

The Role of Trait Emotional Self-Efficacy in Building Resilience among Adolescents: Strengthening Flourishing

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This study explores the relationship between trait emotional self-efficacy (trait EI), resilience, and flourishing among adolescents, with a particular focus on the mediating role of resilience. Data were collected from 170 senior secondary students (ages 14-17) from schools in Varanasi, India, using self-report questionnaires- TEIQue-ASF, Scale for protective factor and PERMA Profiler for mentioned variables. Results revealed significant positive correlations between trait EI, resilience, and flourishing, with resilience showing the strongest link to flourishing. A multiple regression analysis indicated that resilience is a stronger predictor of flourishing than Trait EI while trait EI indirectly affects flourishing through resilience. Mediation analysis, Further confirmed that resilience mediates the relationship between trait EI and flourishing, suggesting that fostering resilience can enhance overall well-being. These findings highlight the importance of resilience in promoting flourishing, with implications for interventions aimed at enhancing emotional self-efficacy and resilience to improve adolescents' well-being. Future research should explore longitudinal designs and consider other contributing factors like social support and personality traits.

Keywords: Trait emotional self-efficacy, Resilience, Flourishing, Positive Psychology, Adolescents

The recently established 2030 Agenda for Sustainable Development acknowledges the need for enhanced accountability, particularly regarding the Global Strategy for the Health of Women, Children, and Adolescents (Salam et al.2016). Adolescent health will impact an individual's well-being, health, and future prospects as an adult (Health, 2024) Many psychologists emphasize the importance of focusing more on positive psychological development. They explore how to build qualities like creativity, optimism, foresight, social skills, moral judgment, patience, humour, and courage, as well as how to encourage happiness and life satisfaction (Gillham and Seligman, 1999).

Flourishing refers to how people feel and function in their personal and social lives, as well as how they assess their overall life satisfaction. It includes various aspects

related to emotions, behaviour, thinking, and relationships (Jarden & Roache, 2023). It can be understood as a combination of feeling good (reflecting a hedonic approach), functioning well (supporting an eudaimonic approach that promotes children's development), and contributing to others' well-being (through prosocial behaviours and choices that benefit both individuals and the wider community) (Chaves,2021). Adolescents go through many changes in their physical, mental, social, and emotional lives, which often involve trying new things and taking risks (Aggarwal, 1998). These changes can lead to challenges like issues with self-image, self-esteem, confusion about their role, and negative emotions (Lerner & Galambos, 1998).

While, Trait emotional self-efficacy which is also known as (trait EI) refers to a set of

emotional self-perceptions that exist at the lower levels of personality structures and combines the emotional aspects of personality (Siegling et al. 2015). It is consistently and strongly linked to key factors that contribute to prosperity and happiness throughout life, including well-being, health, romantic and social relationships, leadership, psychological adjustment, academic achievement, job performance, and job satisfaction (Pérez-González, Saklofske, & Mavroveli 2020). Sanchez-Ruiz et al. (2021) said that Trait EI is positively associated with viewing a situation as an opportunity for personal growth, finding meaning in it, maintaining hope and courage, and acting more responsibly toward oneself. This coping approach is linked to reduced psychological distress and improved mental health.

Similarly, Resilience is the ability to deal with and recover from problems. People who stay calm during tough times show resilience (Horne & Fedar, 2018). The role of positive emotions in resilience shows how people with high resilience use flexibility to manage their emotions and maintain well-being. This also provides a basis for evaluating resilience as a skill that is always present (Waugh & Sali, 2023). In the terms of adolescents, Nourian et al. (2018) concluded that Care facility directors and residential care staff should implement preventive, resilience-focused strategies to enhance resilience, especially among male adolescents. It is crucial to establish measures that prevent academic failure in adolescents and place greater emphasis on the importance of education than before.

Adolescence is likely the most challenging stage of life, as it marks the beginning of significant changes in both the internal and external aspects of the body. Therefore, it is crucial for young people to develop internal mechanisms that act as safeguards against the challenges they may face, enabling them

to adapt fully to the demands of their environment and enhance their overall flourishing (Collado-Soler et al.2023).

