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The Prediction of Psychological Resilience by Fear of Happiness and Ruminative Thoughts

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Abstract

In this study, it was investigated whether fear of happiness and ruminative thinking predict psychological resilience in university students. In addition, the predictive level of fear of happiness and ruminative thinking of psychological resilience subscales was investigated. Finally, it examines whether there is a significant difference between students' fear of happiness, ruminative thought and psychological resilience levels according to gender. The population of the study is the students studying at the faculty of education of a university located in the Mediterranean region of Turkey in the fall semester of the 2021-2022 academic year. The sample group consisted of 296 students, 212 (71.6%) girls and 84 (28.4%) boys, aged between 17 and 34 ($\bar{x}=21.81$), selected by the easily accessible sampling method. For data collection, a personal information form created by the researchers, Fear of Happiness Scale, Ruminative Thought Style Scale and Psychological Resilience Scale for Adults were used. Findings obtained in the study: It was found that fear of happiness and ruminative thinking together negatively predicted resilience at a significant level. Fear of happiness and ruminative thought explain approximately 12% of the variance in students' resilience scores. Regarding the predictive level of fear of happiness and ruminative thinking of the sub-dimensions of psychological resilience; self-perception (19.9% of variance), future perception (10% of variance), social competence (5% of variance), family adjustment (3% of variance), and social resources (3% of variance) are negative significant predictors. Finally, there is a significant difference between students' psychological resilience and self-perception sub-dimensions of psychological resilience according to gender.

Keywords: Fear of Happiness, Ruminative Thought, Psychological Resilience

1. Introduction

In modern life, individuals have experienced many negativities in recent times. individuals perceived life as a constantly negative and unhappy environment. He thought of happiness as a short-lived feeling. Therefore, individuals were skeptical of the slightest happiness and believed that they would be unhappy after this happiness. This situation is called 'fear of happiness.' This concept, which can also be considered as a type of phobia, can actually be considered as a mood problem. Fear of happiness can be defined as a person's fear of happiness for different reasons (with the influence of culture, environment and experiences), fear of it or fear that something negative will happen to him when he is happy. Therefore, the Individual cannot experience happiness and tends to stay away from it. In addition, the fear of happiness means that in some cases, they do not deserve happiness,

that individuals who experience happiness are not good, and that people who experience happiness will experience negativity as soon as possible. (Joshani et al., 2014; Lambrou, 2014).

Those who experience the fear of happiness intensely; They believe that happiness will not last long, that every beautiful and enjoyable life will come to an end in a short time, and that negative and unhappiness experiences will find themselves. For this reason, the individual consciously stays away from happiness in order not to experience situations that will make him or her negative and unhappy (Gilbert et al., 2012; Joshani, 2014; Lambrou, 2014). As a result, this turns into a cognitive structure such as not wanting happiness (Şar et al., 2019). The reason why individuals who are distant from happiness stay away from happiness, the thought that happiness triggers negativities, the belief that people who experience happiness are actually bad people, and expressing that they are happy will cause some problems (Joshani et al., 2014). This situation is a repetitive, obsessive way of thinking, that is, a ruminative way of thinking.

Ruminative thinking style is a concept that has emerged in many psychopathologies, especially in mood problems such as depression, anxiety and phobia in recent years. Rumination is 'the repetitive reversal of the experienced negativities and thoughts in the mind.' In other words, rumination is 'the re-chewing of the swallowed food after little chewing' (Harper, 2019). Ruminative thinking style is the individual's repetitive thinking about his feelings, problems and experiences (Nolen-Hoeksema et al., 2008; Smith et al., 2009). Ruminative thinking is one of the main causes of depression. A depressed individual think over and over again about the causes, consequences and meanings of depressive feelings, thoughts and behaviors (Nolen-Hoeksema, 1991). With this feature, ruminative thoughts increase the negative or negative thoughts in the individual and therefore the depression experienced becomes more severe. In addition, this situation reduces the problem-solving skills of individuals and may prevent their socialization (Nolen-Hoeksema et al., 2008).

