

## **An Investigation into Relationship among Stress, Optimism and Life Satisfaction of Adolescents**

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### **Abstract**

*The aim of the study was on exploring the relationship between stress and optimism of college students, stress and life satisfaction of college students, as well as to investigate the relationship between optimism and life satisfaction among college students. The sample comprised 100 students 50 male and 50 female students studying in four different institutes of Lahore. A demographic survey was obtained from each participant. This form included questions regarding the participant's age, sex, educational status, and institute. The Perceived Stress Scale designed by Cohen, Kamarck, and Mermelstein (1983). The revised Life Orientation Test (LOT-R; Scheier, Carver, & Bridges, 1994). Satisfaction with Life Scale (SWL) developed by Diener, Emmons and Larsen et al., (1985) as a measure of global life satisfaction were used in the study. Results revealed that stress had a significant and inverse relationship with optimism and life satisfaction among college students.*

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