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OPTIMISM AS THE PREDICTOR OF MENTAL HEALTH AMONG ADOLESCENTS

***Jahangeer Majeed[1], *Tufel Akhtar[2], *Mohsen Kord[3]**

[123] *Research scholar, Department of psychology, Aligarh Muslim University Aligarh, UP, 202002*

The current study examines whether optimism predicts mental health among adolescents. In order to measure optimism the life orientation test-revised developed by Scheier, Carver, & Bridges (1994) was employed and for measuring mental health, Mental Health Inventory (MHI) developed by Jagdish and Srivastava (1995) was used. The findings indicate that optimism is the predictor of mental health among adolescents.

Keywords: adolescents, optimism and mental health.