According to the theory of response styles, one of the theories explaining rumination, ruminations are a situation that makes the individual think about himself excessively, intensely and severely, thus increasing the duration and effect of the depression experienced. The repetitive thoughts experienced here are mostly negative and pacifying thoughts. According to Nolen-Hoeksema (1991), people who experience depression with ruminative thinking make a constant mental rumination on the causes and consequences of this condition. Because of these characteristics, these people are insufficient to take steps to solve problems.

Coping with the fear of happiness as a type of phobia and ruminative thinking, which is the most basic way of thinking of depression, brings to mind psychological resilience. Having a high level of psychological resilience can be seen as an important prerequisite for coping with these two negative emotional states. With this feature, it can be said that the concept of psychological resilience has an important place in positive psychology research. Kobasa (1979) is one of the first to define psychological resilience, and according to him, psychological resilience is the ability of individuals to maintain their psychological health despite being exposed to stressful life events and to overcome such events. In another definition of resilience, Terzi (2005) defined resilience as individuals' ability to overcome life difficulties that threaten them, to recover quickly, and to continue adapting to the environment despite life difficulties. On this subject, Arslan (2015), on the other hand, considers psychological resilience as the ability of the individual to overcome this situation by using his family and social resources effectively in the face of negative experiences and to continue his functionality without allowing this situation to affect the adaptation process. In some studies, on this subject, resilience is defined as a personality trait that overcomes extremely stressful life events and uses the healing process quickly and effectively, and is not worried about encountering these situations again in the future (Luthar et al., 2000). Resilience is the ability of an individual to maintain a stable balance despite a traumatic or stressful event (Bonanno, 2004).

The fact that psychological resilience is high in individuals is a situation that increases the adaptability and capacity of people and increases psychological health. Individuals with this characteristic can cope more easily with life difficulties and psychopathologies. Benard (1991) discussed the characteristics of people with high levels of resilience in two groups as innate and acquired characteristics. Innate traits; having a calm temperament, being humane, extroverted, having leadership qualities and being accepted by the people around them. The acquired characteristics are empathy skills, compassion, effective and therapeutic use of communication, high self-esteem,

being spontaneous and self-accepting, having high autonomy, acting in line with their goals and plans, staying away from the environment and people that may be harmed.

Studies on fear of happiness, ruminative thinking and psychological resilience were examined. In studies on fear of happiness, fear of happiness is associated with the concepts of life satisfaction, psychological well-being, subjective well-being, hopefulness, psychological resilience, happiness, well-being and emotional intelligence. In these studies, fear of happiness is negatively correlated with positive emotions at different levels (Baş et al., 2021; Elmas, 2021; Joshanloo, 2013; Muhtar, 2016; Özkan, 2020; Sarı et al., 2016; Tekke et al., 2019; Togo et al., 2019; Yıldırım, 2019). In addition, the relationship between the fear of happiness, age and gender, as demographic characteristics, was investigated (Gilbert et al., 2012; Özkan, 2020; Şar et al., 2019). In particular, the fear of happiness gives different results according to the gender variable.

There are studies on the relationship between ruminative thought and psychopathology. It is associated with cognitive styles incompatible with rumination, negative inferential or attitudinal styles, dysfunctional attitudes, hopelessness, pessimism, self-criticism, low dominance, addiction, sociotropy, neediness, and emotional instability (Ciesla et al., 2002; Flett et al., 2002; Lam et al., 2003; Lyubomirsky et al., 1993; Nolen-Hoeksema et al., 1994).

Within the scope of positive psychology research, the concept of psychological resilience is the subject of many studies. There are different research findings that psychological resilience is positively correlated with positive psychological characteristics (Batan, 2016; Küçükatlidil, 2016; Tümlü et al., 2013). Psychological resilience is negatively related to negative psychological characteristics (Atarbay, 2017; Çapar, 2017; Dünder, 2016; Yakıcı, 2017). There are different results regarding the differentiation of psychological resilience by gender (Aydın, 2010; Bozgeyikli et al., 2014; Hadianfard et al., 2015; Sezgin, 2012; Terzi, 2008; Tümlü et al., 2013).

