

The Psychology of Flourishing; A Correlational Study of Growth Mindset, Resilience and Psychological Wellbeing

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Abstract

The current study explore the relationship between growth mindset, resilience and psychological wellbeing among teenagers and young adults. Survey research design was used, with the sample of 300 participants comprising of 152 males and 148 females, surveyed across the Haripur, Pakistan. Three reliable instruments were used to take the response of participants including Growth Mindset Inventory (Carol Dweck., 2006), Brief Resilience Scale (Smith et al., 2008), and Psychological Wellbeing Scale (Diener et al., 2009). Data was analyzed through SPSS. Correlation analysis revealed that growth mindset, resilience and psychological wellbeing were significantly correlated. Value of t-test indicated that Gender differences emerges, with females scoring higher on growth mindset, while males scored higher on resilience, and psychological wellbeing. Value of t-test showed that young adults scored higher on growth mindset, resilience, and psychological wellbeing compared to teenagers. The findings suggest the importance of addressing mindset and resilience in education to enhance psychological wellbeing.

Key words: flourishing, growth mindset, resilience, psychological wellbeing.

Introduction

The pursuit of human flourishing is a central concern in psychology, characterized by purpose, positive relationships, and psychological wellbeing (Seligman & Csikszentmihalyi, 2014). However, the path to flourishing is not always straightforward, particularly for teenagers and young adults who face unique challenges and stressors (Arnett, 2016). Teenage is a critical developmental stage that present a variety of difficulties that have a substantial impact on people's mental health. They deal with a variety of stressors specific to this transitional stage as they negotiate peer relationships, academic pressures, identity formation, and societal expectations (Arnett, 2000). In order to shed light on how people's perceptions of their own abilities, their ability to overcome adversity, and their experiences with stress intersect and influence one another during the formative years of adolescence and young adulthood, this study explores the dynamic relationships between growth mindset, resilience, and psychological wellbeing across different demographic groups.

Growth Mindset

Growth mindset is the idea that one's personality, and especially one's intellectual capacity, is changeable and developable. It's more crucial than ever to adopt a "growth mindset." The world is changing so quickly that we have to deal with new difficulties every day. Norms and our

way of life are evolving, and we must adapt to these changes by staying current. A growth mindset and a fixed mindset are the two types of mindsets that Carol Dweck (1999, 2006) distinguished in her theory of growth mindset. Individuals with a fixed mindset think they were born with a fixed amount of ability that cannot be increased through effort and experience over time. On the other hand, those who have a growth mindset think that intelligence and skill can be acquired over time. Dweck's theory states that these mindsets have different effects on students' motivation for achievement: students with a growth mindset welcome challenges, persevere through setbacks, and learn from criticism, while students with a fixed mindset typically avoid challenges, negative feedback and give up easily (Dweck, 2016).

Resilience

Resilience is the ability to overcome adversity and constructively adjust to difficult situations. Resilience is also not a trait unique to some people or groups, nor is it a process that is only triggered in the face of incredibly difficult circumstances. Nonetheless, everyone can encounter challenging circumstances at some point in their lives and effectively employ resilience mechanisms. But the same individual might react differently to the same challenges later in life, or to an entirely different stressful or unfavorable circumstance (Henderson & Milstein, 2003). Furthermore, an individual with a different predisposition with respect to traits and surroundings may not find the same things that are risky or protective for another (Luthar & Zigler, 1991).

Psychological wellbeing

Psychological well-being is crucial in the life of people when navigating life's obstacles and changes. The concept highlights positive mental health, life satisfaction, and the development of one's potential; it goes beyond the absence of mental illness (Ryff & Singer, 1996). Prior studies, primarily concentrating on the adult population, have demonstrated that psychological well-being is a valid indicator of both long-term positive adjustment and health. Individuals who are in better health experience fewer illnesses, live longer, and practice more healthful habits (Ryff, 2017).

Method

Objectives of the Study

1. To examine the relationship between growth mindset, resilience, and psychological wellbeing.
2. To compare the gender on growth mindset, resilience, and psychological wellbeing.
3. To compare the young adults and teenagers on growth mindset, resilience, and psychological wellbeing.

