

The Importance of the Needs of the Family being Met in an Undergraduate's Development

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Abstract—A state of physical and psychological prosperity that initiates a balanced living can be defined as health. Everyone experiences stress at some point of time in their lives and it impacts them tremendously. However, this impact either can bring them down or make them grow as a resilient individual. A major stressor in life could be the unmet needs (economic/non economic) of the family. Thus the aim of the present research was to find to what extent the unmet needs of the family can lead to stress and lowered resilience among undergraduate students. It has been found that participants who believe that the needs of their family are not being met, they are experiencing significantly higher stress as well as a lower overall resilience. They have even scored lower on the four dimensions of resilience, namely, hardiness, optimism, resourcefulness, purpose as compared to the ones who have reported that the needs of their family are being met. Additionally, results also show that if the needs of the family are met, one is more independent, is more active socially, is pursuing a passion and is more satisfied with their academic performance. The results would imply that one should strive to get the needs of the family met sometime in future rather than getting de motivated in the present. Also interestingly, the results of the research contradict the trending assumption of 'individualistic' approach towards life because it has been found that in the mind-sets of undergraduate students family still upholds its significant position.