

Psychological resilience of Graduates

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ABSTACT

The study mainly aims to term the better understanding of emotional stability and the implications for the mental health and personal growth. Investigating the conceptualization and measurement of emotional stability. The specific dimension of personality of an individual which include the psychological foundations and environmental influence. The impacts of emotional stability in an aspect of life which includes the interpersonal relationships, working performance and social well - being. The main factor influence emotional stability is personal trait and coping mechanisms. By providing the comprehensive nature of the review as an insightfor the future research purpose and practical application in emotional resilience.

Keywords: Resilence, Emotional stability.

INTRODUCTION

Emotional stability plays a vital role in life which shape out our experience and response to numeroussituations. Without a proper definition and constructions, it is difficult to infer the emotional stability. Emotional stability is widely accepted by the scientific literature. Emotional stability standardly used to measure the highest performance test and well- built relationship with traditional intellectual. Core elements of emotional stability includes

Self – awareness

Effective stress management

Adaptability

Maintaining a balanced perspective on challenges

Impulsive control

Positive outlook on life

Emerging coping instrument and conserving a health support system which subsidize to the emotional stability. Knowledge about an individual's triggers points on stress. Problems faced in life situations from relationship breakdowns to job loss.

In the ebbs and flows of life, there exists a profound yet often overlooked attribute that profoundly shapes our experiences and interactions: emotional stability. Defined as the ability to maintain a balanced emotional state even amidst turbulent circumstances, emotional stability serves as a cornerstone of mental well-being and resilience.

Picture a person faced with unexpected challenges—a sudden job loss, a relationship strain, or a health setback. While these events can easily disrupt one's equilibrium, emotionally stable

individuals demonstrate remarkable poise. They exhibit a steady demeanor, capable of processing their feelings without being overwhelmed by them. This steadiness allows them to respond thoughtfully rather than react impulsively, fostering better decision-making and healthier relationships. Emotional stability isn't merely about suppressing emotions; it's about understanding them deeply and managing them effectively. It involves a blend of self-awareness, adaptability, and resilience—a dynamic equilibrium that enables individuals to navigate life's complexities with grace and fortitude. In this article, we delve into the essence of emotional stability: its components, benefits, and practical strategies for cultivating it in our lives. By unraveling its intricacies, we aim to empower you to nurture your emotional well-being and harness the strength that comes from within.

Aim of this study:

To gain knowledge about the emotional stability of the people. To study the demographic variables of the people. To find the problems faced by the people to control and the way they annoy it.

Review of literature:

Kamlesh P. Pithava and Yogesh A. Jogsan (2015) Ego Strength and Self-Concept in Adolescents. In addition, result indicates that the study revealed the significant difference in ego strength and self-concept with respect both adolescents boys and girls. Pushpa M. and Prof. K. Yeshodhara (2014) emotional intelligence and self-concept of B.Ed students. In addition, result indicates that the students from unaided college have possessed high level of self-concept compared to students from aided colleges. Mohammad Amin Wani and it all. (2016) Emotional Stability among Annamalai university students. In addition, result indicates that the study revealed the no significant difference found between mean scores of emotional stability of boys and girls. Sheema Aleem (2005) Emotional Stability among college youth. Result shows that male students are found to be more emotional stable than female students.

Materials and methodology:

Type of research:

Descriptive Research, It encompasses the surveys and findings the fact terms and enquires the different kinds. The main reason of research is description of the state it exists at present. Population of the study consist of the students studying in undergraduate, Post graduates, and some working people who is familiarly around 18 – 25 age group. The experimental sample consists of 50 students of science, Commerce and Arts stream of undergraduate, post graduates, of various courses on colleges affiliated to various colleges in Coimbatore district, TamilNadu. 50 undergraduate, postgraduates, whose age group ranged from 18 – 25 years. The subjects for the purpose of the study were drawn from different colleges in Tamil Nadu because it is a sociological study. Sampling technique was convenience the random sampling technique was used to extend the sample from the population. Questionnaires were used to collect the data. Percentage Analysis, Chi-square test, Fried man test. Were used to analyze the data

Analysis and interpretation

To study the demographic variables of college students.

| s.no | Particular | Demographic variables | Percentage |
|------|------------|-----------------------|------------|
| 1 | Gender | Female | 62.2% |

| | | | |
|----|------------------------------------|----------------------|-------|
| 2 | Professional | Student | 68.9% |
| 3 | Emotional effect | Yes | 80.0% |
| 4 | Emotionally down | Frequently | 46.7% |
| 5 | Emotional well being | Fairly | 68.9% |
| 6 | Positive and supportive atmosphere | Somewhat effective | 62.2% |
| 7 | Changes happen | Positive way | 93.3% |
| 8 | Bounce back | Yes | 62.2% |
| 9 | Relaxation technique | Yes | 66.7% |
| 10 | Tackled Emotional challenges | Facing independently | 60.0% |
| 11 | Past year changes | Yes | 75.6% |
| 12 | Control emotions | Yes | 80.0% |
| 13 | Conflicts | Based on situation | 57.8% |
| 14 | Scale of emotional stability | 3 | 42.2% |
| 15 | Drowned | Yes | 62.2% |

Inference:

62.2 percentage of responds fall under the female. The majority of the responses are found to be in the female. The above table indicates that nearly 68.9 percentages are responded are student. The majority of the responses are found to be in the student. The above table indicates that nearly 80.0 percentage are responded are yes The majority of the response are found to be in the yes The above table indicates that nearly 46.7 percentage are responded are frequently . The majority of the response are found to be in the frequently. 68.9 percentages are responded to fairly. The majority of the response are found to be in the fairly. Where 62.2 percentages are responded to somewhat effective. The majority of the response are found to be in the somewhat effective. The above table indicates that 93.3 percentages that are responded to the positive way the majority of the response are found to be in the positive way. The above table indicates that 62.2 percentages are responded to the yes The above table indicates that 66.7 percentage are responded to the yes. The majority of the response are found to be in the facing independently.

Conclusion:

Form the above study it states that now a days the young generations need to control their emotions, parents should not pamper them. It demonstrates the many of them are facing ht situations independently. Since the majority of the respondents for this study were female. In the labyrinth of human emotions, emotional stability emerges as a guiding light—a beacon of resilience and inner strength. Throughout this exploration, we've uncovered the essence of emotional stability: its role in fostering mental well-being, enhancing decision-making, and nurturing healthier relationships. At its core, emotional stability is not about suppressing emotions or numbing oneself to life's challenges. It's about cultivating a profound sense of self-awareness and equanimity that empowers us to navigate adversity with clarity and grace. By honing our ability to understand and manage our emotions, we forge a path towards greater personal growth and fulfilment. The journey towards emotional stability is as diverse as it is rewarding. It encompasses mindfulness practices that anchor us in the present moment, strategies for managing stress and cultivating resilience, and the nurturing of supportive relationships that sustain us through life's storms.

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