

Abstract

The present study investigated the relationship between resilience, locus of control and mental health issues in undergraduate female students belonging to arts, engineering, medical and nursing program. A sample of 400 students was taken from different government and private institutes. Resilience was measured by Resilience scale for females (RSF; Raza & Ijaz, 2012), locus of control was measured by Internality, Powerful others and Chance scale (IPC; Takkhar & Naz, 2013) and mental health issues were measured by Student Problem Checklist (SPCL; Mahmood & Saleem, 2011). Translated versions (Urdu) of all questionnaires were used in the study. The results of correlation showed a negative relationship between resilience and mental health issues and positive relationship between powerful others, chance and mental health issues. Simple linear regression analysis indicated that resilience and locus of control emerged as significant predictors of mental health issues in undergraduate female students. Results of Manova revealed a significant difference in presence of level of resilience, locus of control and anxiety proneness among students belonging to different programs. Findings were discussed with reference to Pakistani culture and previous empirical evidences.