

**INFLUENCE OF STOICISM ON MENTAL RESILIENCE AMONG NCC  
CADETS OF GUWAHATI**

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**ABSTRACT**

The present study examined the relationship between stoicism and mental resilience among NCC cadets, with a specific focus on emotional regulation strategies as operational indicators of stoicism. The study was guided by two primary objectives: to assess the level of stoicism and mental resilience among NCC cadets, and to explore the relationship between these variables. A quantitative research design was employed, and data were collected from a sample of 100 NCC cadets.

Stoicism was assessed using the Emotional Regulation Questionnaire (ERQ), which measures two key dimensions—cognitive reappraisal and expressive suppression—while resilience was measured using the Connor–Davidson Resilience Scale (CD-RISC). Descriptive statistics, including mean and standard deviation, were computed to assess the levels of the variables. Inferential analysis was conducted using Pearson’s correlation coefficient to examine the relationship between stoicism and resilience.

The results indicated that NCC cadets exhibited moderate levels of cognitive reappraisal ( $M = 20.81$ ,  $SD = 5.89$ ) and expressive suppression ( $M = 18.46$ ,  $SD = 4.30$ ), along with moderate to high levels of resilience ( $M = 63.98$ ,  $SD = 10.55$ ). Correlation analysis revealed a weak positive relationship between cognitive reappraisal and resilience ( $r = 0.181$ ,  $p = 0.081$ ) and between expressive suppression and resilience ( $r = 0.171$ ,  $p = 0.100$ ); however, both relationships were not statistically significant.

The findings suggest that while there are positive trends indicating a potential association between stoicism and resilience, stoicism, as measured through emotional regulation strategies, does not significantly predict resilience among NCC cadets. The results further indicate that resilience in this population may be influenced by a combination of factors beyond emotional regulation, including environmental and training-related variables.

The study contributes to the understanding of emotional regulation and resilience within structured training environments and highlights the need for a multidimensional approach to resilience. Future research may explore additional psychological and contextual variables to better understand the determinants of resilience.

**keywords:** *stoicism, emotional regulation, cognitive reappraisal, expressive suppression, resilience, NCC cadets*

## **INTRODUCTION**

Stoicism is often associated with emotional control, discipline, and psychological endurance, particularly within military and pre-military environments. In structured training systems such as the National Cadet Corps (NCC), individuals are encouraged to maintain composure under stress, which may lead to the internalization of emotional suppression as a desirable trait. While such control may enhance immediate performance, contemporary psychological research raises concerns regarding its long-term impact on mental health and resilience.

Mental resilience refers to the capacity to adapt successfully, recover, and maintain psychological stability in the face of adversity. Unlike emotional suppression, resilience involves flexibility, emotional awareness, and adaptive coping strategies. Research suggests that effective emotional regulation—particularly cognitive reappraisal—is associated with positive psychological outcomes, whereas habitual expressive suppression may be linked to adverse effects such as stress and reduced well-being.

Despite extensive international research, there is a scarcity of studies examining the relationship between stoicism and resilience within the Indian NCC context. Given the unique socio-cultural and training environment of NCC cadets, it is important to explore how beliefs related to emotional control influence psychological resilience. Therefore, the present study aims to assess the level of stoicism and mental resilience, investigate their relationship, and compare these variables between NCC Cadets of Guwahati.

## **VARIABLES OF THE STUDY**

- **Independent Variable (IV):** Stoicism
- **Dependent Variable (DV):** Mental Resilience

## **OPERATIONAL DEFINITIONS**

- **Stoicism:** In this study, stoicism is operationally defined as the tendency of an individual to consciously suppress or regulate emotional expression particularly emotions such as fear, sadness, and vulnerability in order to maintain composure, perceived strength, and mental control in stressful or high-pressure environments
- **Mental Resilience:** In this study, mental resilience is operationally defined as the individual's capacity to adapt positively, recover quickly, and maintain psychological stability when faced with stress, adversity, or military-related challenges (measured using the Connor Davidson Resilience Scale- 25).
- **NCC Cadets:** Refers to individuals currently undergoing pre-military or defense-oriented training and students enrolled in defense related activities.

## **OBJECTIVES**

1. To assess the level of stoicism and mental resilience among NCC Cadet.
2. To explore the relationship between stoicism and mental resilience.

## **HYPOTHESES**

As objective 1 is exploratory in nature, so no hypothesis is formulated.

