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From Grit to Glow: Flourishing as a Psychological Pathway Between Academic Resilience and Subjective Wellbeing-Being in Schooladolescents-Adolescents

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Abstract

This study aims to examine the relationship between grit, academic resilience, and subjective well-being in students, as well as the role of flourishing role models as mediators in these relationships. This study uses a quantitative approach with a survey method and involves 105 student respondents. The instruments used include the Short Grit Scale, the Academic Resilience Scale, the Subjective Well-Being Scale, and the Flourishing Role Models scale which is compiled based on indicators of positive development role models. Data were analyzed using descriptive statistical techniques, Pearson correlation, and regression analysis. The results showed that there was a significant positive relationship between grit and well-being, as well as between academic resilience and well-being. In addition, the existence of flourishing role models strengthens these relationships by providing inspiration, perseverance values, and meaning in academic achievement and psychological well-being. This research emphasizes the importance of developing role models in forming a strong and happy character among students.

Keywords: Grit, Academic Resilience, Subjective Wellbeing-being, Flourishing Role Models, Student