Hypotheses

1. There will be a significant relationship among growth mindset, resilience, and psychological well-being.
2. Growth mindset will be significantly different across the gender.
3. Boys will be high on resilience as compare to the girls.
4. There will be significant difference on psychological wellbeing across gender.
5. Young adults will have the strong growth mindset as compared to the teenagers.
6. Young adults will be high on resilience as compared to the teenagers.
7. Psychological wellbeing will be significantly different across different age groups.

Research Design

The present study is quantitative in nature and survey research design has been used to collect data from students in order to examine the relationship between the growth mindset, resilience, and psychological well-being.

Participants

The present study was conducted among teenagers and young adults of Haripur. Data was collected from the Bright Horizon School, Hazara Public School and College, Haripur, Government Post Graduate College for Women, Haripur and University of Haripur. Participants were requested to answer the questionnaire that measure growth mindset, resilience, and psychological wellbeing.

Sampling Technique

Convenient sampling technique was used for the collection of data from the different colleges and universities. Participation was voluntary and only those participant who met the inclusion criteria and gave the informed consent were entitled for the study.

Sample Size

The study sample consist of 300 students (Males= 152, Females=148) that were taken from the different institution of Haripur.

Instruments

The survey instruments utilized to collect data included designed Socio Demographic Questionnaire, Growth Mindset Inventory, Brief Resilience Scale, and Psychological Wellbeing Scale were used in the study for collecting data from sample.

Growth Mindset Scale

Growth Mindset Scale was developed by Psychologist Carol Dweck (1999, 2006) to measure how much people believe that they can get smarter if they work at it and was used to examine growth mindset in this research. Growth Mindset Scale consist of the 8 items. This scale was also used with adults (Thompson et al., 2013).

Scoring involve using a 5-point scale (0 = strongly agree; 4 = strongly disagree), in which respondents show how much they agree with these statements about whether their efforts can change their intelligence. To calculate the total score for each participant, item 2, 3, 6, 8 were reverse coded. The average rating of the items was taken by adding respondents' answers to each item. Cronbach's alpha value of growth mindset scale is $\alpha = .93$. Correlated inter-item relation were also strong, ranging from 0.70-0.79.

Brief Resilience Scale

The Brief resilience scale was developed by Smith et al. (2008). The scale includes six items. The respondents were asked to indicate how well each statement described their behavior and actions on a 5 point Likert-type scale, ranging from "1" = *does not describe me at all* to "5" = *describes me very well*. As Item 2, Item 4 and Item 6 were reverse-coded, the data collected were recoded prior to analysis. The average rating of the items was taken by adding respondents' answers to each item and dividing their sum by the total number of questions answered. Smith et al. (2008) reported Cronbach's alpha of BRS from .80 - .91 over four samples.

Psychological Wellbeing Scale

The Psychological Well-Being scale (PWB) was developed by Diener et al. (2009). The reliability of scale was 0.86. It consists of eight items. Each item is answered on a 1–7 scale that ranges from Strongly Disagree to Strongly Agree. All items are phrased in a positive

direction. Scores can range from 8 (Strongly Disagree with all items) to 56 (Strongly Agree with all items). High scores signify that respondents view themselves in very positive terms in diverse areas of functioning.

Procedure

After getting permission from authorities of GPGC, participants are approached at different schools, colleges, and universities. They were asked to respond the questionnaires. Basic purpose and content of questionnaire were explained to them. They were ensure that information would be kept confidential and use only for research purpose. After getting data it was analyzed through SPSS 2025 version.

Table 1: *Psychometric Properties for Scales (N=300)*

Scales	<i>M</i>	<i>SD</i>	Range	Cronbach's α
Growth Mindset Inventory	17.55	4.16	3-29	.69
Brief Resilience Scale	18.47	4.56	9-28	.74
Psychological wellbeing Scale	41.38	8.01	20-56	.85

Note: *M*=Mean, *SD*=Standard deviation, α =Cronbach's Alpha.

Table 2 is depicting the psychometric properties for scales. The reliability analysis indicate that the Cronbach's α value for Growth Mindset Inventory is .69 (<.80) which shows Satisfactory internal consistency. The Cronbach's α value for Brief Resilience Scale is .74 (<.80) which indicated good internal consistency. The Cronbach's α value for Psychological wellbeing Scale is .85 (>.80) which also shows high internal consistency. Thus the scales are reliable and valid for measuring the concern subject matter with good alpha reliability.