Both the fear of happiness, which we define as the fear of positive emotions, and ruminative thinking, which is considered as the repetitive presence of negative thoughts in the mind, are among the main fields of study that can be associated with psychological problems in recent times. These two situations are occurring more and more frequently in modern life. For this reason, it is important to investigate the causes, consequences and ways of coping with these two concepts. In particular, it should be investigated how effective psychological resilience is within the scope of ways to cope with this problem situation. This study is important in terms of examining the effect of psychological resilience in coping with the concepts of fear of happiness and ruminative thinking. In addition, the study will contribute to a better understanding of the causes and consequences of these concepts. In the research, the predictive effects of fear of happiness and ruminative thinking on psychological resilience will be examined. In addition, it will be examined whether there is a significant difference between students' fear of happiness, ruminative thought and psychological resilience levels according to gender.

2. Method

2.1. Research Model

Within the scope of the study, firstly, the scores of university students on fear of happiness, ruminative thought and psychological resilience scales were examined according to the gender variable. Then, analyzes were carried out to determine the relationships between fear of happiness, ruminative thought and psychological resilience. Therefore, the present study is a descriptive study.

2.2. Research Group

The students studying at the education faculties of the university where the study was conducted were reached using the easily accessible sampling method, which is one of the non-random sampling methods. Within the scope of the research, 296 students aged between 17 and 34 ($\bar{x}=21.81$, $Sd: 3.46$) were reached. Of the students, 212 (71.6%) were female and 84 (28.4%) were male. Of the students, 149 (50.3%) are in their 1st grade, 19 (6.4%) are in their 2nd grade, 22 (7.4%) are in their 3rd grade, and 106 (35.8%) are in their 4th grade.

2.3. Data Collection Tools

Fear of Happiness Scale: The scale developed by Joshanloo (2013) is a scale that aims to measure the level of fear of happiness in individuals based on self-report. Its Turkish adaptation was done by Demirci et al. (2016) and was found to be compatible with the original form of the scale. The scale consists of five items in a seven-point Likert type (1: Strongly Disagree, 7: Strongly Agree). There is no reverse coded item in the scale, and the level of fear or happiness of individuals is tried to be measured by obtaining the total score. In this context, high scores obtained from the scale indicate a high level of fear of happiness, and low scores indicate a low level of fear of happiness. In the Turkish version of the scale, item factor loads ranged from .71 to .92, and the internal consistency reliability coefficient of the scale was reported as .90. In this study, the reliability coefficient of the scale was found to be .92.

Ruminative Thought Style Scale: Brinker et al. (2009), the Ruminative Thought Style Scale (RDS) was developed to measure the general ruminative thinking tendencies of individuals. The scale consists of 20 items in a seven-point Likert type (1: Does not describe me at all, 7: It describes me very well) and a single dimension. High scores from the scale indicate the excess of ruminative thinking in the individual. The Turkish adaptation of the scale was made by Karatepe (2010). In the study, a single-factor structure was obtained in line with the original scale; The internal consistency coefficient was found to be .91, and the test-retest reliability coefficient was found to be .84. In this study, the reliability coefficient of the scale was found to be .94.

Resilience Scale for Adults: The first form of the scale was found by Friborg et al. (2003) in five dimensions. Later, Friborg et al. (2005), the scale was revised with its six-dimensional structure, which was stated to better explain psychological resilience. The six sub-dimensions in the scale are stated as structural style, future perception, family harmony, self-perception, social competence and social resources. The scale consists of 33 items, which have a five-point rating scale with different types of responses for each item. The Turkish adaptation of the scale was done by Basım et al. (2011). As a result of the construct validity studies of the scale, a six-dimensional structure was obtained in accordance with its original form. The Cronbach Alpha coefficients of the sub-dimensions of the scale range from .66 to .81; The reliability value for the total score of the scale was reported as .86. In this study, the reliability coefficient of the scale was calculated as structural style (.63), perception of the future (.76), family adjustment (.79), self-perception (.76), social competence (.67) and social resources (.74). The internal consistency coefficient for the total score of the scale was calculated as .89.

2.4. Process

The sample of the study consists of students studying in different departments in the education faculties of a university located in the southern region of Turkey. Ethics Committee Approval (dated 07.02.2022 and numbered 131935) was obtained from the Scientific Research and Publication Ethics Committee of the university where the study was conducted, and the study was carried out in line with these permissions. After explaining the purpose of the research to the students and giving the necessary information about the scales, the data were collected on a voluntary basis.

