



Psychological Resilience in Higher Education Students: A Systematic Investigation of Predictive Factors

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ABSTRACT Resilience is built upon complex interactions between internal and external factors. Research investigations have highlighted predictive factors of resilience over the years. However, their methodologies, scale measurements, and targeted populations differ from each other, making their conclusions non-comparable. Therefore, the aim of the present study is to systematically investigate both internal and external factors that promote resilience amongst university students. A hundred and twenty eight participants completed the survey which included measurement scales of resilience, personality, satisfaction with life, perceived social support, grit, self-esteem, and potential stress events. The analysis of data indicated that self-esteem, grit, agreeableness, openness to experience, and neuroticism were significant predictors of resilience scores. Additionally, the impact of stress and satisfaction with life on resilience was investigated, indicating no differences between the experimental conditions. The present study highlights the influence of internal factors in the prediction of resilience levels in higher education students.