A preliminary analysis on the resilience and subjective well-being of the Malaysian adolescents

(Conference Paper)

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Abstract

Past studies have indicated that subjective well-being (SWB) promotes high resilience. As studies on this issue are quite scarce in Malaysia, 256 adolescents were given the Oxford Happiness Inventory (Argyle et al., 1999) and the Connor-Davidson Resilience Scale (2003) to measure their SWB and resilience. The results indicated that more than 94% of adolescents are happy and 74% are high in resilience. It is also found that SWB builds resilience and therefore gives further evidence that positive emotions create desirable outcomes. © 2014 Taylor & Francis Group.

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