2.5. Analysis of Data

The data of 421 students participating in the study were examined within the scope of the analysis of the data, and as a result of the analysis, 32 data with high missing values and extreme values were excluded from the sample and the study was carried out with 389 data. In the analysis of the data; Independent groups t-test was used to determine the relationships between the students' scores on the Fear of Happiness Scale, the Ruminative Thought Scale, and the Resilience Scale and the gender variable. Then, the relationship between normally distributed fear of happiness, ruminative thought and resilience were examined, and finally, multiple regression analysis was performed to determine how much of the variance of resilience and its subscales could be explained by fear of happiness and ruminative thinking. In the analysis of the data, it was analyzed using the SPSS 22 program.

3. Results

Within the scope of the research, first of all, the values of the factors that predict the fear of happiness from the Fear of Happiness Scale and the Ruminative Thought Scale and the Psychological Resilience Scale for Adults and its subscales were examined using the t-test in terms of gender. The results of the analysis are presented in Table 1.

Table 1: T-test results of students' Fear of Happiness Scale, Ruminative Thought Scale and Psychological Resilience Scale for Adults scores by gender

	Gender	N	\bar{x}	S	sd	t
Fear of Happiness	Female	212	16.27	8.97	294	-1.635
	Male	84	18.14	8.67		
Ruminative Thought	Female	212	102.92	22.95	294	-2.879
	Male	84	94.30	23.89		
Adults Psychological Resilience	Female	212	118.79	19.10	294	-.590*
	Male	84	120.19	16.67		
APR Structural Style	Female	212	13.70	3.16	294	-.929
	Male	84	14.08	3.35		
APR Perception of the future	Female	212	14.47	3.91	294	-.657
	Male	84	14.79	3.36		
APR Family harmony	Female	212	22.39	5.07	294	.182
	Male	84	22.27	4.07		
APR Self-perception	Female	212	20.26	5.09	294	-3.337*
	Male	84	22.36	4.34		
APR Social competence	Female	212	21.18	4.36	294	.649
	Male	84	20.82	4.26		
APR Social resources	Female	212	26.80	5.04	294	1.450
	Male	84	25.87	4.78		

APR: Adults Psychological Resilience

*p<.01

When Table 1 is examined; Fear of happiness [t(294)= -1.635, p>.05] and ruminative thought [t(294)=-2.879, p>.05] scale scores do not differ significantly according to the gender of the students. On the other hand, students' psychological resilience [t(294)= -.590, p<.01] scale scores differ significantly according to gender. The mean psychological resilience of women (\bar{x} = 118.79) is lower than that of men (\bar{x} = 120.19). According to this finding, it can be said that there is a significant relationship between gender and psychological resilience. In order to examine this finding in detail, as a result of examining the scores of the subscales of psychological resilience according to gender; structural style [t(294)= -.929, p>.05], perception of the future [t(294)= -.657, p>.05], family adjustment [t(294)= .182, p>.05], social competence [t(294)= .649, p>.05] and social resources [t(294)= 1.450, p>.05] subscale scores do not differ significantly by gender. However, students' self-perception [t(294)= -3.337, p<.01] scale scores differ significantly by gender. Self-perception mean score of women (\bar{x} = 20.26) is lower than that of men (\bar{x} = 22.36).

In the study, multiple regression analysis was used to determine the predictive level of psychological resilience of fear of happiness and ruminative thought scales. In this context, first of all, the relations between the variables, Cronbach Alpha values and descriptive statistics are presented in Table 2.

Table 2: Relationships Between Variables, Cronbach Alpha Values and Descriptive Statistics Results

Değişkenler	1	2	3	4	5	6	7	8	9
1- Fear of Happiness	-								
2- Ruminative Thought	.04	-							
3- Adults Psychological Resilience	-.23**	-.26*	-						
4- APR Structural Style	-.10	-.09	.63**	-					

5- APR Perception of the future	-.20**	-.26**	.73**	.46**	-				
6- APR Family harmony	-.02	-.18**	.66**	.29**	.33**	-			
7- APR Self-perception	-.28**	-.36**	.78**	.48**	.67**	.32**	-		
8- APR Social competence	-.20**	-.14*	.64**	.25**	.28**	.24**	.43**	-	
9- APR Social resources	-.17**	-.05	.77**	.35**	.41**	.51**	.40**	.49**	-
Mean	16.80	100.47	119.19	13.80	14.56	22.36	20.85	21.08	26.53
Standard deviation	8.91	23.51	18.42	3.21	3.76	4.80	4.98	4.33	4.96
α	.92	.94	.89	.63	.76	.79	.76	.67	.74

