

Resilience Promoting Happiness: An Attempt to Explore Interdependence

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Abstract

The focus of the paper was to evaluate the elements that foster resilience and also to investigate its relationship with happiness. The review of the literature was conducted using terms “resilience concepts” OR “promoting resilience” OR “promoting resiliency” and “Resilience and Happiness”. The literature search was conducted through online databases (Google Scholar, Research Gate and Shodhganga) keeping in consideration the inclusion and exclusion criteria. A total of **1283** studies were reviewed and finally **57** studies were included in the systematic review after fulfilling the inclusion criteria. The existing research highlights the concept of resilience, the significance of resilience and happiness, which are essential components of positive psychology, in enhancing an individual's overall well-being. The review highlights how resilience can serve as a mediator in the attainment of sustained happiness, while happiness can bolster resilience through its impact on mental health and adaptive capacities. The findings indicate a positive correlation between the two variables. The paper also put forth many limitations while analyzing the existing literature like use of self made measuring scales, shortage of longitudinal studies, publication bias etc. Furthermore it also suggests future studies in the said areas keeping in mind the existing limitations

Keywords: Resilience, Factors Promoting Resilience, Happiness, Interdependence

INTRODUCTION

Positive psychology is a field that focuses on understanding what contributes to a fulfilling and meaningful life, emphasizing human strengths, well-being, and happiness (Zhizhina, 2022). It integrates traditional psychotherapy with a strengths-based approach, aiming to enhance overall well-being rather than just alleviating symptoms (Rashid & Seligman, 2018). Positive psychology training incorporates techniques like gratitude to promote well-being and personal growth (Passmore & Oades, 2022). Strengths-based coaching, a related concept, emphasizes asking questions that help individuals discover their true potential and possibilities, fueling their confidence and commitment (McQuaid, 2017). The application of positive psychology in rehabilitation counseling highlights the importance of enhancing personal strengths and focusing on what is good rather than solely addressing adversity (Chou et al., 2013). Overall, positive psychology offers a holistic approach to understanding human flourishing and enhancing overall quality of life.

AIMS AND OBJECTIVES OF THE PAPER;

- To Define and Clarify key concepts.

- To Review and analyze existing Literature
- To Identify and Analyze Factors Contributing to Resilience and Happiness
- To Explore the Mechanisms of Interdependence.
- To Identify Gaps and Directions For Future Research.
- To Discuss Practical Implications.

What is Resilience?

Resilience, which has originally been derived from the Latin word ‘resilio,’ means ‘to bounce back’ or recover. In English Language, it refers to the ability to recuperate back from adversity. Dictionary interpretations highlight both its implementation in physics (rebounding into shape) and its applicability to human experiences (quickly recovering strength, spirits, or humor). Researchers and theorists usually associate resilience with the magnitude to repress stress. Resilience plays a crucial role in furnishing to overall happiness by enabling individuals to effectively cope with miseries and challenges (Mynarek and Steiner, 2023). Resilience refers to an individual's ability to resist, advert to, and retrieve from stress, adversity, or trauma (Savulich et al., 2023). Research findings suggest that higher levels of resilience are associated with behavior that is constructive when faced with major obstacles (Macfarlane, 2021). Instead than being a permanent attribute, resilience is a set of behaviors, attitudes, and actions that may be nurtured and strengthened over time (Schwarz, 2018). The idea of resilience is nuanced in numerous ways. Resilience has historically been defined as a person's capacity to overcome adversity. Furthermore, historical and religious viewpoints underscore the relationship between faith, tenacity, and resilience in attaining well-being, underscoring the significance of resilience in cultivating happiness (Agaibi, 2018). Nevertheless, current research indicates that it also encompasses the ability to continue on a steady path of sound functioning following exposure to potentially upsetting situations (Rockström, et al., 2023). This idea includes behavioral, emotional, and mental adaptability. Resilience is, in fact, about using healthy coping strategies to overcome obstacles in a way that fosters inner strength and personal development rather than about feeling less distressed or anxious than others. According to research, there are several ways to demonstrate resilience, including optimism, persistence, creative thinking, and constructive growth in the face of adversity (Ana et al. 2023).