Table 2: *Pearson Correlation for Study Variables*

Variables	1	2
1. Growth Mindset Scale	-	
2. Brief Resilience Scale	.43**	-
1. Psychological Wellbeing Scale	.41**	.74**

Note. ** $p < .01$.

Table 3 is illustrating the Pearson correlation among study variables. The findings indicate that Growth mindset has the weak significant positive correlation with brief resilience scale ($r = .43$, $p < .01$) and psychological wellbeing scale ($r = .41$, $p < .01$). Findings also predict that Brief resilience scale has the strong significant positive correlation with psychological wellbeing scale ($r = .74$, $p < .01$). So findings supports an alternative hypothesis therefore it is accepted.

Table 4: *Mean, Standard Deviation and t-Values of Male and Female on Growth Mindset Inventory, Brief Resilience Scale, and Psychological Wellbeing Scale*

Variables	Male (n=152)		Female (n=148)		<i>t</i> (298)	ρ	Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			
GMI	16.70	4.31	18.42	3.82	-3.64	.000	.42
BRS	19.88	4.59	17.02	4.06	5.70	.000	.66
PWBS	43.07	7.48	39.65	8.19	3.78	.000	.44

Note: *GMI*= Growth Mindset Inventory, *BRS*= Brief Resilience Scale, *PWBS*= Psychological Wellbeing Scale, *M*=Mean, *SD*=Standard deviation, ρ =level of significance.

Table 4 shows Mean, Standard deviation and t-values for male and female participants on Growth Mindset Inventory, Brief Resilience Scale, and Psychological Wellbeing Scale. Results indicate that there is a significant difference on growth mindset, resilience, and psychological wellbeing among the male and female participants. The findings shows that female participants ($M=18.42$, $SD= 3.82$) reported significantly strong growth mindset than male participants ($M=16.70$, $SD= 4.31$), $t(298) = -3.64$, $p < .001$. The value of Cohn's d was .42 (<.5) which indicate small effect size. Male participants ($M=19.88$, $SD= 4.59$) reported significantly high resilience than female participants ($M= 17.02$, $SD= 4.06$), $t(298) = 5.70$, $p < .001$. The value of Cohn's d was .66 (<.8) which indicate moderate effect size. Male participants exhibit significantly higher score on Psychological wellbeing ($M= 43.07$, $SD= 7.48$) as compared to female participants ($M= 39.65$, $SD= 8.19$), $t(298) = 3.78$, $p < .001$. The value of Cohn's d was .44(<.5) which indicated small effect size.

Table 5: Mean, Standard Deviation and t-Values of Teenagers and Young Adults on Growth Mindset Inventory, Brief Resilience Scale and Psychological Wellbeing Scale

Variables	Teenagers (n=147)		Young Adults (n=153)		t(298)	ρ	Cohen's d
	M	SD	M	SD			
GMI	16.74	4.54	18.33	3.61	3.36	.001	.39
BRS	16.90	4.03	19.97	4.55	6.17	.000	.71
PWBS	39.07	7.84	43.60	7.55	5.10	.000	.59

Note: GMI= Growth Mindset Inventory, BRS= Brief Resilience Scale, PWBS= Psychological Wellbeing Scale, M=Mean, SD=Standard deviation, ρ =level of significance.

Table 5 shows Mean, Standard deviation and t-values for Teenagers and young adults on Growth Mindset Inventory, Brief Resilience Scale and Psychological Wellbeing Scale. Results indicate that there is a significant difference on growth mindset, resilience, and psychological wellbeing among the teenagers and young adults. The findings shows that adult participants ($M=18.33$, $SD= 3.61$) reported significantly strong growth mindset than teenage participants ($M= 16.74$, $SD= 4.54$), $t(298) = 3.36$, $p < .001$. The value of Cohn's d was .39 (<.5) which indicate small effect size. Young adult participants ($M=19.97$, $SD= 4.55$) reported significantly high resilience than the teenage participants ($M= 16.90$, $SD= 4.03$), $t(298) = 6.17$, $p < .001$. The value of Cohn's d was .71 (<.8) which indicate moderate effect size. Young adults exhibit significantly higher score on Psychological wellbeing ($M= 43.60$, $SD= 7.55$) as compared to teenage participants ($M= 39.07$, $SD= 7.84$), $t(298) = 5.10$, $p < .001$. The value of Cohn's d was .59(<.8) which indicated moderate effect size.