Based on the aforementioned discussion, this study aims to explore the relationship between trait emotional self-efficacy, resilience, and flourishing, as well as the mediating role of resilience in the relationship between trait emotional self-efficacy and flourishing.

Method

Participants

The participants for this study were selected through convenience sampling. Data were collected from senior secondary students in the Varanasi district of Uttar Pradesh, attending schools affiliated with the CBSE and ICSE boards. The sample comprised 170 students, including 102 males and 68 females, with ages ranging from 14 to 17 years. The mean age of the participants was 15.47 years, with a standard deviation of .993 years.

Measures

Trait Emotional Intelligence Questionnaire (TEIQue-ASF, Petrides et al., 2006): This scale was used in this study to assess trait emotional self-efficacy in adolescents. This self-report measure consists of 30 items and is suitable for individuals aged 13 to 17. It is a shortened version of the full TEIQue, covering 15 facets with 2 items per facet (Petrides & Furnham, 2009). Responses are rated on a 7-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree). The questionnaire evaluates emotional intelligence across four key dimensions: Well-Being, Self-Control, Emotionality, and Sociability (Cooper & Petrides, 2010). For this sample, the Cronbach's alpha reliability was calculated at .765.

PERMA Profiler (Butler & Kern, 2015): Adolescent flourishing was assessed using the PERMA Profiler, a 15-item instrument that

employs an 11-point rating scale ranging from 0 to 10. In this sample, the Cronbach's alpha reliability was .815.

Scale for Protective Factors (Garcia et al., 2015): The scale developed by Ponce-Garcia, Madewell, and Kennison (2015) is a multidimensional tool designed to assess protective factors in both male and female adolescents. It consists of 24 items, categorized into four subscales: two social protective factors (social support and social skills) and two cognitive protective factors (planning behaviour and goal efficacy). Each item is rated on a 7-point Likert scale, ranging from 1 (completely disagree) to 7 (completely agree). The scale demonstrated a reliability score (Cronbach's Alpha) of .789.

Results

Table 1. Means, SD's and Pearson correlations among the variables (N = 170)

	Mean	SD	1	2	3
1. Trait emotional self-efficacy	130.2529	17.83954	-		
2. Resilience	110.1000	11.21371	.433**	-	
3. Flourishing	126.3294	12.28400	.298**	.724**	-

**p < .01

The table highlights significant relationships among the trait emotional self-efficacy intelligence, resilience and flourishing. Resilience shows the strongest correlation with Flourishing ($r = .724, p < .01$), emphasizing its vital role in promoting well-being. Additionally, trait emotional self-efficacy positively impacts both resilience ($r = .433, p < .01$) and flourishing ($r = .298, p < .01$).

Table-2 presents the results of a simultaneous multiple regression analysis conducted to examine the predictive relationships between Trait Emotional Self-Efficacy and Resilience on Flourishing. Trait Emotional Self-Efficacy had a non-significant

effect ($\hat{\beta} = .019, p > .01$), suggesting that it does not significantly contribute to predicting flourishing when resilience is controlled for, and does not add unique predictive value in this model when both variables are considered simultaneously. Resilience, on the other hand, showed a strong and significant positive effect on flourishing ($\hat{\beta} = .732, p < .001$), indicating that higher resilience is strongly associated with greater levels of flourishing.

Table 2: Results of Multiple regression (simultaneous) analysis among variables

Predictor	Criterion Flourishing
Trait Emotional Self- efficacy	.019
Resilience	.732***
R	.724
R Square	.524
F	92.088***

p < .01, *p < .001 Note- Standardized Beta (β) is reported in the table

The overall model was statistically significant, $F(2, 207) = 92.088, p < .001$, demonstrating that the predictors together reliably predict flourishing. The model explains a significant portion of the variance in flourishing, accounting for 52.4% of the total variance.

Mediation analysis to find the mediating role of Resilience in the association between Trait emotional self- efficacy and flourishing.

