

## OPTIMISM AS THE PREDICTOR OF MENTAL WELL-BEING AMONG UNIVERSITY STUDENTS

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*The current study examines whether optimism predicts mental well-being among university students. For measuring optimism the life orientation test-revised developed by Scheier, Carver, & Bridges (1994) was used while for measuring mental well-being, Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) was used. The findings indicate that optimism is the predictor of mental well-being among university students.*

**Keywords:** *university students, optimism and mental well-being.*