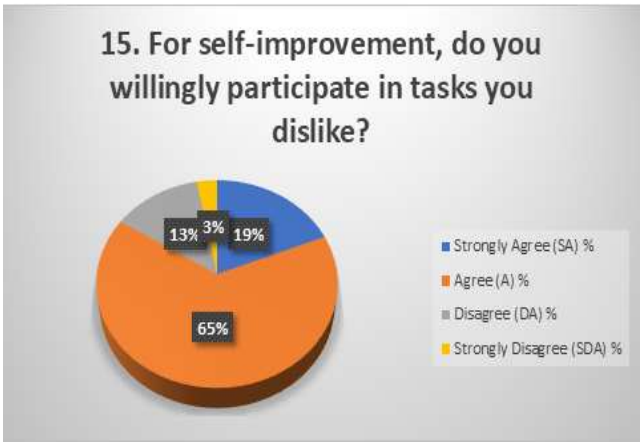
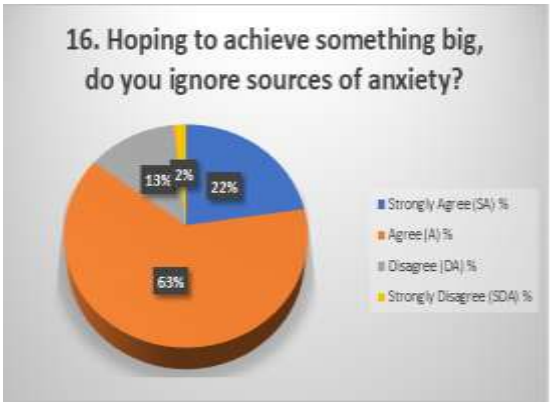
**Item 13 — Holding hope in complex problems**
88% (SA+A) maintain hope regardless of complexity, reflecting exceptionally high optimism and resilience.



**Item 14 — Persistence after failure**
94% (SA+A) continue striving after failure, showing very high perseverance and grit.

**Item 15 — Engaging in disliked tasks for self-improvement**
84% (SA+A) willingly participate in disliked tasks, indicating high intrinsic motivation and growth mindset.




**Item 16 — Ignoring anxiety to pursue big goals**
85% (SA+A) control anxiety to pursue ambition, showing effective anxiety regulation and long-term vision.

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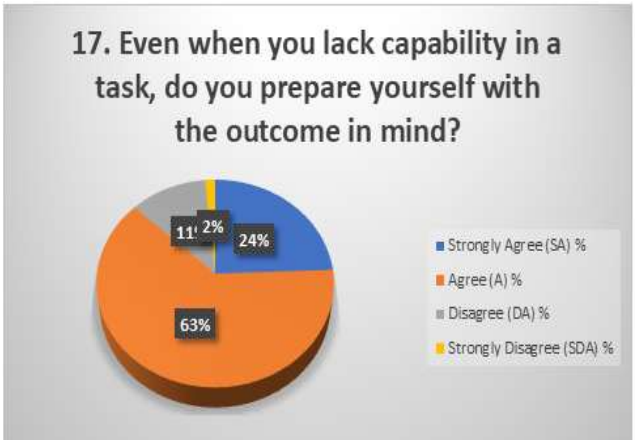
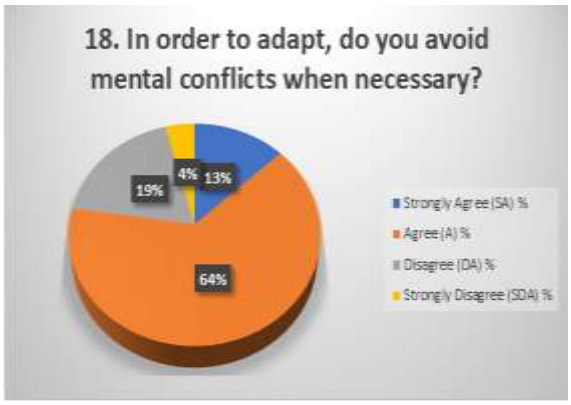
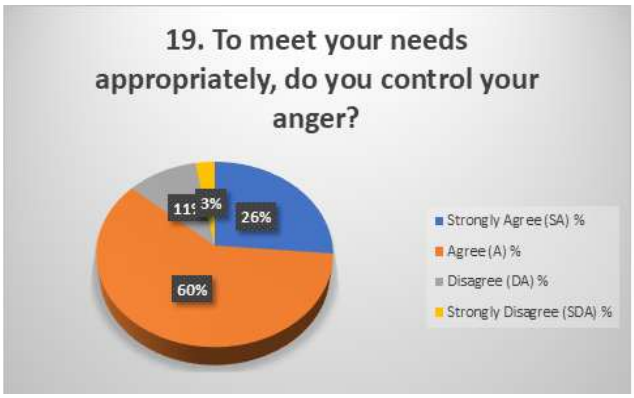
**Item 17 — Preparing despite low capability**
87% (SA+A) prepare for success even when lacking ability, indicating strong self-belief, adaptability, and persistence.

