

Impact of Optimism, Resilience, and Gratitude in Coping and Health among Older People

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ABSTRACT

The present study investigated the relationship between optimism, resilience, and gratitude in coping and health among 151 older people (61 Females, and 90 Males, Age Mean: 68.4 y; SD: 7.44 y) who were selected by purposive sampling method, during covid-19. Optimism Measure, Brief Resilience Scale, Gratitude Questionnaire, Coping Scale, and Physical Health Questionnaire were administered to find out the responses of the subjects individually. A strong relationship between optimism and resilience in health and coping was found in this study. Gratitude showed up significantly only in one relationship: health for males, not females. On the basis of the present findings, it may be concluded that optimistic and resilient personality traits in older people may have better coping and health status during the pandemic covid-19.

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