
Psychological Resilience, Bullying and Mental Well-Being Among Malaysian Juveniles

Nurul Adibah¹, Sarifah Nurhanum², Rezki Perdani³, Nurulhana Zainalabidin⁴

¹ Centre for Core Studies, Universiti Sains Islam Malaysia (USIM), Nilai, Negeri Sembilan
E-mail: adibahmdnr@gmail.com

² Faculty of Major Language, Universiti Sains Islam Malaysia (USIM), Nilai, Negeri Sembilan
E-mail: sh.nurhanum@usim.edu.my

³ Faculty of Leadership and Management, Universiti Sains Islam Malaysia (USIM), Nilai, Negeri Sembilan
E-mail: rezki@usim.edu.my

⁴ Showme Eduway Berhad
E-mail: hanazainal.zainal@gmail.com

Abstract

The study is to determine the psychological resilience as mediating factor between bullying and mental well-being among Malaysian juveniles. The research samples comprised juveniles in Malaysia Henry Gurney School at Melaka, Sabah, and Sarawak. Based on previous literature and underpinning models and theory, this study proposed a framework relating to mental well-being. Subsequently, the independent variables, namely bullying, were employed, followed by a mediating variable, psychological resilience. Accordingly, these variables are associated with positive or negative mental well-being. Four hypotheses were eventually proposed based on the outlined conceptual framework.

Keywords: *Psychological resilience; Bullying; Mental well-being; Juvenile; Bullying victimisation; Henry Gurney*