The results of the mediation analysis revealed that when resilience was accounted for, the direct impact of trait emotional self-efficacy on flourishing was found to be non-significant ($B = -.012, t = -.315, p = .753$). However, there was a strong and significant indirect effect of resilience on the relationship between trait emotional self-efficacy and flourishing ($B = .218, 95\% CI = .1506 -$

.2922). Since the bootstrap confidence intervals for the indirect effect did not include zero, it suggests that resilience serves as a mediator in the link between trait emotional self-efficacy and flourishing. Moreover,

because the direct effect of trait emotional self-efficacy on flourishing became non-significant after considering resilience, we can conclude that resilience fully mediates this relationship.

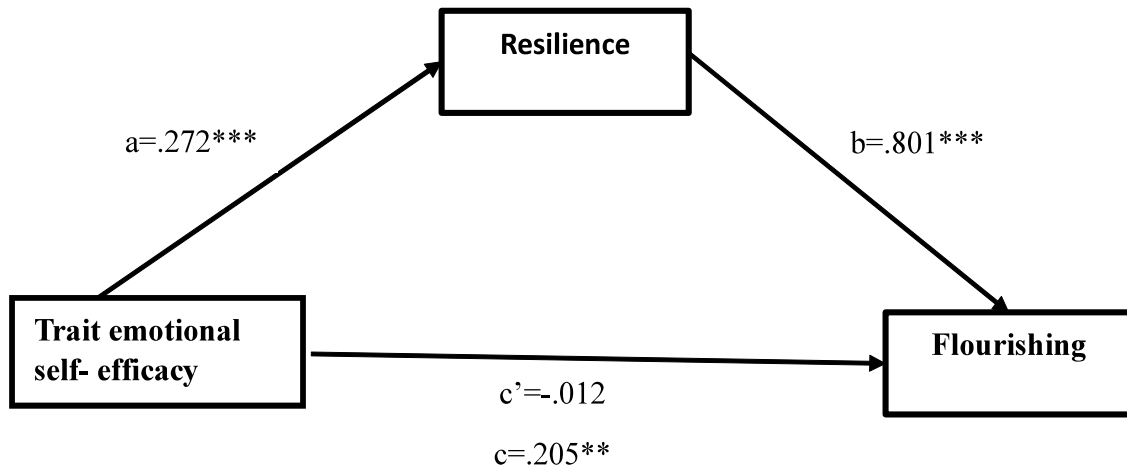


Figure 1: Indirect effect (.218**) of Trait emotional self- efficacy on flourishing through resilience; Note *** $p < .001$

Discussion

This study is a key empirical exploration of the mechanisms connecting trait emotional self-efficacy, resilience, and flourishing, as well as the mediating role of resilience in the relationship between trait emotional self-efficacy and flourishing.

The results revealed significant correlations between resilience and flourishing, with resilience exhibiting the strongest correlation. Additionally, Trait Emotional Self-Efficacy was found to positively correlate with both resilience and flourishing. These findings emphasize the importance of resilience in promoting flourishing, supporting previous research that underscores resilience as a key predictor of flourishing (e.g., Tugade & Fredrickson, 2004) suggesting that individuals with higher emotional self-efficacy tend to exhibit greater resilience and experience higher levels of flourishing.

In similar way, this aligns with the broader literature on emotional self-efficacy, which suggests that individuals who perceive themselves as capable of managing emotions are more likely to exhibit adaptive coping strategies, which in turn enhances their well-being (Schwarzer & Hallum, 2008). Petrides et al. (2007) also found a positive relationship between trait emotional intelligence and subjective well-being. Additionally, Sanchez-Ruiz et al. (2021) discovered a positive correlation between trait emotional intelligence (trait EI) and meaning-centered coping, a strategy that involves actively finding meaning in life to transform a situation.

