

Abstract

The present research was conducted in two phases. First phase consists of the systematic review of the resilience with study variables of distress tolerance, spirituality, and counterfactual thinking. Total 23 researches were analyzed in detail and data was extracted in the form of the model. The model highlighted factors such as life satisfaction, hope, PTSD, Religiosity as important variables while dealing with Resilience and Distress tolerance to have positive relationship with Resilience. Second phase was of the quantitative research conducted to study the relationship of distress tolerance, counterfactual thinking in resilient and spiritual individuals with exposed trauma. Individual with trauma of loss of Loved ones (grandparents, parents, siblings, and Spouse) were taken. It was a correlational research design with non-probability purposive sampling strategy. Data from 500 university students with age ($M=22.88$, $S.D.=4.34$) was taken. Hypothesis of the study included that “there is likely to be the relationship between resilience, spirituality, distress tolerance and counterfactual thinking in trauma exposed individuals”. The questionnaires used were of State Trait Resilience Inventory (Hiew, 2007), Spirituality Questionnaire (Hardet, 2012), Distress Tolerance Scale (Simons & Gaher, 2005) and Counterfactual thinking for Negative Events Scale (Rye et.al,2008). Statistical analysis of Reliability, ANOVA, Correlation and Regression were run on the data gathered. Independence t- test was analyzed to study the gender differences. Results concluded that there was positive significant relationship of resilience, spirituality, distress tolerance and counterfactual thinking in individuals with trauma. Resilience and spirituality predict the distress tolerance and counterfactual thinking in individuals with trauma. Females were observed to have more distress tolerance and spirituality than males.

Keywords: Resilience, Spirituality, Distress tolerance, Counterfactual Thinking, Trauma, University Students, Systematic Review