* $p < .05$ ** $p < .01$

When the relationship between the scales is examined in Table 2; There was no significant relationship between fear of happiness and ruminative thought ($r = .04$) ($p > .05$). However, a significant negative correlation was found between psychological resilience and fear of happiness ($r = -.23$) and ruminative thinking ($r = -.26$) ($p < .001$). In addition, no significant relationship was found between fear of happiness and adult resilience structural style ($r = -.10$) and family adjustment ($r = -.02$) ($p > .05$). There was a negative correlation between fear of happiness and adult resilience, perception of the future ($r = -.20$), self-perception ($r = -.28$), social competence ($r = -.20$), and social resources ($r = -.17$). a relationship was found ($p < .001$). In addition, no significant relationship was found between ruminative thinking and adult resilience structural style ($r = -.09$) and social resources ($r = -.05$) ($p > .05$). There was a negative correlation between ruminative thinking and adult resilience, perception of the future ($r = -.26$), family adjustment ($r = -.18$), self-perception ($r = -.36$), and social competence ($r = -.14$). a relationship was found ($p < .001$).

As a result of the multiple regression analysis conducted to determine the predictive level of psychological resilience of the fear of happiness and ruminative thought scales; It was seen that the two predictor variables together explained approximately 12% of the total variance in the psychological resilience scores of the students ($\Delta R^2 = .12$ $p < .001$). Multiple linear regression analysis results are given in Table 3.

Table 3: Multiple Linear Regression Analysis Results on Predictors of Adult Psychological Resilience

Variables	B	Standard Error	β	t	p	Double r	Partial r
Constant	146.414	4.767	-	30.715	.000	-	-
Fear of Happiness	-.453	.114	-.219	-3.984	.000		
Ruminative Thought	-.195	.043	-.249	-4.528	.000		
R= .33		R ² = .12					
F= 19,006							

When Table 3 is examined, according to the multiple regression analysis conducted to examine the effect of fear of happiness and ruminative thinking on psychological resilience; fear of happiness and ruminative thought significantly explained approximately 12% of the total variance of psychological resilience ($\Delta R^2 = .12$ $p < .001$). According to the standardized regression coefficients (β), the relative importance of the predictor variables on resilience is ruminative thought ($\beta = -.249$) and fear of happiness ($\beta = -.219$). When the t-test results regarding the significance of the regression coefficients are examined, it is understood that ruminative thinking ($t = -4.528$, $p < .001$) and fear of happiness ($t = -3.984$, $p < .001$) are significant predictors of psychological resilience.

The results of the multiple regression analysis performed to determine the predictive level of the fear of happiness and ruminative thought scales for the resilience subscales are given in Table 4.

Table 4: Multiple Linear Regression Analysis Results for the Predictors of Adult Psychological Resilience Subscales

	Variables	B	SE _B	β	t	p
Yapısal Stil	Constant	15.605	.876		17.809	.000
	Fear of Happiness	-.033	.021	-.093	-1.599	.111
	Ruminative Thought	-.012	.008	-.090	-1.552	.122

	R=.132	R ² = .017	F=2,596			
Perception of the Future	Constant		19.929	.979	20.351	.000
	Fear of Happiness	-.080	.023	-.189	-3.409	.001*
	Ruminative Thought	-.040	.009	-.251	-4.532	.000*
	R=.321	R ² = .10	F=16,782			
Family Harmony	Constant		26.002	1.299	20.017	.000
	Fear of Happiness	-.004	.031	-.008	-.143	.887
	Ruminative Thought	-.036	.012	-.174	-3.026	.003*
	R=.175	R ² = .03	F=4,617			
Self-perception	Constant		30.710	1.223	25.101	.000
	Fear of Happiness	-.148	.029	-.265	-5.066	.000*
	Ruminative Thought	-.073	.011	-.347	-6.632	.000*
	R=.446	R ² = .199	F=36,353			
Social Competence	Constant		25.127	1.256	21.737	.000
	Fear of Happiness	-.093	.028	-.192	-3.387	.001*
	Ruminative Thought	-.025	.010	-.134	-2.358	.019*
	R=.239	R ² = .057	F=8,879			
Social Resources	Constant		29.041	1.347	21.563	.000
	Fear of Happiness	-.094	.032	-.169	-2.935	.004*
	Ruminative Thought	-.009	.012	-.043	-.754	.452
	R=.176	R ² = .031	F=4,696			

