

Being Passionate can Work Wonders

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Abstract—*Good health is a state of equilibrium between mind, body and the environment. This state of homeostasis is related to a reduced psychological levels of stress and higher levels of resilience. The present research focused on those aspects of human life that can help undergraduate students to achieve such a pleasant state of being. It was aimed to assess that weather pursuing a passion and having a role model at this age can help reduce levels of stress and increase resilience. It was interestingly found that the undergraduate girls pursuing a passion and giving satisfactory time to achieve it were more optimistic, resourceful and scored higher on overall levels of resilience. They were also found to be wasting less time on interactive social media applications specifically Watsapp. Also the ones having a particular role model, passionately striving to become like him/her and socially discussing about it were found to be more hardy, optimistic, resourceful and purposeful. Their overall level of resilience was also significantly higher than the ones not having a role model. Through content analysis of the qualitative data, the type of passions being pursued and the role models they look up to were also found out. The implications of the study is that in today's life scenarios where there is so much academic and other pressures creating a lot of stress, developing resilience is very important. Pursuing a passion and striving to be like a role model can help undergraduate girls achieve this aim.*