On the basis of objective 2 following alternative hypothesis is formulated:

Ha1: There will be an affect of stoicism on mental resilience.

Ha2: Higher endorsement of stoic beliefs will correlate with higher resilience with flexible emotion-regulation.

Ha3: Higher endorsement of stoic beliefs with low emotional regulation will correlate with lower resilience.

## **REVIEW OF LITERATURE**

**Crane et al.(2019)** conducted a study on *Strengthening resilience in military officer cadets: a group-randomized controlled trial. (Journal of Consulting and Clinical Psychology)*. The aim was to test efficacy of two brief trainings guided coping skills training versus emotion-regulatory self-reflection training to strengthen resilience and reduce anxiety/depression/perceived stressor frequency in officer cadets during an intensive stress period. The hypothesis was the training (self-reflection and/or coping) would improve resilience and reduce anxiety, depression, and perceived stress compared with the comparator group; specific hypotheses compared the two interventions' effects. Sample: N = 226 officer cadets at the Royal Military College (Australia). Randomized by platoon to self-reflection (n≈130) or coping skills (n≈96). ([Macquarie University] Sampling technique: Cluster (group) randomization by platoon (group-randomized controlled trial). Tools / measures: Standardized self-report measures of resilience, anxiety, depression, perceived stressor frequency; intervention manuals described in paper (coping & emotion-regulatory self-reflection protocols). Between-group comparisons using mixed models / repeated measures analyses. Reported intervention effects: the self-reflection group (vs coping) showed improvements in resilience and lower anxiety/depression/perceived stress measures post-stressor period (exact effect sizes, p-values and confidence intervals reported in the article). Clustered randomization and intention-to-treat analyses were used. Brief guided coping and emotion-regulatory self-reflection training produced measurable improvements in resilience and reductions in anxiety/stress for cadets facing an intensive stressor supporting scalable resilience training in military cadet populations.

**Fogle(2020)** conducted a study on *The National Health and Resilience in Veterans Study (NHRVS) — overview*. The aim was to summarize findings from NHRVS publications up to mid-2020: prevalence, risk/protective factors, trajectories for PTSD, suicidality, aging, resilience/post-traumatic growth, genetics. It an empirical hypothesis paper — narrative review of a large, nationally representative veteran cohort. Sample (NHRVS): Two independent U.S. veteran cohorts (n ≈ 3,157 and 1,484 in initial recruitment waves). Sampling technique employed was Nationally

representative sampling of U.S. veterans (probability sampling via national panels/stratification described in the NHRVS methods). Tools / measures used was Wide battery across studies: PTSD measures, resilience scales, suicidality modules, cognitive and physical health measures, genetics in subsamples. The review synthesizes many findings (e.g., prevalence estimates, predictors of resilience, factors associated with PTG and suicidality). NHRVS provides large-scale evidence on risk/protective factors (including social support, coping, resilience) and is a useful comparator for cadet samples.

**Georgoulas et al. (2021)** conducted a study on *Expressive flexibility & resilience among U.S. military college students*. The aim is to evaluate expressive flexibility (ability to enhance or suppress expression appropriately) and its association with resilience in U.S. military college students/cadets. The hypothesis was Expressive flexibility predicts greater resilience and positive functioning; flexibility (not rigid suppression) is adaptive. Sample was  $N \approx 107$  cadets (ages 18–22) from a private U.S. military university (cross-sectional). Sampling technique employed was convenience sampling of cadet cohort. Tools / measures employed were Expressive Flexibility measures (tasks/self-report), resilience scales, measures of well-being/character strengths. Statistical analyses: correlational analyses and regressions. Expressive flexibility (ability to both enhance and suppress as needed) correlated positively with resilience and markers of positive functioning; results favored flexibility over inflexible suppression strategies (correlation coefficients and regression  $\beta$ s reported in the paper). Adaptive ER in military cadet samples appears to be flexibility (context-sensitive modulation) rather than habitual suppression; implies training should emphasise flexible regulation skills.

**Grimell, J. (2024)** conducted a study on *The Mask of the Warrior: stoicism and late-life veteran health (qualitative/sociological)*. The aim is to qualitatively examine how long-term stoicism (“the mask of the warrior”) shapes veterans’ health, service engagement, and help-seeking in later life. There wasn’t any hypothesis for this study. The sample & sampling were Qualitative interviews / thematic analysis of veteran participants. The tools / measures employed were semi-structured interviews, thematic/qualitative analysis. Long-term stoicism leads veterans to keep suffering private (the “mask”), affecting late-life health and reducing service engagement; authors recommend interventions that address identity and narrative around stoicism.