*p<.01

**p<.001

When Table 4 is examined, according to the multiple regression analysis carried out to examine the effect of fear of happiness and ruminative thinking on resilience subscales; It is understood that fear of happiness ($t = -1.599$, $p > .05$) and ruminative thinking ($t = -1.552$, $p > .05$) are not significant predictors on structural style. However, it is understood that fear of happiness and ruminative thought significantly explain approximately 10% of the total variance of the perception of future sub-dimension of psychological resilience ($\Delta R^2 = .10$, $p < .001$). According to the standardized regression coefficients (β), the relative importance of the predictor variables on the perception of the future is ruminative thought ($\beta = -.251$) and fear of happiness ($\beta = -.189$). When the t-test results regarding the significance of the regression coefficients are examined, it is understood that ruminative thinking ($t = -4.532$, $p < .001$) and fear of happiness ($t = -3.409$, $p < .01$) are significant predictors of future perception. Another finding within the scope of the study is that fear of happiness and ruminative thought significantly explain approximately 3% of the total variance of the family adjustment sub-dimension of psychological resilience ($\Delta R^2 = .03$, $p < .01$). When the standardized regression coefficients are examined (β), the relative importance order of the predictor variables on family adjustment is ruminative thought ($\beta = -.174$) and fear of happiness ($\beta = -.008$). When the t-test results regarding the significance of the regression coefficients were analyzed, it was understood that ruminative thinking ($t = -3.026$, $p < .01$) was a significant predictor of family adjustment; it is seen that fear of happiness ($t = -.143$, $p > .05$) is not a significant predictor of family adjustment. Regarding self-perception, which is a sub-dimension of psychological resilience; fear of happiness and ruminative thought significantly explained approximately 20% of the total variance of self-perception ($\Delta R^2 = .20$, $p < .001$). When the standardized regression coefficients (β) are examined, the relative importance order on self-perception is ruminative thought ($\beta = -.347$) and fear of happiness ($\beta = -.265$). When the t-test results regarding the significance of the regression coefficients are examined, it is understood that ruminative thinking ($t = -6.632$, $p < .001$) and fear of happiness ($t = -5.066$, $p < .001$) are significant predictors of self-perception. It is understood that fear of happiness and ruminative thought significantly explain approximately 06% of the total variance of the social competence sub-dimension of psychological resilience ($\Delta R^2 = .06$, $p < .001$). According to the standardized regression coefficients (β), the relative importance of the predictor variables on social competence is fear of happiness ($\beta = -.192$) and ruminative thinking ($\beta = -.134$). When the t-test results regarding the significance of the regression coefficients are examined, it is understood that fear of happiness ($t = -3.387$, $p < .01$) and ruminative thinking ($t = -2.538$, $p < .05$) are significant predictors of social competence. Finally, it is understood that fear of happiness and ruminative thought significantly explain approximately 3% of the total variance of the social resources sub-dimension of

psychological resilience ($\Delta R^2=.03$ $p<.01$). When the standardized regression coefficients (β) are examined, the relative importance of the predictor variables is fear of happiness ($\beta= -.169$) and ruminative thinking ($\beta= -.043$). When the t-test results regarding the significance of the regression coefficients are examined, it is understood that fear of happiness ($t= -2.935$, $p<.01$) is a significant predictor of social resources, while ruminative thinking ($t= -.754$, $p>.05$) has a significant effect on social resources. It is understood that it is not a predictor.

4. Discussion and Conclusion

The main purpose of this research is to examine the predictive level of psychological resilience of fear of happiness and ruminative thinking in university students. The research also examines whether the sub-dimensions of resilience predict fear of happiness and ruminative thinking. Finally, it was investigated whether there was a significant difference between the students' fear of happiness, ruminative thinking style and psychological resilience scores according to gender.

