


# Chapter 10

## The Interplay of Maturity and Resilience in Shaping Psychological Equilibrium: A Cross-Cultural Study of Indian Students' Adaptive Capacity and Well-Being

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### **ABSTRACT**

*This research examines the interaction between resilience and maturity in determining the psychological well-being and adaptability of Indian students studying within India and overseas. As globalization continues to fuel enhanced cross-cultural mobility, the research assesses how such individual attributes underpin coping in various academic and social environments. With a sample of 162 Indian students between the ages of 18 and 26, the research utilizes a moderation analysis in SPSS22 to examine the cultural context effect on the relationship between maturity, resilience, and psychological balance. The study shows that domestic and international students all have stable levels of maturity and mental health, but with greater importance in the case of abroad-studying students is resilience. The*

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