

## **Relationship between Ego Resilience, Perceived Stress and Life Satisfaction among University Students**

### **Abstract:**

**Background:** university students face many stressors that may have a negative impact on their life satisfaction. And the ability to cope effectively with these stressors and emotions can be termed resilience **Aim:** This study aimed to examine the relationship between ego resilience, perceived stress and life satisfaction among university students. **Research design:** A descriptive design was utilized to fulfill the aim of the study. **Setting:** The study was carried out at Faculty of Nursing and Faculty of Science at Benha University, Qalyubia governorate. **Sample:** A purposive sample of 300 students in the fourth grade in Faculty of Nursing and Faculty of Science at Benha University was selected. **Tools:** Four tools used **Tool (I)** A structured interviewing questionnaire consisting of two parts to assess socio-demographic and academic characteristics of university students. **Tool (II):** Connor-Davidson Resilience Scale, **Tool (III):** The Perceived Stress Scale (PSS) **Tool IV:** Multidimensional Students' Life Satisfaction Scale. **Results:** The result of the present study illustrated that, there was a highly statistical significant negative correlation was found between ego resilience and perceived stress, also there was a statistical significant positive correlation between ego resilience and life satisfaction. And there was a highly statistical significant negative correlation was found between life satisfaction and perceived stress. **Conclusion.** According to the results of this study it can be suggested that students who have low stress scores have more resilience and life satisfaction **Recommendations:** Based on this result recommended, more emphasis should be placed on establishing and increasing students' ego resilience in order to generate graduate professional nurses who are not only academically and clinically competent, but also able to adjust to workplace adversity.