Being resilient doesn't mean we will never feel pain, upset, hurt sadness, fear or anger when we experience difficult times. It means in the moment or over time we can find ways to cope constructively, accept what has happened, adapt and eventually move forward (actionforhappiness.org) "Resilience refers to the capacity of a system (whether biological, psychological, social, cultural, economic, legal, communication or ecological) to anticipate, adapt and reorganize itself under conditions of adversity" (Unger, 2018)

Furthermore, the concept of resilience has been expanded to include not only the individual but also the community and societal levels, recognizing the influence of external support systems and structural factors (Hu et al., 2022). Resilience research emerged from the fields of psychiatry and developmental psychology. It primarily examines individual-level factors, rather than fully accounting for the broader ecological context of adaptation (Vernon, 2004.) Additionally, the role of spirituality and religiosity has been identified as a complex but potentially significant factor in the development and expression of resilience (Eid et al., 2020; Guldás & Karsli, 2023). Over time, this research has identified five distinct directions related to resilience. 1) the concept of resilience pertains to a child's ability to develop and adjust to difficult situations. It emphasizes how people, particularly kids, may overcome obstacles and flourishes in spite of difficult situations (Grygorenko, & Naydonova 2023). 2) Resilience as a

Theoretical construct of Personality (Grygorenko & Naydonova 2023). **3)** The biological foundation of resilience, which examines how genetic factors affect a person's capacity to bounce back from adversity, especially in relation to longevity and wellness (Haoyi et al. 2022). **4)** Resilience as feature of positive coping in response to life stresses (Yang 2023). **5)** Resilience in terms of enhanced coping following Trauma (Grygorenko & Naydonova, 2023).

FACTORS RESPONSIBLE FOR RESILIENCE: A DETAILED ANALYSIS

Resilience is a multifaceted construct influenced by a myriad of factors spanning cognitive, psychosocial, biological, and environmental domains. The complexity of resilience lies in its dynamic interplay among these factors, which collectively enable individuals to adapt and thrive despite adversity. Below is a detailed examination of the primary factors contributing to Resilience.

Cognitive Factors

Cognitive functions have a critical role in shaping how people view and react to stimuli. Important cognitive elements consist of:

Attention Control: Retaining psychological stability under pressure requires the capacity to selectively focus attention on favorable stimuli while disregarding negative ones (Posner & Rothbart, 2007).

Cognitive flexibility is the ability to modify one's thoughts and actions in reaction to evolving situations, which promotes successful coping mechanisms and problem-solving (Martin & Rubin, 1995).

Reframing and Positive Thinking: Finding significance in adversity or having a tendency to see the bright side of bad situations can greatly increase resilience (Fredrickson, 2001).

The Role of Biology and Epigenetic:

- **Genetic Elements:** Genetic predispositions have an impact on stress response. For example, alterations in the serotonin transporter gene (5-HTTLPR) have been linked to differential stress reactions (Caspi et al., 2003).
- **Neurobiological Mechanisms:** The regulation of stress hormones such as cortisol by the hypothalamic-pituitary-adrenal (HPA) axis has a major impact on resilience (McEwen, 2007).
- **Epigenetic Modifications:** According to Meaney (2005), one method by which environmental variables can alter gene expression and impact resilience and stress responses is through DNA methylation.

Developmental Factors:

- **Early Life Events:** Positive early experiences, such as supportive parenting, help children form secure attachments and suitable stress response systems (Bowlby, 1980).
- **Adverse Childhood Experiences (ACEs):** Adversity experienced during infancy might hinder the development of resilience however some people manage to overcome significant early setbacks (Anda et al., 2006).
- **Extracurricular and Educational Activities:** Participating in planned activities and educational programs can enhance resilience by fostering good peer relationships and skill development (Masten, 2001).

Contextual and Environmental Elements:

- **Cultural Context:** Cultural practices and beliefs can influence social support networks and coping strategies, which in turn may have an impact on resilience (Ungar, 2008).
- **Economic Stability:** Possessing financial resources may mitigate the adverse effects of stress and offer opportunities for growth and recovery (Rutter, 1987).