According to the first result obtained within the scope of the research, it was seen that the fear of happiness and the ruminative thinking style together negatively predicted resilience at a significant level. It was determined that the fear of happiness and ruminative thought explained approximately 12% of the variance in the psychological resilience scores of the students. On the other hand, regarding the level of predicting fear of happiness and ruminative thinking of the sub-dimensions of psychological resilience; self-perception (19.9% of variance), future perception (10% of variance), social competence (5% of variance), family adjustment (3% of variance), and social resources (3% of variance) were found to be significant predictors in the negative direction. As a positive psychological trait, it is seen as an expected situation in the research that resilience predicts negatively with negative psychological traits such as fear of happiness and ruminative thinking. In the literature review, no findings were found in which psychological resilience was directly investigated together with fear of happiness and ruminative thinking. However, there are many studies on the negative and significant relationship between psychological resilience and other negative psychological characteristics (depression, anxiety, loneliness, etc.) similar to fear of happiness and ruminative thinking. Atarbay (2017) investigated the predictive level of social anxiety on psychological resilience in his study with university students, and at the end of the study, it was found that social anxiety predicted psychological resilience total score and sub-dimensions significantly negatively. In his study, which examined the psychological resilience levels of individuals, it was revealed that the psychological resilience of healthy individuals was significantly higher. In another study, the relationship between the psychological resilience of high school students and their anger and expressing anger was examined. According to the results of the research, there is a statistically significant relationship between psychological resilience and anger and anger expression styles in high school students (Dündar, 2016). In the study of Yakıcı (2017), in which psychological resilience levels in adults were examined in terms of various variables, a significant negative correlation was found between loneliness and resilience total and sub-dimension scores.

The literature review reveals that resilience is also a protective factor for positive psychological characteristics. In other words, while psychological resilience shows a negative relationship with negative psychological characteristics, it shows a positive relationship with positive psychological characteristics. Considering the studies, Tümlü et al. (2013) conducted a study on academic staff and examined the relationship between the level of resilience of academic staff and their life satisfaction. found that as the level of resilience of academic staff increases, their life satisfaction also increases at a significant level. In another study, Batan (2016) examined the relationship of psychological resilience with the level of using religious coping methods and life satisfaction, and found that those with high levels of psychological resilience also had a high level of life satisfaction and that these individuals used positive religious coping methods more. Küçüktahtlıdıl (2016) examined the effect of psychological resilience on the attitudes of coping with stress among people working in insurance companies. The findings of the study concluded that there is a significant relationship between the levels of coping with stress and the levels of psychological resilience of insurance company employees.

The fear of happiness and ruminative thinking has a negative effect on the psychology of individuals, and it is positively related to positive psychological characteristics and negative to negative psychological characteristics. Tekke et al. (2019) conducted on 211 undergraduate students, students' fear of happiness is significantly negatively

related to the variables of hope and life satisfaction. Joshanloo (2013) found that there was a significant negative correlation between the scores obtained for the fear of happiness variable and the scores of life satisfaction and well-being. Togo et al. (2019) discussed the relationship between being positive and fear of happiness in postgraduate students in physical education and sports. A moderately negative relationship was found between being positive and fear of happiness. In another study, Gilbert et al. (2012) found a significant and positive relationship between university students' fear of happiness and their depression levels. In addition, a significant positive relationship was found between the fear of happiness and stress, alexithymia and anxiety. Lyvers et al. (2022) found that fear of happiness was moderately positively correlated with alexithymia, fear of compassion, and negative mood in a study of young adults.

It is an expected situation that ruminative thinking style has a negative correlation with psychological resilience. ruminative thinking style has an effect that increases the duration and severity of negative emotional states such as depression and anxiety (Nolen-Hoeksema, 1991). Various studies have shown that rumination interacts positively with many psychopathologies (traumas, anxiety, depression, suicide, eating disorders, etc.) in individuals (Guastella et al., 2007; Kim et al., 2017; Matthews et al., 2004; Michael et al. et al., 2007; Morrison et al., 2008; Nolen-Hoeksema, 1991; Nolen-Hoeksema et al., 2007; Raes et al., 2008). Therefore, ruminative thinking, which is a causal factor in these pathologies, cannot make a positive contribution to psychological resilience, like the fear of happiness. On the contrary, its decrease in resilience and its negative correlation with resilience are consistent with the literature.