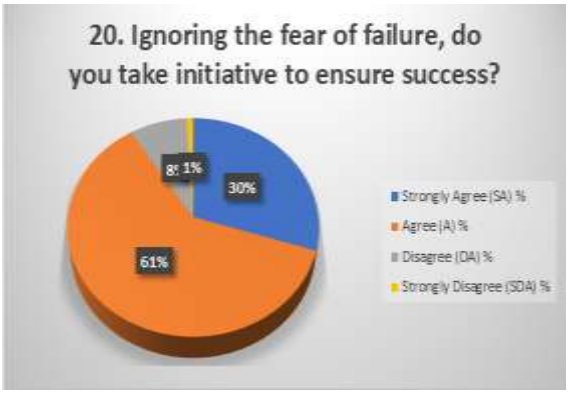



**Item 18 — Avoiding mental conflicts to adapt**
77% (SA+A) manage mental conflict for adaptation, reflecting moderate-to-strong emotional flexibility.

**Item 19 — Controlling anger to meet needs**
86% (SA+A) control anger effectively, showing high emotional self-regulation and social responsibility.




**Item 20 — Taking initiative despite fear of failure**
91% (SA+A) take initiative despite fear, demonstrating high courage, proactive resilience, and achievement motivation.

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### 6.1. Overall Item-Level Psychological Pattern

Item-wise trends reveal dominantly high adaptive positive resilience, particularly in: Hope & optimism, Emotional self-control, Perseverance & grit, Cognitive flexibility, Goal-orientation, and Anxiety and anger regulation. Relatively weaker domains include: Handling social criticism (Item 9), Trust under uncertainty (Item 5), Positive reframing of undesirable tasks (Item 8). These results indicate that while respondents demonstrate strong internal resilience, external emotional triggers (criticism, distrust, social judgment) remain potential vulnerability areas.

## 7.0. INTERPRETATION OF THE RESULT

Overall response trends (found in this study) indicate a strong prevalence of adaptive positive psychological resilience among participants. A majority of respondents expressed optimism despite anticipated failure, with approximately 83% agreeing that they continue to hope for success even when unprepared. This result reflects high cognitive hopefulness and motivational persistence. Emotional regulation appears moderately to strongly developed. About 67% of respondents reported avoiding negative thinking after betrayal, and 76% indicated suppressing jealousy to maintain relationships, suggesting strong interpersonal emotional management. Similarly, 70% reported controlling anger, demonstrating functional emotional self-control in social contexts. Cognitive flexibility was also prominent. Nearly 74% preferred simplifying complex situations rather than focusing on complications, indicating an adaptive problem-solving orientation. Furthermore, 94% reported overcoming doubts when facing complex problems, highlighting high mental resilience and confidence in problem-solving ability.

In the domain of resilience and perseverance, results were highly positive. Approximately 88% stated they continue striving after failure, while 89% reported holding onto hope even during highly complex challenges. This underscores strong resilience, grit, and goal commitment. Participants also demonstrated future-oriented self-regulation. Around 87% controlled immediate discomfort to achieve major goals, and 85% were willing to participate in disliked tasks for self-improvement, reflecting long-term goal orientation and disciplined motivation. However, a relative emotional vulnerability was observed in handling external criticism. Only 35% strongly agreed that they ignore harsh remarks, suggesting this domain may require stronger emotional resilience training. Overall, the response pattern reveals a dominant adaptive psychological resilience profile, with high levels of optimism, emotional regulation, perseverance, cognitive flexibility, and long-term motivational endurance.