- **Community Resources:** The availability of community resources, such as healthcare, educational opportunities, and recreational areas, might enhance resilience by fostering overall well-being (Luthar & Cicchetti, 2000).

Happiness

The concept of happiness is complex and has both emotional and cognitive components. It is commonly described as the extent to which people have a positive comprehensive state of life evaluation, which reflects a subjective perception that differs depending on context and culture (Tuchenhagen et al. 2015). According to research, there are two main narratives on happiness: the "Therapeutic Discourse," which places a strong emphasis on personal accountability and wellness, and the opposing viewpoint that says social connections are crucial to happiness (Ott, 2017). Research on neuroimaging provides more insight into the neurological underpinnings of pleasure, showing that areas like the precuneus and medial prefrontal cortex are important in perceiving wellness that is both personal and other-related (Jo et al. 2019; Wataru et al. 2015). These results underline the importance of an in-depth comprehension of wellness by indicating that happiness is not just a product of personal performance but also driven by social connections and larger environmental circumstances (Ott, 2017).

Aspects of Happiness

1. Psychological Aspects:

- **Cognitive Aspects:** Numerous researches have demonstrated that the interaction within emotional states and mental processes is included in the cognitive components of happiness. Studies reveal that individual fulfillment incorporates both mental and affective elements, and an appropriate precuneus (middle part of brain) is critical to this mediation. Furthermore, it has been demonstrated that positive affect improves cognitive function, especially in working memory tests, indicating that pleasure may increase drive and task involvement (Wataru et al. 2015)
- **Subjective Well-Being (SWB):** In psychology, subjective well-being, which includes both affective and cognitive evaluations of life, is sometimes used interchangeably with happiness. A key component of happiness is subjective well-being (SWB), which includes personal assessments of life satisfaction and emotional experiences. Studies reveal a positive correlation between SWB and social activities, implying that contented people are more likely to assist others and carry out philanthropic deeds (Kostadin et al. 2021). In addition, the mechanics of immediate enjoyment are controlled more by learning processes than by the rewards themselves, showing that how people respond to their surroundings greatly impacts their emotional states (Bastien, et al. 2020).
- **Positive Psychology:** The concept of happiness is elaborated upon by the PERMA model, developed by the Positive Psychology pioneer Martin Seligman (2011), which is composed of Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. According to Seligman, fulfilling relationships, engaging pursuits, a meaningful existence, and personal development are all necessary for achieving real happiness, or well-being, in addition to happy emotions.

2. Philosophical Perspectives:

- **Eudaimonia:** Happiness is characterized in Aristotelian philosophy as eudaimonia, which is frequently translated as flourishing or well-being. According to Aristotle, the way to true pleasure is via leading a good life and reaching one's potential. He emphasizes the importance of moral qualities and reasoned actions. According to this perspective, happiness is more about leading a purposeful life than it is about indulging in fleeting pleasures (Crisp, 2014)
- **Utilitarianism:** The definition of happiness according to philosophers such as Jeremy Bentham and

John Stuart Mill is pleasure plus the absence of suffering. While Mill makes a distinction between higher (intellectual) and lower (physical) pleasures, arguing that the quality of pleasure counts for real happiness, (Mill, J.S 1861) Bentham's utilitarianism maintains that the ideal course of action is the one that maximizes overall happiness and utility (Bentham, J. 1789)

3. Cultural and Sociological Aspects:

- **Cultural Variability:** Sociological research indicates that cultural norms and values influence people's levels of happiness. Individualistic cultures typically associate happiness with personal successes and autonomy, whereas collectivistic societies see societal peace and fulfilling one's social duties as necessary for enjoyment. Diener and Suh (2000) note that these cultural differences affect how people understand and express happiness.
- **Social Connections:** Strong social ties and supportive partnerships are consistently linked to higher levels of happiness. Empirical evidence suggests that social capital, community involvement, and a sense of belonging significantly impact a person's subjective well-being by providing both pragmatic and affective assistance when required (Helliwell & Putnam, 2004).

