

## Abstract

This research investigated to identify the role of life orientation and strengths in the mental well-being and life satisfaction of university students. It was hypothesized that there would be significant correlation among life orientation, strengths, mental wellbeing and life satisfaction, life orientation and strengths are the predictors of mental well-being and life satisfaction and there would be significant gender differences in terms of mental well-being and life satisfaction. Sample of the study was consisted of ( $N=300$ ) university students. All participants were selected by purposive sampling technique with participant's age range was 18 to 29 years. *Life Orientation Scale (LOT)*, *Resilience scale (NMRQ)*, *Brief Strength Scale (BSS-12)*, *Warwick Edinburgh Mental Well-being Scale (WEMWBS)* and *Life Satisfaction Scale (SWLS)* were used to measure life orientation, strengths, mental well-being and life satisfaction of university students. Before assessing the relationships among study variables of the study, the psychometrics soundness of instruments for measuring various constructs was examined. It was observed that overall Cronbach's alpha values for the scales were acceptable ranging from .75 to .93. An informed consent form was given to all participants. Pearson correlation was applied to assess the relationship among the main variables of the study. Multiple linear regression was used to analyze whether life orientation and strengths are the predictors of life satisfaction and mental well-being. T-test for independent samples were used to draw differences between life satisfaction and mental well-being of men and women. Multivariate tests were used to explore the effect of life orientation and strengths in the life satisfaction. Findings of the current study revealed that life orientation, strengths, mental wellbeing and life satisfaction are significantly correlated and life orientation and strengths significantly predicted the mental well-being of university students. While life orientation significantly predicted life satisfaction but strengths do not significantly predicted life satisfaction. Gender differences were also significant in terms of mental well-being and life satisfaction. Future implication of the research results can be beneficial for university students to improve their mental well-being and life satisfaction.