However, when examining the simultaneous predictive relationships in the multiple regression analysis, the results revealed that trait emotional self-efficacy did not significantly predict flourishing when resilience was included in the model. This suggests that resilience may be a more direct and significant predictor of flourishing, and

that the effect of emotional self-efficacy on flourishing is mediated through resilience. The strong positive effect of resilience on flourishing further supports this interpretation, indicating that individuals with higher levels of resilience are more likely to experience higher levels of flourishing. This is aligned with Armstrong et al. (2011) found that individuals with higher trait emotional intelligence (EI) demonstrated better resilience following trauma, experiencing less psychological distress and recovering more quickly from emotional setbacks. Similarly, Trigueros et al. (2020) highlighted the positive relationship between trait EI and resilience among college students, noting that those with higher trait EI were better equipped to recover from stress and setbacks. This suggests that emotional intelligence may act as a protective factor in managing life challenges, ultimately leading to better well-being.

In addition, Naagpal and Dutt (2023) observed that all emotional intelligence components were significantly correlated with psychological well-being, with the strongest correlation between total EI and psychological well-being. The study also found a positive relationship between resilience and psychological well-being, suggesting that emotional intelligence and resilience play key roles in predicting an individual's psychological well-being.

The mediation analysis revealed that when resilience was considered, the direct effect of trait emotional self-efficacy on flourishing became insignificant, indicating that emotional self-efficacy alone does not directly impact flourishing. However, resilience had a strong and significant indirect effect in the relationship between emotional self-efficacy and flourishing, suggesting that emotional self-efficacy contributes to flourishing by enhancing resilience. Since the direct effect of emotional self-efficacy on flourishing was insignificant

once resilience was accounted for, it can be concluded that resilience fully mediates this relationship, meaning it plays a key role in explaining how emotional self-efficacy influences overall well-being.

This finding is consistent with the literature suggesting that resilience is a key factor in how individuals' emotional self-efficacy influences their well-being (Benight & Harper, 2002). By promoting resilience, emotional self-efficacy may enhance individuals' ability to cope with challenges, thereby contributing to greater flourishing.

In a similar way, van der Merwe et al. (2020) investigated the role of trait emotional intelligence in resilience and overall well-being. Their study revealed that emotional intelligence not only improves individual resilience but also bolsters personal coping mechanisms, leading to better psychological and physical health outcomes, ultimately enhancing overall well-being. Lopes et al. (2016) suggested that emotional intelligence, resilience, and well-being form a positive feedback loop, where each factor influences and reinforces the others. High emotional intelligence helps individuals develop resilience, which in turn enhances well-being by promoting effective coping strategies and emotional stability.

Greenberg et al. (2003) conducted a study on a program designed to improve emotional intelligence and resilience in students. The findings indicated that participants who received training in EI and resilience showed significant improvements in psychological well-being, including better mood regulation and reductions in anxiety and depression. Similarly, Shrivastava and DeSousa (1993) found that individuals with high resilience reported better overall well-being and lower levels of depression and anxiety. Resilience helps individuals adapt to life stressors, enabling them to maintain a positive outlook and cope effectively with adversity, thus benefiting their mental health.

Implications

These findings have important implications for both theory and practice. First, they suggest that fostering resilience could be an effective strategy for promoting flourishing in individuals. Programs designed to enhance resilience may, therefore, play a crucial role in improving overall well-being, especially for individuals facing adversity. Furthermore, emotional self-efficacy interventions that target resilience could be particularly beneficial, as these may have an indirect effect on flourishing by strengthening individuals' coping resources.

Limitations and Future Research

Despite these promising findings, several limitations must be acknowledged. First, the study relied on self-report measures, which may introduce biases such as social desirability or inaccurate self-assessment. Future studies should consider using objective measures or multi-method approaches to validate these findings. Second, the cross-sectional design of the study precludes any causal inferences. Longitudinal studies are needed to examine how changes in resilience and emotional self-efficacy over time influence flourishing. Lastly, while the model explained a significant portion of the variance in flourishing, other factors not included in this study—such as social support or personality traits—may also contribute to well-being and should be explored in future research.

Conclusion

In conclusion, this study highlights the significant role of resilience in predicting flourishing and demonstrates that resilience mediates the relationship between Trait Emotional Self-Efficacy and flourishing. These findings suggest that resilience is a crucial mechanism by which emotional self-efficacy influences well-being, offering valuable insights for future research and interventions aimed at enhancing individuals'

flourishing through the promotion of resilience.

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