**Heward et al. (2024)** conducted a study on *A scoping review of military culture, military identity, and mental health outcomes*. The aim for this study was to map how military culture and identity interact and influence mental health outcomes in service personnel (thematic scoping review). There wasn’t any hypothesis for this study. Sampling technique (review) Joanna Briggs Institute scoping review methodology systematic searches, inclusion criteria, thematic synthesis. The tools / measures were thematic coding and synthesis of literature findings. The review summarises qualitative and quantitative evidence; identifies themes such as self-reliance, stoicism, identity fusion with military role, and associated help-seeking barriers. Military cultural norms (stoicism, self-reliance) shape help-seeking, social support, and mental health

outcomes; authors recommend culturally sensitive interventions and identify research gaps.

**Kirkham, R. (2025)** conducted a study on *Emotion regulation and coping in active military personnel — systematic review*. This study aimed to map ER strategies used by active military personnel and relate strategies to operational performance and mental-health outcomes. There wasn't any hypothesis for the study. The sample was review of multiple empirical studies. Sampling technique (review) systematic search and synthesis; see paper for databases and selection criteria. The tools / measures employed for this study were extraction and synthesis of methods/measures across included studies. The review reports patterns across studies which ER strategies predominate (e.g., suppression, acceptance, reappraisal, expressive flexibility), and their nuanced links to performance and mental health. ER usage among active military is heterogeneous; suppression is sometimes adaptive for short-term operational goals but can have team/long-term mental-health costs. The review maps gaps and recommends operationally-sensitive ER training (emphasising flexibility and reappraisal).

**McElheran (2024)** conducted a study on *Strengthening the military stoic tradition: distinguishing authentic Stoic practices from pseudo-stoicism*. The aim is to review the concept of military stoicism, differentiate authentic Stoic philosophy (reflective endurance) from maladaptive emotional suppression (pseudo-stoicism), and propose training approaches that preserve functioning while protecting mental health. There was no hypothesis for this study. Sample was not empirical — conceptual review and synthesis of literature and practice; includes recommendations for training and policy. Tools / measures used was Literature synthesis. Unexamined suppression (pseudo-stoicism) can elevate psychological risk; training should teach functional disconnection and reconnection (operational emotional control plus safe emotional processing), and preserve identity and operational performance while improving mental health outcomes.

**Osgood et al. (2023/2024)** conducted a study on *Cognitive reappraisal moderates combat exposure effects*. The Aims is to test whether individual differences in cognitive reappraisal use moderate the relationship between combat exposure and negative behavioral health symptoms (anxiety, PTSD symptoms). The hypothesis for this study was Greater habitual use of cognitive reappraisal will buffer (i.e., moderate down) the association between combat exposure and negative mental health symptoms. Sample was Large active-duty U.S. soldier sample (e.g.,  $N \approx 2,290$  in some analyses, drawn ~18 months after deployment). Sampling technique used was Survey of deployed soldiers; see methods for sampling frame (post-deployment follow-up cohort). Tools / measures employed was Combat exposure scale, ERQ (reappraisal), measures of PTSD/anxiety/depression; regression models testing interaction effects. The results showed Significant interaction: higher combat exposures predicted larger increases in anxiety/PTSD for soldiers reporting lower reappraisal use, whereas high reappraisal attenuated this relationship (interaction  $\beta$ s,  $p < .05$ ). No moderation for depressive symptoms in some analyses. Cognitive reappraisal is a protective ER

strategy that buffers combat exposure's adverse effects on anxiety/PTSD symptoms — supports training reappraisal skills in operational populations.

**Randles, R., et al. (2022)** conducted a study on *Veteran help-seeking behaviour for mental health issues: a systematic review*. The aims were to systematically review barriers and facilitators to mental health help-seeking in veterans. The Sample was Review, included many studies across settings; see inclusion criteria in methods (systematic search across databases). Sampling technique (of review) Systematic literature search (explicit inclusion/exclusion); PRISMA-style synthesis. The tools / measures (review) was the review extracts study characteristics (design, sample, measures) and synthesizes qualitatively; quantitative meta-analysis was not the focus. As a review, it reported synthesized themes rather than pooled effect sizes. Key barriers: stigma, military stoic culture, access problems, lack of civilian provider understanding; facilitators included leadership support, tailored services, and awareness. Military cultural norms (stoicism, self-reliance) are major barriers to help-seeking — a mechanism by which suppression reduces social support and access to care. Authors recommend system and culture-level interventions.