4. Economic Perspectives:

- **Income and Happiness:** Using measures like life satisfaction and happiness indices, economists try to examine the relationship between income and happiness. The Easterlin paradox (Easterlin, 1974) holds that long-term economic advancements do not always translate into long-term improvements in happiness, even if higher income levels within a nation are connected with increased happiness. This paradox emphasizes the significance of relative wealth and social comparisons.
- **Marginal Utility of Income:** Kahneman and Deaton (2010) emphasized the significance of social comparisons and relative income. Their findings suggest that although having greater financial resources improves one's overall life evaluations, its impact on one's mental health diminishes once one approaches a particular threshold. This means that after basic necessities are met, more money has a decreasing impact on happiness as a whole.

Interdependence of Resilience and Happiness

Happiness and resilience are closely interconnected. The psychology community has placed a great deal of emphasis on resilience and happiness because of their significant effects on personal wellbeing. Numerous theoretical models, empirical investigations, and pragmatic ramifications have examined the interdependence of these concepts. S.M. Kennison's 2022 study found a strong correlation between resilience and happiness, especially among young adults. The study emphasizes that resilience is made up of several protective variables that enable people to perform better in the face of adversity. In her investigation of the connection between humor and resilience, Kennison makes the case that some humor subtypes may even be protective. More specifically, it has been found that happier people use less combative and self-defeating humor, although positive humor types like affiliative and self-enhancing humor do not considerably increase happiness above what resilience already does. Happiness and resilience support one another in a reciprocal way. Happiness increases one's capacity for resilience, and resilience helps people stay happy in the face of hardship (Tugade & Fredrickson. 2004). It has been discovered that resilience—the capacity to overcome hardship and deal with life's obstacles—had a significant positive correlation with happiness. That implies that people who possess resilience have a greater probability of leading happier lives. It is possible to investigate their relationship using a variety of theoretical frameworks, empirical studies, and practical implications. Here, we elaborate on these aspects with references to support the discussion.

- **Positive Psychology**

Seligman's PERMA Model: Positive emotions, engagement, relationships, meaning, and accomplishment are all essential elements of well-being, according to positive psychologist and pioneer Martin Seligman's PERMA model. This paradigm incorporates resilience because it supports people in sustaining good feelings and a sense of purpose in the face of hardship, which eventually boosts happiness (Seligman, 2011).

- **Cognitive-Behavioral Theory**

According to this hypothesis, there is a connection between our thoughts, feelings, and acts. Adaptive cognitive strategies that promote happiness and stress management include constructive appraisal and optimistic thinking. These strategies are part of resilience. According to Beck's cognitive theory, resilient thought processes can reduce unfavorable emotional reactions and improve wellbeing (Beck, 1976).

- **Developmental Frameworks**

"Developmental cascades" is the term used to describe the way early experiences affect later developmental outcomes. According to Masten and Cicchetti (2010), early resilience (such as supportive relations and useful coping mechanisms) can contribute to enduring happiness and additional resilience over the course of life.

- **Empirical Studies**

Longitudinal Studies: Fredrickson et al. (2003) conducted a study demonstrating that individuals who experience positive emotions during periods of stress are more likely to develop resilience, which subsequently promotes greater happiness over time.

- **Cross-Sectional Studies:**

Smith et al. (2008) discovered that individuals with higher resilience reported elevated levels of life satisfaction and positive affect suggesting a significant correlation between resilience and happiness.

- **Methodology:**

The literature search was conducted through online databases (Google Scholar, Research Gate & Shodhganga) on April 10, 2024 with no date restriction. Search terms included "resilience, happiness concepts", promoting resilience" "resilience and happiness interdependence or connectedness"

Inclusion and Exclusion Criteria

Inclusion Criteria

- **Study type:**

Empirical studies, including quantitative, qualitative and mixed-methods research Peer- reviewed articles, dissertations and conference papers.

- **Population:**

- Studies involving Human participants.
- Diverse demographic groups (age, gender, cultural backgrounds) to understand the broad applicability of findings.

