



Psychological Resilience among Collegians at University of Mosul

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Abstract

Background: Psychological resilience is defined as a dynamic process where individuals harness various protective factors to sustain and enhance their physical and mental well-being, effectively navigating stressors, setbacks, and adversity.

Objectives: The aim of study is to identify the level Psychological resilience Among Collegians at University of Mosul.

Methodology: A cross-sectional study was conducted on 722 students aged between 18-26 years who were student at university of Mosul in Mosul city, Iraq from the period of 15th November 2025 to 12th January 2026. data collected by using a questionnaire part i: consist of demographical data, part ii: consist psychological resilience scale adopted from (owaid,2025).

Results: The study's findings indicated that 53.6percent of the study sample was male and that the majority of participants were in the age range of 21to23 years, mean age was (21.20) and SD was (1.888). the result shows the participants with the highest percentage (73.8%) of the total levels of psychological resilience among collegians sample at university of Mosul.

Conclusion: According to the current study, the result show students at university of Mosul demonstrate with ahigh level of psychological resilience.

Recommendations: In order of the result that showed a high level of psychological resilience among students, he studies suggests leveraging these positive outcomes to enhance academic performance by implementing peer-support programs, where resilient students provide mentorship to those facing psychological challenges. Furthermore, it emphasizes the necessity of revitalizing psychological counseling units within colleges to provide structured support and ensure the sustainability of student well-being.

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Keywords: Psychological Resilience, Collegians, University of Mosul

Introduction

The mental wellbeing of university students has emerged as a critical global public health issue. This pivotal transition into academia often exposes students to a complex interplay of internal and external stressors, heightening their susceptibility to psychological conditions such as anxiety, depression, and psychosomatic symptoms. These challenges—ranging from financial burdens and shifting social dynamics to familial expectations—tax students' coping mechanisms across various cultural landscapes. Nevertheless, academic-related pressures, specifically examination stress, performance anxiety, and heavy workloads, remain the most pervasive drivers of psychological distress in the student population. (Guidotti *et al.*, 2025) ^[1]. According to the 2024 Healthy Minds Study, 38% of students reported moderate to severe depressive symptoms, with nearly one-fifth (19%) experiencing the most severe form of depression. (Park, 2025) ^[2].

Recent findings indicate that anxiety and depression are prevalent among young university students, with recorded rates of 44.25% (ranging from 15.8% to 82.6%) and 38.4% (ranging from 2.1% to 88.8%), respectively (Agyapong-Opoku *et al.*, 2023) [3]. Consequently, university students are at a higher risk of developing mental health issues when compared to their counterparts outside the academic environment. Resilience is essential for university students who must generally adapt to unfamiliar social and academic environments for the first time. During this transition, life becomes increasingly complex and demanding as they encounter various stressors, including academic workload, study-life balance, and financial difficulties. Moreover, they face social challenges and the mounting pressure of personal growth and future employment prospects. (Liu *et al.*, 2022) [4]. Despite these significant psychological risks, not all students' mental health deteriorates under stress, highlighting the critical role of psychological resilience which refers to an individual's dynamic capacity to manage diverse adversities and adaptively navigate external pressures. (Han & Wang, 2022) [5]. Resilience serves as a critical determinant of mental health, reflecting an individual's capacity to adapt effectively to adversity, trauma, or significant environmental stressor. (Almanasef *et al.*, 2024) [6]. Effective coping with challenging circumstances signifies the presence of psychological resilience, which functions as a catalyst for a positive chain reaction, facilitating the mitigation of adversity and the enhancement of favorable outcomes. (García-Martínez *et al.*, 2022) [7]. Prioritizing the understanding and cultivation of resilience has become a central focus of both policy and practice within the higher education sector. (Brett *et al.*, 2023) [8].

Methodology

Study Design

A quantitative (non-experimental), descriptive-correlational study design was used to accomplish aim of the present study from the period of 15th November 2025 to 12th January 2026.

Sample and sampling

The study employed a two-stage sampling design. In the first stage, a systematic sampling technique was used to select the primary study sample from the university student population. In the second stage, a purposive sampling technique was applied to specifically include participants who met the criteria related to the psychological resilience variable, ensuring the data accurately reflected the core dimensions of the study. The total sample included 722 students that included 7 colleges ranging in age between 18-26 years.

Ethical Considerations

Before starting to collect data, letters of approval were obtained from the deanship of the college of nursing, university of Mosul, to obtain a facilitated approval letter. After that, approval letters were obtained from scientific and ethical committee for postgraduate studies at the college of nursing, in addition to obtaining approval from Mosul university.

Tool of the study

Part I: This part of the questionnaire contains the four baseline characteristics and information about the participants (age, sex, residence, marital status). While the academic information includes three items (college major,

college name, academic stage).

Part II: This part of the questionnaire consists of the psychological resilience scale adopted from (Owaid, 2025), which was composed of 40 items. The responses were scored using a 5-point Likert scale: (1) does not apply to me at all, (2) rarely apply to me, (3) sometimes apply to me, (4) often apply to me, (5) always apply to me.

Statistical Analysis

Using the Statistical Package for Social Science (SPSS) Version (27) for Windows 10, both data entry and analysis were completed. Descriptive statistics were applied in the analysis as frequency, percentage, mean, and SD.

