

Impact of Meaning in Life on Stress and Psychological Well-Being

Authors : Aisha Bano, Rizwan Nazir

Abstract : The present study aimed at exploring the impact of meaning in life on psychological well-being and stress among university students. Victor Frankl's paradigm provided the theoretical foundation for this study. A sample of 560 university students was drawn from Quaid-i-Azam University Islamabad. The sample was drawn using stratified random sampling technique. Data were collected using Existence Scale, Warwick-Edinburg Mental Well-Being Scale, and Stress Scale. Results of linear regression analysis reveals that high perception of meaning in life will lead to high psychological well-being and low stress among university students. Non-significant differences are found on meaning in life variable with regard to gender in the sample using t-test. Together these results suggest that meaning in life independent of gender, is a significant predictor of the levels of stress and psychological well-being being directly related to psychological well-being and inversely related to stress levels.

Keywords : existential meaning in life, psychological well-being, stress, students

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