

# Challenges of Resilience and Thriving for Life Satisfaction: A Study of Divorced Women of District Aligarh, Uttar Pradesh

Dr.Shamsul Siddiqui\*

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In this study, divorced women living in Aligarh, Uttar Pradesh were evaluated for their levels of life satisfaction and resilience. Investigating the link between life satisfaction and resilience was part of the technique. A sample of 60 divorced women were used to examine their levels of life satisfaction and resilience using two standardised questionnaires, the Life Satisfaction Scale and Connor Davidson Resilience scale. Women who had been divorced for less than five years made up Group 1, whereas those who had been divorced for five years or more made up Group 2. The participants were split into two groups. All subjects were between the ages of 30 and 50. T-test and Pearson r analyses were performed on the gathered data, and the results were assembled and reviewed. According to the statistical analysis, resilience and life satisfaction are positively correlated. The outcomes also showed that there was no discernible difference between Group 1 and Group 2 in terms of Life Satisfaction and Resilience levels.

## Life Satisfaction

Life satisfaction refers to how someone evaluates their life and how they feel about where their lives are going. It is a gauge of prosperity and can be assessed in terms of inclination, satisfaction with interpersonal relationships and the accomplishment of goals, views about oneself, and the ability to adjust to daily life. Instead of evaluating one's current emotions, it is having a positive outlook on life in general. It is a subjective indicator of success and may vary according to preferences, interpersonal relations, goal attainment, self-perceptions, and coping abilities. It is not a reflection of current emotions,

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*\*Post doctoral fellow, Ic SSR, Department of Psychology, Aligarh Muslim University Aligarh,  
Email ID: [shamsulamu18@gmail.com](mailto:shamsulamu18@gmail.com)*