### 7.1. Key Findings

- Respondents exhibit high optimism and hope, even in situations involving potential failure.
- Emotional self-control is strong, particularly in managing jealousy, anger, frustration, and anxiety.
- Participants demonstrate high cognitive flexibility, preferring simplification over rumination on complexity.
- Resilience and perseverance levels are notably high, with most respondents continuing efforts after failure.
- There is strong evidence of delayed gratification and goal-oriented discipline.
- Interpersonal emotional management is effective, though tolerance toward criticism remains a moderate challenge.
- The dominant psychological pattern reflects adaptive positive resilience rather than emotional reactivity.

## 8.0. CONCLUSION

The findings of this survey-based study suggest that the majority of participants possess strong adaptive positive psychological resilience, characterized by sustained hope, emotional regulation, cognitive flexibility, perseverance, and long-term motivational orientation Respondents generally demonstrate the ability to transform negative emotions into constructive action, manage interpersonal challenges with maturity, and maintain goal commitment despite failure or emotional discomfort. While resilience levels are high across most domains, emotional sensitivity to criticism remains an area for potential psychological development. Overall, the study confirms that adaptive positive resilience functions as a crucial psychological resource that supports mental stability, emotional balance, and sustained success in challenging life situations.

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**Questionnaire for Survey on Adaptive Positive Psychological Resilience**

| Item No | Item | Options |
|---|---|---|
| 1. | Even if you think you may fail due to lack of preparation, do you still hope to succeed in that task? | **SA, A, DA, SDA** |
| 2. | If someone betrays you, do you avoid negative thoughts by remembering the valuable time spent with them? | **SA, A, DA, SDA** |
| 3. | Do you suppress feelings of jealousy to maintain a good relationship with someone? | **SA, A, DA, SDA** |
| 4. | Do you prefer simplifying a complex situation instead of focusing on its complications? | **SA, A, DA, SDA** |
| 5. | For a greater interest, do you ignore distrust and show functional trust in a situation? | **SA, A, DA, SDA** |
| 6. | When facing complex problems, do you try to overcome your doubts? | **SA, A, DA, SDA** |
| 7. | Considering future circumstances, do you maintain relationships even with people you dislike? | **SA, A, DA, SDA** |
| 8. | For the greater good, do you express a positive attitude toward something undesirable? | **SA, A, DA, SDA** |
| 9. | For a larger interest, do you ignore harsh or rude remarks from others? | **SA, A, DA, SDA** |
| 10. | Due to situational demands, do you transform negative thoughts into positive ones? | **SA, A, DA, SDA** |
| 11. | To achieve a major goal, do you control immediate discomfort when necessary? | **SA, A, DA, SDA** |
| 12. | In difficult situations, do you avoid feelings of frustration when required? | **SA, A, DA, SDA** |
| 13. | No matter how complex a problem is, do you hold on to your hopes? | **SA, A, DA, SDA** |
| 14. | After failing at a task, do you continue trying and perform your role in pursuit of success? | **SA, A, DA, SDA** |
| 15. | For self-improvement, do you willingly participate in tasks you dislike? | **SA, A, DA, SDA** |
| 16. | Hoping to achieve something big, do you ignore sources of anxiety? | **SA, A, DA, SDA** |
| 17. | Even when you lack capability in a task, do you prepare yourself with the outcome in mind? | **SA, A, DA, SDA** |
| 18. | In order to adapt, do you avoid mental conflicts when necessary? | **SA, A, DA, SDA** |
| 19. | To meet your needs appropriately, do you control your anger? | **SA, A, DA, SDA** |
| 20. | Ignoring the fear of failure, do you take initiative to ensure success? | **SA, A, DA, SDA** |
| # **SA** = Strongly Agree, **A** = Agree, **DA** = Disagree, **SDA** = Strongly Disagree | | |