- **Themes:**

- Studies focusing on concepts of resilience and happiness.
- Studies focusing on factors of resilience.
- Studies explicitly exploring the relationship between resilience and happiness.
- Studies measuring both resilience and happiness using different scales

- **Publication date:**

- Studies published from 2000 – 2023.

- **Language:**

- Articles published in English.
- Studies from various regions to provide a global perspective.

Exclusion Criteria:

- **Study Type:**

- Theoretical papers without empirical data.
- Non-peer reviewed articles, opinion pieces and anecdotal evidence.

- **Population:**

- Studies focused exclusively on non-human subjects.
- Research involving very specific populations not relevant to a broader understanding.

- **Themes:**

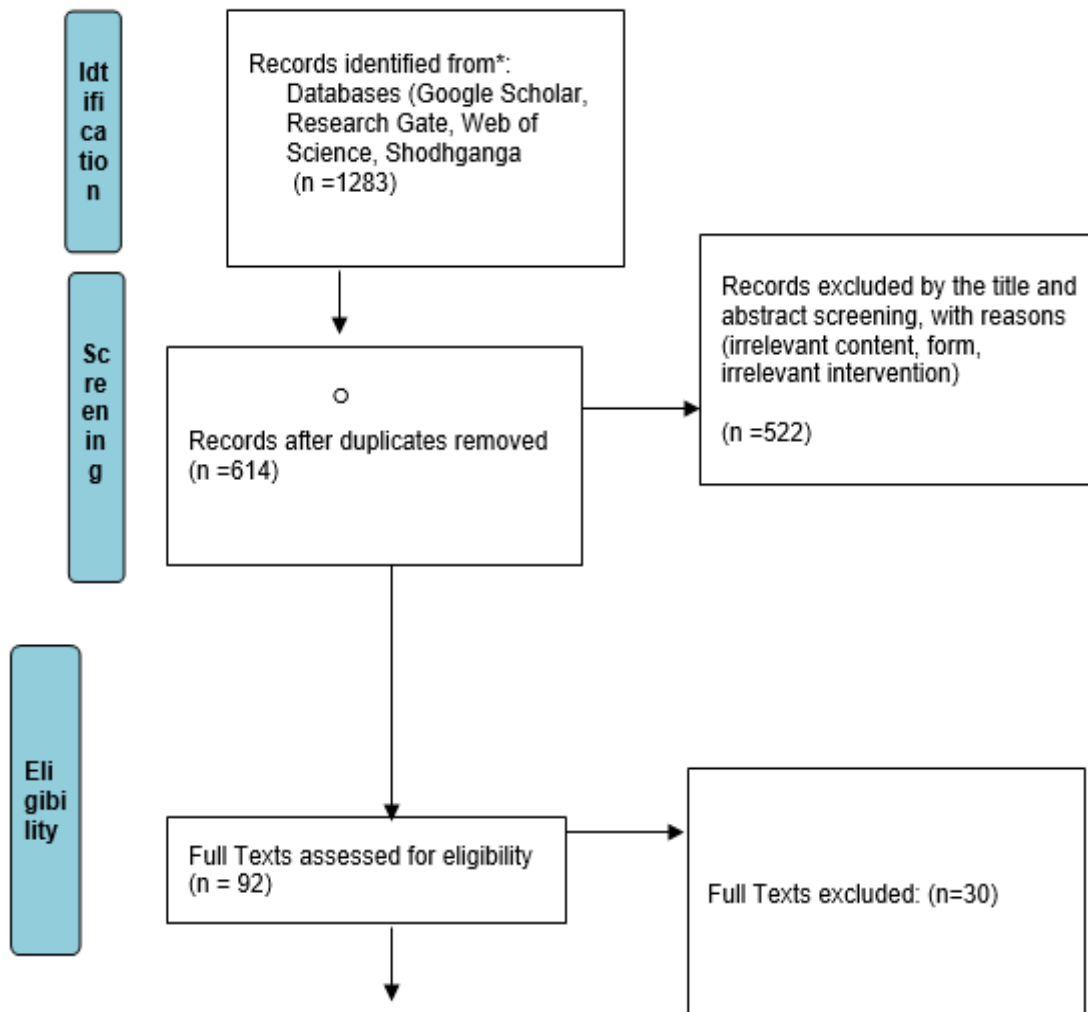
- Studies that do not clearly address the relationship between resilience and happiness.