Results

Table 1: Statistical Results of the Demographic Variables among Collegians Sample at University of Mosul

Demographic Variables		Freq.	%	X ²	P.value
Age	(18-20)	280	38.8	133.33	0.000
	(21-23)	343	47.5		
	(24-26)	99	13.7		
	Mean = 21.20		Std. D. = 1.888		
Gender	Male	387	53.6	3.745	0.053
	Female	335	46.4		
Residence	Inside the city	479	66.3	386.50	0.000
	Outside the city	184	25.5		
	Dormitory sections	59	8.2		
Major	Medical	169	23.4	89.468	0.000
	Engineering	100	13.9		
	Scientific	278	38.5		
	Humanities	175	24.2		
College Name	Dentistry	90	12.5	185.033	0.000
	Nursing	80	11.1		
	Petroleum and Mining Engineering	100	13.9		
	Political Science	25	3.5		
	Law	150	20.8		
	Environmental Sciences and Technologies	77	10.7		
Academic Level	Education for Pure Sciences	200	27.7	138.49	0.000
	First	176	24.4		
	Second	178	24.7		
	Third	172	23.8		
	Fourth	177	24.5		
Marital Status	Fifth	19	2.6	1606.10	0.000
	Single	644	89.2		
	Married	74	10.2		
	Divorced	3	0.4		
	Widowed	1	0.1		
Total		722	100.0		

Freq. = Frequency, %= Percentage, Std. D. = Standard Deviation, χ^2 = chi square.

Table (1) shows the statistical results of the demographic variables among collegians sample at University of Mosul, that 47.5% (343) of the total sample age between (21-23) years old with mean (21.20), standard deviation (1.888), 53.6% (387) of the total sample gender was male. 38.5% (278) of the total sample specialty from scientific. 27.7% (200) of the total sample college name from education for pure sciences. 24.7% (178) of the total sample academic level were second years. 89.2% (644) of the total sample marital

status were single years

Table 2: Statistical Results of the Total Levels of Psychological Resilience among Collegians at University of Mosul

No	Total Levels	Freq.	%	Mean	Std. D.	X ²	P.value
1.	Low Level	1	0.1	158.72	20.099	605.29	0.000
2.	Moderate Level	188	26.0				
3.	High Level	533	73.8				
	Total	722	100.0				

Freq. = Frequency, %= Percentage, Std. D. = Standard Deviation, x²= chiq square,

Table (2) presents the statistical results of the total levels of psychological resilience among collegians at University of Mosul, that 73.8% (533) of the total sample at high level of psychological resilience among collegians at University of Mosul with mean (158.72), standard deviation (20.099), chi-square (605.29) and high significant p.value (0.000).

Discussion

Table (1), Most of the university students who participated in this study were between 21 and 23 years old, which is considered the typical age range for undergraduate students at the University of Mosul. Male students represented a larger proportion of the sample, which may be linked to the higher enrollment of males in certain scientific and engineering colleges. In addition, the majority of students lived inside the city, a factor that may make it easier for them to attend classes regularly and maintain stronger social relationships compared with students who live outside the city or in university dormitories. The findings also revealed that most participants belonged to scientific specialties, particularly colleges of pure sciences, suggesting greater participation from students in academically demanding fields. Furthermore, a large proportion of students were in their second academic year. This stage is often viewed as an important transitional period in which students continue adapting to university life, academic pressures, and new responsibilities. As expected, most participants were single, since they were generally young adults within the normal university age group. These demographic characteristics may have played a role in shaping students' psychological experiences and their ability to cope with challenges. The researcher suggests that similarities in age and academic environment may contribute to shared psychological and social experiences among university students. Moreover, living within the city and receiving continuous family support may positively influence students' psychological adjustment and resilience. The current demographic findings are consistent with the study in Oman conducted by Omar Al Omari *et al.* (2023) [9], which examined resilience among university students in Oman and reported that most participants were within a similar young adult age group and shared comparable academic and social characteristics. The study emphasized that university students commonly experience similar educational pressures and psychological challenges regardless of demographic differences, which supports the present findings related to age, academic level, and residence. About table (2), The findings of the present study indicated that the majority of students at the University of Mosul demonstrated a high level of psychological resilience (73.8%), while 26.0% were at a moderate level and only a very small percentage (0.1%) showed a low level. The chi-square result ($\chi^2 = 605.29$, $p < 0.001$) confirms that this distribution is statistically significant, with high resilience being the dominant pattern among the sample. From the

researcher's perspective, this high level of psychological resilience may be attributed to the students' continuous exposure to academic and environmental challenges, which may have strengthened their coping skills, emotional regulation, and adaptability. In addition, cultural and social support systems in Iraqi society may play an important role in enhancing psychological stability among university students. These findings are supported by recent study conducted in India by Sharma and Verma (2022) [10] reported high psychological resilience among undergraduate students, particularly among those who benefited from strong family and peer support systems.

Conclusion

The current study found that the majority of the sample (21 to 23 years old) lived inside the city and made up the largest percentage of the sample. The bulk of the participants with the highest percentage (73.8%) of the total levels of psychological resilience.

Recommendations

The study It is recommended to implement specialized educational initiatives, such as seminars and workshops for students and parents, to underscore the vital link between mental health and academic success, while simultaneously expanding empirical research to investigate psychological resilience across diverse student groups, with a particular focus on the unique challenges encountered by postgraduate students."

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