ABSTRACT

The relation between Resilience, Locus of Control and Mental Health Issues among University Population was tried to explore. Sample of 443 (male, n=224 and females, n=219) was collected from the government and semi-government universities of the city Lahore. Resilience was measured by standardizing Indigenous Resilience scale for 1122 Rescue workers, Rotter’s Locus of Control scale was adapted into Urdu Language to measure internal and external Locus of Control and Mental Health issues of university population was measured through Student Problem Checklist. The factor analysis of Indigenous Resilience scale gave five Resilience solution; self Regulation, Positive Self Regard, Extroversion, Self Confidence and Vulnerability. The findings of the study indicated that males are more resilient as compared to females. It has also been found that those who have more mental health issues have high external locus of control. Also females have more mental health issues as compared to males.