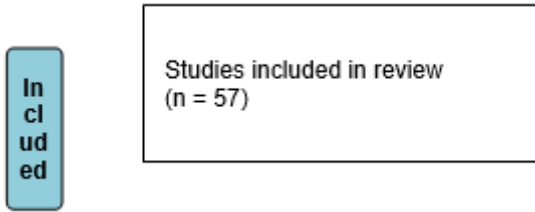
- **Publication date:**

- Articles published before 2000 A.D

- **Language:**

- Articles in language other than the English language.





*Consider, if feasible to do so, reporting the number of records identified from each database or register searched (rather than the total number across all databases/registers).

**If automation tools were used, indicate how many records were excluded by a human and how many were excluded by automation tools.

From: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *BMJ* 2021;372:n71. doi: 10.1136/bmj.n71. For more information, visit: <http://www.prisma-statement.org/>

Over view of the paper and books reviewed

Author/s	Country	year	sample	Intervention type/aim of study	Results/description
Zhizihama, V.M	Russia	2022	Not specified	Review of positive organizational psychology	Discussed past, present and future directions in positive psychology research.
Rashid, T & Seligman, M.P	USA	2018	Clinical population	Positive psychotherapy(clinician manual)	Guidelines for clinicians on applying positive psychotherapy for mental health.
Passmore. J & Oades, L.G	USA, Australia	2022	Not specified	Positive psychology technique: Gratitude	Exploration of gratitude as a tool in coaching for personal development.
McQuaid, M	Australia	2017	General population	Positive psychology coaching	Framework for applying positive psychology coaching in organizational settings for human flourishing.
Chou, C.C, et al.	USA	2013	Rehabilitation professionals	Positive psychology theory in rehabilitation	Positive psychology applied to

					rehabilitation counseling, with theoretical and practical insights.
Mynarek, F & Stiener, K.S		2023	Adults	Resilience building techniques	Describes methods for cultivating resilience in professional and personal life.
Savulich, G, et al.	UK	2023	Not specified	Cognitive resilience intervention	Explores resilience from a cognitive neuroscience perspective, focusing on the brain's capacity to handle adversity.
Mcfarlance,J.	UK	2021	Mental health of nurses	Role of resilience in mental health nursing	Examined resilience's role in nursing practices, emphasizing the importance of emotional resilience.
Schwartz,S.	Germany	2018	Not specified	Critical analysis of resilience concept	Discusses resilience from a psychological and critical perspective, questioning its applicability.
Agaibi, C.E	USA	2018	General population	Resilience in historical and modern contexts	Analyzed resilience across different eras, comparing Biblical times with modern resilience.
Rockström, J., et al	International	2023	Not specified	Earth system boundaries and resilience	Examined global resilience in terms of sustainability and Earth system thresholds.
Trejos, A. M.,	Colombia	2023	Adults	Resilience strategies	Validation of

et al.			(n=200)		resilience scale
Luthar, S. S., et al.	USA	2000	children	Review of Resilience constructs	Critical review on resilience with guidelines for future research and interventions.
Masten, A. S.	USA	2001		Resilience processes in child development	Coined the term "ordinary magic" to describe resilience in child development.
Ungar, M.	UK	2008		Cross-cultural resilience research	Explored resilience from a cross-cultural perspective, emphasizing social and cultural factors.
American Psychological Association	USA	2020		Resilience-building guidelines	Practical advice for individuals on how to build resilience in everyday life.
Singh, S.	India	2016	Adolecents (n=100)	Resilience in adolescents	Studied the resilience perspectives of adolescents in India.
Güldaş, F. Z., & Karslı, F.	Turkey	2023	Adults(n=500)	Spritual reislience	Examined the moderating effect of spiritual resilience on mental health.
Ungar, M.	Internatinal	2018		Systematic resilience	Examined resilience from a systemic, ecological perspective.
Liu, J. J., et al.	USA	2020	Meta-analysis (n = multiple)	RESILIENCE INTERVENTIONS	Comprehensive meta-analysis on the effectiveness of resilience interventions.