Discussion

The aim of the current investigation is to evaluate the survey on “The Psychology of Flourishing; A correlational Study of Growth Mindset, Resilience and Psychological Wellbeing”. Moreover, the study aimed to investigate the relationship and demographic differences on study variables. Growth mindset is the belief that abilities and intelligence can be developed through effort and learning (Dweck, 2006). Resilience is the ability to cope with and recover from the setbacks. People who remain calm in the face of disaster have the resilience (Horn & Feder, 2018). Psychological Wellbeing refers to the simple notion of a person's welfare, happiness, advantages, interests, utility, and quality of life (Burris et al., 2009).

At first, reliability and validity of construct was ensured. For data collection three reliable scales was used namely, Growth Mindset Scale (Carol Dweck, 1999), Brief Resilience Scale (Smith et al., 2008), and Psychological Wellbeing Scale (Diener et al., 2009). The Alpha reliability of GMI, BRS, and PWB is .69, .74, and .85 respectively. The present study is

quantitative in nature and cross-sectional research design has been used to collect data from the School, College and University students. The sample size was (n=300). The sample consist of 147 teenagers (49%) and 153 young adults (51%). In terms of gender, male participants have a higher representation, comprising of 152 male (50.7%) and 148 females (49.3%). To achieve objectives of study various hypotheses regarding growth mindset, resilience, and psychological wellbeing were formulated across demographic variables of gender and age. In current research, correlation analysis and t-test were used. Correlation value indicated that growth mindset, resilience, and psychological wellbeing are significantly correlated. Value of t-test indicated that females scoring higher on growth mindset where the male score higher on resilience and psychological wellbeing. Value of t-test also shows that Young adults scored higher on growth mindset, resilience, and psychological wellbeing than the teenagers.

First hypothesis proposed that there will be significant relationship among growth mindset, resilience, and psychological well-being. Table 3 showed that there is a significant positive correlation between growth mindset, resilience and psychological wellbeing. Thus alternate hypothesis is supported in the study. Iqbal et al. (2021) conducted the study “Association of School Engagement, Well-being, Resilience, and Growth Mindset among Adolescents in High School”. Results of the study indicated that growth mindset, resilience and well-being were found to have positive associations with each other. Perez et al. (2023) conducted the study “Growth Mindset Practices and Academic Resilience of the Junior High School Students in Philippine School Doha, S.Y. 2022-2023”. Results of the study shows that there is a significant relationship between mindset and resilience among foreign students, impacting their college life exhaustion levels. Zeng et al. (2016) conducted the study on “Effect of Growth Mindset on School Engagement and Psychological Well-Being of Chinese Primary and Middle School Students: The Mediating Role of Resilience”. Results of the study showed that the high levels of growth mindsets in students predicts higher psychological well-being through the enhancement of resilience. Sagone and De Caroli (2014) conducted the study “Relationships between Psychological Well-being and Resilience in Middle and Late Adolescents”. Results showed positive relationships between PWB and resilience.

Second hypothesis proposed that the growth mindset will be significantly different across the gender. Table 4 showed that the growth mindset is significantly differs across gender as females significantly score higher on growth mindset scale for as compared to males so alternative hypothesis is supported. Schlender et al. (2020) conducted the study "Gender Differences in Growth Mindset, Group Identity, and Social Skills" that specifically focuses on understanding the ways social skills and social identity relate to mindsets. Results indicates that female students report a marginally significant higher levels of growth mindsets than males (mean = 2.69, SD= 0.28 vs. mean = 2.61, SD =0.30; $p \leq .10$).

Third hypothesis proposed that the male will be high on resilience as compared to females. The result from Table 4 showed that the male significantly score higher on resilience as compared to females so alternative hypothesis is supported. Yalcin-Siedentopf et al. (2021) conducted the study “Sex matters: stress perception and the relevance of resilience and perceived social support in emerging adults”. Result of the study shows that male exhibit the high resilience as compared to females. Khalaf (2014) carried out a study in Egypt entitled “Validity and Reliability of the Academic Resilience Scale in Egyptian Context”. Findings shows that a statistically significant difference was found among males and females in academic resilience, in favor of males.

