



challenges with a positive mindset, maintaining emotional balance, and fostering a sense of self-efficacy. Resilience is not a fixed trait but rather a skill that can be cultivated and enhanced through various experiences and coping strategies. Individuals with high psychological resilience often display traits such as optimism, flexibility, and an ability to learn from setbacks (Ong AD,2006). They tend to view challenges as opportunities for growth, and setbacks as temporary hurdles rather than insurmountable barriers. Resilient individuals also build strong social connections, seeking support from friends, family, or communities during difficult times. Cultivating psychological resilience is crucial for maintaining mental well-being, and it plays a significant role in helping individuals cope with the uncertainties and complexities of life. In essence, it is an ongoing process that empowers individuals to not only endure adversity but also