Another finding is that male students' levels of resilience and self-perception, which is a sub-dimension of psychological resilience, are significantly higher than that of females. The levels of fear of happiness and ruminative thought do not differ significantly by gender. As a result of the literature review, it was found that the gender factor was not an effective factor in both psychological resilience, fear of happiness and ruminative thinking, but when combined with other variables, it had significant effects. There are different findings, especially that psychological resilience is not affected much by the gender factor. In one of these studies, Hadianfard et al. (2015) discussed quality of life and resilience in multiple sclerosis patients. Although the psychological resilience of male patients is higher than that of female patients, this difference is not statistically significant. In a study conducted by Sezgin (2012), it was examined whether psychological resilience in primary school teachers caused a differentiation according to gender. Teachers' psychological resilience levels did not differ significantly by gender. Tumlu et al. (2013) determined that there was no significant difference between the level of resilience in male academic staff and the level of resilience in female academic staff. Terzi (2008) determined whether university students' resilience differs according to gender and to what extent internal protective factors predict resilience. Psychological resilience of university students did not differ significantly by gender. Aydın (2010) examined general intelligence, hopefulness and psychological resilience in undergraduate students and in the study, the psychological resilience levels of the students did not show a significant difference according to gender. In addition to studies in which gender did not cause significant differentiation, studies with significant differentiation were also found. Bozgeyikli et al. (2014) conducted a study on teachers. In the study, the level of resilience of male teachers was found to be significantly higher than the level of resilience of female teachers. In another parallel study, Karademir et al. (2019) investigated psychological resilience in university athletes and revealed that the psychological resilience of male athletes was significantly higher than that of female athletes.

There is no significant difference between the students' ruminative thinking style levels and their fear of happiness scores. Gender is not an effective variable on its own in the level of ruminative thinking and fear of happiness. When considered together with different variables (age, culture, education level, etc.), the effect of the gender factor is seen. Looking at the literature, there are different findings. In the study where Kurtarankartal (2019) investigated the meaning of life and ruminative thinking in undergraduate students, there was no significant difference between ruminative thinking styles of students according to gender. ruminative thinking style does not differ significantly by gender (Efe, 2018; Yaya et al., 2019). In another study, Bugay et al. (2011) female students have a higher level of rumination than male students in terms of rumination levels. Similar to this result, there are results showing that women's rumination levels are significantly higher than men (Abak, 2019; Erdur et al., 2009; Jose et al., 2008; Neziroğlu, 2010; Özcan, 2021). Regarding the fear of happiness, Gilbert et al. (2012) on individuals in western culture. women's fear of happiness level is significantly higher than men's fear of happiness.

Sar et al. (2019) with undergraduate students, the fear of happiness does not differ by gender. Özkan (2020), in his study with 243 undergraduate students, did not find a significant difference in the fear of happiness scores of male and female students. While some of the studies in the literature support this research finding, some do not support this research finding.

Considering the results obtained in the research; Fear of happiness and ruminative thinking together make a significant negative impact on psychological resilience. Fear of happiness and ruminative thought explain approximately 12% of the variance in students' resilience scores. Regarding the predictive level of fear of happiness and ruminative thinking of the sub-dimensions of psychological resilience; self-perception (19.9% of variance), future perception (10% of variance), social competence (5% of variance), family adjustment (3% of variance), and social resources (3% of variance) are negative significant predictors. In addition, there is a significant difference between students' psychological resilience and self-perception sub-dimensions of psychological resilience according to gender. other variables do not differ significantly in terms of gender. According to the findings reached within the scope of the research, it can be suggested to include activities and practices that eliminate the adjustment problems of university students and increase their psychological resilience. In addition, students' psychological resilience levels can be increased by offering educational seminars and programs on strategies to cope with rumination, fear of happiness or in general anxiety, fear, stress and irrational thoughts. As another suggestion, the connection of fear of happiness, ruminative thought and resilience can be handled with different sample groups and different variables, and findings related to the causes, consequences and coping strategies of these concepts can be obtained.

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