

In my research I studied the relationship between resilience, optimism and age. The testing tool used to measure optimism consisted of a 10 statement questionnaire The Life Orientation Test-Revised (LOT-R; Scheier et al., 1994) and the measurement to assess for resilience The Brief Resilience Scale (BRS; Smith et al., 2008) that consisted of a 6-item questionnaire.

I hypothesized that as optimism levels increase, resilience levels would also increase. The findings in the Pearson correlation that there was a significant positive correlation with one another which supported my hypotheses.

I hypothesized that the levels of resilience would increase as an individual ages. The findings found that there was a positive correlation between the two variables.

Lastly, I hypothesized that levels of optimism would increase as individuals age increases. However, the results found that this was not the case. The result of a Pearson correlation showed that there was no relationship between the two variables. I was surprised by this since I have found research from Chopik, et al., (2015) that analyzed how optimism changes over time as we get older. Chopik and colleagues found that we become more optimistic as we get to a certain age range in which forms a U-shape graph but then declines after 68 years of age. This showed that there might be a correlation between age and optimism during certain ages.

throughout life. This went against the findings of the research and found no relationship with the two variables. Moreover, a majority of studies findings show some type of correlation .between optimism and age

There were some weaknesses in that the research was limited to age groups of the participants in which by grouping he age of the participants and optimism we can get more data in what certain age groups have more optimism and age groups that have less . optimism

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