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## REASON TO BELIEVE: RELIGIOSITY, RESILIENCE, AND SELF-EFFICACY AMONG MALAYSIAN INDIAN ADOLESCENT

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### Abstract

The emerging incidence of mental health-related illness such as depression, suicide, and deliberate self-harm has elevated gradually among Malaysian Indian adolescents. This disorder constitutes a significant health risk which leads to further exploration of protective factors. Thus, the purpose of this study is to investigate the relationship between religiosity, resilience, and self-efficacy among Malaysian Indian adolescents. Therefore, a sample of 86 respondents (40 males, 46 females) has been selected by a purposive sampling method to complete the questionnaire. This study utilized, Santa Clara Strength of Religious Faith Questionnaire (SCSRFQ), Brief resilience Scale (BRS), and Self-efficacy for Self-regulated Learning Scale to obtain data and has analyzed using the correlation method. The finding of this study revealed a significant positive relationship between religiosity, resilience, and self-efficacy among Malaysian Indian adolescents. The result showed that religion is an essential phenomenon in adolescents' lives. A few limitations and recommendations for the future study included at the end of this paper.

**Keyword:** Religion, Resilience, Self-Efficacy, Malaysian Indian adolescents

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