

Hope, Compassion and Altruism as Predictors of Resilience

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Abstract: *This study aimed to assess the predictive role of three positive psychological traits- hope, compassion, and altruism- on psychological resilience among adults and to examine relationship among these variables. A total sample of 300 adults aged 18–40 years was selected from Jaunpur, Azamgarh, and nearby towns such as Ghazipur, Ballia, and Mau using stratified random sampling to ensure demographic representation. Reliable and valid measurement tools for each variable were utilized to collect the data. After data collection, Pearson correlations, and multiple regression analyses were analyzed to examine relationships and predictive effects among the variables. Compassion showed a moderate positive correlation with altruism ($r = .50, p < .01$), but non-significant negligible links with resilience ($r = 0.014$). Hope correlated weakly but significantly with compassion ($r = .17, p < .01$) and altruism ($r = .22, p < .01$), while its association with resilience was negligible ($r = .03$) and non-significant. Similarly, altruism's correlation with resilience was very weak and non-significant ($r = .07$). None of the psychological traits—hope, compassion, or altruism—significantly predicted resilience (all $p > .05$). Compassion and hope showed modest ties with altruism, yet resilience remained unaffected. These findings suggest resilience operates independently, not shaped by compassion, hope, or altruism, underscoring its distinct psychological foundation*

Keywords: Hope, Compassion, Altruism, Resilience, Positive Psychology