Hirano, M.	Japan	2020		Individual differences in psychological resilience	Explored individual differences in psychological resilience and their implications for human sustainability.
Posner, M.I., & Rothbart, M.K	USA	2007		Education and resilience	Focused on educational strategies for developing cognitive resilience in children.
Fredrickson, B. L.	USA	2001		Broaden-and-build theory of positive emotions	Discussed the role of positive emotions in building long-term psychological resources.
Caspi, A., et al.	New Zealand	2003	Longitudinal study (n = 847)	5-HTT gene, life stress, and depression	Found a link between life stress, genetic polymorphisms, and depression vulnerability.
Vernon, R.F	USA	2004	Children	Community resilience planning	Resilience history and planning for children.
Grygorenko, Z, & Naydonova, G	Ukraine	2023	General population	Conceptual review	History and definition of Resilience.
Lei, H., et al.	USA	2022	Adults	Aging resilience	Physical stressors and resilience to aging.
Yang, Z	China	2023	General population	review	Conceptual assessment and intervention on resilience
Aschengrau, A. et al.	USA	2023	Adults	Childhood resilience factors	Resilience promotion and risk

					reduction
Schmid, E, & Haukedal, C L.	Norway	2022	Vocational students(n=20)	Resilience factors in Education	Identifying resilience in vocational education
Liu, J. J., et al	Internatinal	2020	General population	Resilience interventions	Comprehensive review of interventions
McEwen, B. S.	USA	2007	General populaton	Neurobiology of stress	Role of brain in stress and adaptation
Bowlby, J.	USA	1998	General population	Attachment Theory	Loss, sadness, and depression analysis
Anda, R. F., et al.	USA	2006	Adults	Childhood abuse resilience	Long-term effects of childhood abuse
Masten, A. S.	USA	2001	General population	Developmental resilience	Ordinary magic of resilience in development
Ungar, M.	International	2008	Cross-cultural	Cultural resilience	Resilience differences across cultures
Rutter, M.	UK	1987	General population	Psychosocial resilience	Protective mechanisms in resilience
Luthar, S. S., & Cicchetti, D.	USA	2000	General population	Resilience constructs	Interventions and policies for resilience
Tuchtenhagen, S., et al.	Brazil	2015	School children	Oral health and happiness	Oral health influences on children's happiness
Ott, J. C.	Netherlands	2017	General population	Happiness perspectives	Cultural views on happiness and general needs
Jo, H., et al.	China	2019	Adults	Well-being intervention	Neural substrate of self- and other-concerned well-being
Sato, W., et al.	Japan	2015	Adults	Neural substrate of happiness	Structural neural analysis of happiness

Kushlev, K., et al.	International	2021	Adults	Prosocial behavior and happiness	Happy people give more time and money to others
Blain, B., et al.	UK	2020	Adults	Subjective well-being	Well-being depends on learning, not reward
Seligman, M. E.	USA	2011	General population	Positive psychology intervention	Flourish: new understanding of happiness
Veenhoven, R.	Netherlands	2017	General population	Well-being measures	Choosing appropriate happiness measures
Liu, J. J., et al.	International	2020	General population (Meta analysis)	Resilience interventions	Comprehensive review of resilience interventions
Crisp, R.	UK	2014	General population	Ethics	Aristotle's Nicomachean ethics
Mill, J. S.	UK	1863	Not mentioned	Utilitarianism	Utilitarianism theory
Bentham, J.	UK	1879	Not mentioned	Ethics	Principles of morals and legislation
Diener, E., & Suh, E. M.	USA	2003	General population	Well-being and culture	Culture's influence on subjective well-being
Helliwell, J. F., & Putnam, R. D.	USA	2004	General population	Social well-being	Social context of well-being
Easterlin, R. A.	USA	1974	General population	Economic well-being	Does economic growth improve human well-being?
Kahneman, D., & Deaton, A.	USA	2010	Adults	Income and well-being	Income improves life evaluation, not emotions