Fourth hypothesis proposed that there will be the significant difference on psychological wellbeing across gender. Table 4 shows that there will be a significant difference on psychological wellbeing across the gender, in favor of males. So the alternate hypothesis is supported in this study. Gómez-Baya et al. (2018) conducted the study “Gender Differences in Psychological Well-Being and Health Problems among European Health Professionals:

Analysis of Psychological Basic Needs and Job Satisfaction”. Result of the study shows that male reported significantly higher psychological well-being than females.

Fifth hypothesis proposed that young adults will have the strong growth mindset as compared to the teenagers. Table 5 shows that there is a significant difference in the growth mindset among teenagers and young adults. So alternate hypothesis is supported in the study. However, the previous research does not provide clear support for the hypothesis as they have not address the relation between the growth mindset and age. Findings of this study shows that young adults score higher on growth mindset as compared to teenagers. Young adults in Pakistan may have faced more challenges and setbacks, which can help them develop the strong growth mindset. Young adults have the clear career goals and aspirations which can motivate them to develop the growth mindset as compare to teenagers who are facing an array of stressors as they navigate the academic pressure, peer pressure and societal expectation. Another evidence is found from the research conducted by Lebel & Beaulieu (2011) in the department of biomedical engineering has shown that the brain continues to develop well into our 20s. This study used MRIs to scan the brains of 103 healthy people between the ages of 5 and 32. The study demonstrated that parts of the brain continue to develop post-adolescence within individual subjects. The research results revealed that adolescent’s brains were continuing to develop wiring to the frontal lobe for performing the complex cognitive tasks such as inhibition, high-level functioning and attention. Young adults may have an advantage in terms of brain development, enabling them to adopt a growth mindset more easily.

Sixth hypothesis proposed that young adults will be high on resilience as compared to the teenagers. Table 5 shows that the young adult will exhibit significantly higher score on resilience as compared to teenagers. So the alternate hypothesis is supported. Neff & McGehee (2009) conducted the study “Self-compassion and Psychological Resilience among Adolescents and Young Adults” Result of the study shows that young adults will exhibit the higher resilience as compared to the teenagers who have the complication in resilience.

Seventh hypothesis proposed that Psychological wellbeing will be significantly different across different age groups. . Table 5 shows that the psychological wellbeing significantly varies across different age groups. Previous research findings also showed significant results. De-Juanas et al. (2020) conducted the study “The Relationship between Psychological Well-Being and Autonomy in Young People According to Age”. Result of the study shows that younger adult will exhibit higher score on psychological wellbeing as compared to adolescents.

Conclusion

The current study investigated the “The Psychology of Flourishing; A Correlational Study of Growth mindset, Resilience, and Psychological Wellbeing”. Survey research design was used to collect data from students of Haripur. It is concluded that growth mindset, resilience and psychological wellbeing were significantly positively correlated. Value of t-test indicated that the females scoring higher on growth mindset, while males scored higher on resilience, and psychological wellbeing. Value of t-test shows that young adults scored higher on growth mindset, resilience, and psychological wellbeing compared to teenagers. **Limitations**

Following are the shortcomings of research.

1. Sample size (N=300) was not standard sample size and convenient sampling technique is used. So, results cannot be generalized to the whole population.
2. The respondents filled the questionnaire casually which might have affected the conclusion.
3. The research was conducted only on women and men whereas third gender was excluded.
4. Data was collected only from colleges and universities and individual who are not studying were excluded from the study.
5. Research is also limited to only specific age range (13-25 years old).

6. The present study was conducted in Haripur, Pakistan and the entire participant were Muslims so it is unclear to what extent the present finding generalizes to other cultural context.

Recommendations

1. The sample size should increase for the generalization of results.
2. A random sampling technique should be used for the generalization of results.
3. The research can be conducted on other age groups, other ethnic groups, different countries etc. for better results.
4. This research excluded third gender and uneducated individuals they can also be added.

Implementation of the Study

The findings of study can be helpful and supportive for educational institution, policy maker, parents, teachers, and caregivers to improve the growth mindset and resilience of people in order to promote greater psychological wellbeing of peoples. Educational institutions can incorporate programs and activities that promote growth mindset and resilience, such as workshops, training sessions, and extracurricular activities. Policymakers can develop policies and initiatives that support psychological wellbeing, such as mental health services, counseling, and stress management programs. Parents, teachers, and caregivers can encourage and support young individuals in developing a growth mindset and resilience, by praising effort rather than talent, and fostering a supportive and inclusive environment. The finding of present study also have a theoretical contribution.

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