RESILIENCE, OPTIMISM AND SATISFACTION WITH THE LIFE OF YOUNG MOTHERS

Liberska H., Suwalska-Barancewicz D., Malina A.

Department of Social Psychology and Studies on Adolescents, Institute of Psychology, Kazimierz Wielki University, Bydgoszcz, Poland

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Motherhood results not only in new tasks and developmental challenges and is also a source of satisfaction. Effectiveness in dealing with these tasks is related to the psychological characteristics of the individual (Tyszkowa, 2000, Trempała, 2011). The presented study aims to investigate the relationship between the resilience of young mothers, their optimism and the assessment of their satisfaction with life.

In the study participated 340 mothers in early adulthood (mean age 30.8, SD = 4.32). The selection criteria were: becoming a mother for the first time between the age of 20-39 and possessing at least one child who is under 24 months of age (average 12.5 months; SD = 6.34). For 62% of mothers taking part in the study, it was the first child for 32% second, while for the other 6% - third and subsequent. Almost 80% of all mothers were married while taking part in the study (79.73%), 17.23% of all respondents described themselves as maidens, and 8 women were divorced.

The life satisfaction was measured with the SWLS (Diener, Emmons, Larsen, Griffin, 1985) (polish adaptation by Juczyński, 2009). The measurement of independent variables was conducted using the Lifespan Individual Resilience Scale (polish adaptation by Malina, 2016) and the Lot-R Scale (the adaptation by Poprawa and Juczyński, 2008).

The study proved that the mothers who are characterized by high resilience are more optimistic about life and more satisfied with it.