Table.1: An overview of the literature reviewed

DISCUSSION

These findings are consistent with the Broaden-and-build theory, which posits that positive emotions expand an individual's thought-action repertoire, thereby building their physical, intellectual and social resources. This review supports this theory, showing that happiness can enhance an individual's ability to recover from setbacks, thus fostering resilience"

IMPLICATIONS/ UTILITY

The interconnectedness of happiness and resilience has significant implications for mental health interventions. Programs designed to enhance happiness, such as positive psychology exercises and mindfulness practices, could be integrated into therapeutic settings to improve patients' resilience. Furthermore, educational systems could incorporate happiness-promoting activities to help students develop resilience to academic and social pressures. As rightly said by Ryff, C. D., & Singer, B. (2003), "Both resilience and happiness contribute to adaptive functioning, allowing individuals to thrive in various life domains. This can be achieved by Interventions designed to boost happiness, such as gratitude exercises and mindfulness, also enhance resilience (Seligman, M. E. P., et al. 2005).

LIMITATIONS

While this review paper highlights important connections between happiness and resilience, it is not without limitations. Many of studies included relied on self-reported measures, which can be subject to bias like social desirability bias or a lack of self-awareness, which can skew results. Also a significant number of studies use cross-sectional design, which captures data at a single point in time like "Resilience, Positivity, and Coping Strategies" The relationship between resilience, happiness, and life satisfaction in dental and medical students in Jeddah, Saudi Arabia, Relationships between perceived stress and resilience with happiness etc. The cross-sectional design limits the ability to infer causality between happiness and resilience. In opposite to it there is a shortage of longitudinal studies that track changes in happiness and resilience over time. Longitudinal research is crucial for studying the dynamic interplay between these constructs. Another limitation which this review finds that research often involves specific homogenous samples, such as college students or individuals from a particular cultural background, limiting the applicability of the findings to broader populations. Another important concern which I felt is the Publication Bias which may lead to an overrepresentation of studies showing a positive relationship between happiness and resilience, while studies with non-significant findings remain unpublished.

FUTURE STUDIES

To advance the understanding of the interconnectedness between happiness and resilience, future studies can focus on various areas to address the above limitations and explore new dimensions of this relationship like longitudinal studies can be focused which would help establish causality between happiness and resilience. These studies can track changes over time, providing insights into how these variables influence each other in different life stages or during significant life events. Likewise more interventional studies can be conducted to investigate the effectiveness of interventions aimed at enhancing resilience and happiness can provide practical applications for mental health practices. Another crucial aspect warranting researchers' attention is the impact of technology and social media on

resilience and happiness, especially in light of the ongoing digital revolution, accompanied by its challenges and opportunities.

CONCLUSION

Resilience is a multifaceted and complex concept that is made up of an individual's traits, external resources, and adaptive processes. It demonstrates how efficiently an individual can manage and adapt to life's challenges, relying on both internal resources and external support systems to maintain psychological well-being and functional competency.

Resilience is the result of a complex interplay of biological, developmental, psychological, cognitive, and environmental factors. A comprehensive comprehension of these factors facilitates the development of targeted interventions that enhance resilience across diverse populations. Future research must continue to look at the subtle.

Happiness is wide-ranging, multidimensional, and unique to various academic fields and cultural circumstances. It includes more profound components like meaning, purpose, and social connectivity in addition to happy feelings and a sense of fulfillment in life. It takes a holistic approach that incorporates emotional, cognitive, social, economic, and cultural variables to fully comprehend happiness. This review paper found that Happiness and resilience are closely interconnected, with multiple studies indicating that higher levels of happiness contribute to greater resilience and vice versa. This bidirectional relationship suggests that interventions aimed at enhancing happiness could augment resilience and help individuals to better cope with stress and adversity. Technology and social media on resilience and happiness, especially in light of the ongoing digital revolution, accompanied by its challenges and opportunities.

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