**Sander et al. (2020)** conducted a study on *Emotional Suppression and Hypervigilance in Military Caregivers: Relationship to Negative and Positive Affect (Journal of Head Trauma Rehabilitation)*. The aim was to Investigate relationships between emotional suppression, vigilance/hypervigilance, and negative/positive affect in military caregivers (caregivers of veterans with TBI/related issues). The hypothesis for this study were higher suppression and vigilance would relate to greater negative affect and lower positive affect. Sample was Caregivers of veterans/service members. Sampling technique was convenience / purposive sampling of military caregivers (from clinics/registries. Tools / measures employed was Self-report measures of emotional suppression, caregiver vigilance (TBI-CareQOL vigilance scale), and affect (positive/negative affect scales); statistical controls for demographics/clinical variables. High suppression and/or high vigilance predicted greater negative affect and lower positive affect (regression analyses). Exact beta coefficients, p-values and model fit indices are reported in the paper. Emotional suppression combined with vigilance is linked to greater distress and reduced positive affect in military caregivers; authors recommend targeted education/counseling to help caregivers process negative emotions and manage vigilance.

**Shorer, S., et al. (2024)** conducted a study on *Emotional-approach coping, PTSS and resilience in combat soldiers*. The aim is to examine associations among PTSS, resilience, and emotional-approach coping patterns in combat soldiers to clarify why many remain resilient post-trauma. The hypothesis was emotional-approach coping patterns relate to resilience and PTSS; different elements (expression vs processing) may have distinct relations to outcomes. The sample was large sample of combat veterans/soldiers. Sampling technique was cross-sectional survey sampling of combat soldiers/veterans. The tools / measures employed were measures of emotional-approach coping, PTSS, resilience; structural equation modelling (SEM) / mediation analyses. SEM showed emotional-approach coping strategies mediated relationship

between resilience and PTSS; emotional expression was associated with lower PTSS, whereas emotional processing was paradoxically associated with higher PTSS in some models. Emotional-approach coping is complex active expression may protect against PTSS whereas solitary processing can be associated with higher symptoms.

## **RESEARCH GAP**

Despite a growing body of international literature exploring Stoicism, emotional suppression, and mental resilience, several gaps remain unaddressed. Most existing studies have examined Stoicism primarily as a philosophical construct or as a general personality tendency, rather than focusing on its behavioural manifestations - specifically emotional suppression - as practiced by young adults in structured training or high-pressure academic environments.

Furthermore, although mental resilience has been widely studied in relation to stress, coping, and psychological well-being, very limited research has directly investigated how culturally influenced beliefs in Stoic emotional suppression impact resilience, especially within the Indian context. The majority of available studies originate from Western populations, creating a cultural mismatch and limiting generalizability.

In addition, there is no known regional study that examines the relationship between beliefs in stoic emotional suppression and mental resilience among NCC Cadets, a unique group preparing for disciplined, militaristic, and emotionally demanding career paths. Research has not explored whether suppression-based Stoic beliefs enhance adaptability and resilience in such populations or whether they hinder psychological flexibility by reinforcing avoidant emotional patterns.

## **METHOD**

The method adopted in this study follows a descriptive approach, focusing on the systematic collection of quantitative data from young adults who are undergoing NCC training actively. As a descriptive study, the method emphasizes observing naturally occurring behaviors without introducing any manipulation or intervention.

## **RESEARCH DESIGN**

The present study adopts a survey research design. A descriptive design helps in understanding and summarizing the existing patterns of betel quid consumption among young adults. It focused on describing the present condition rather than manipulating any variable. The present was also intended to study the relationship between betel quid dependency and cognitive failures.

## **POPULATION**

The population for the present study comprised NCC Cadets residing Guwahati in the Kamrup Metropolitan District of Guwahati, Assam, including only the college-going youth.

**Inclusion criteria:** NCC Cadets residing in Guwahati who have been undergoing training for at least one year, were able to read and understand English, and voluntarily provided informed consent.

**Exclusion criteria:** Individuals outside of training, individuals who left NCC voluntarily or involuntarily before completion of due training practice, those with less than one year of training history, individuals with diagnosed neurological or severe psychiatric conditions, or those taking medications affecting cognition were excluded.

## **SAMPLE AND SAMPLING**

The study employs a purposive sampling technique. This method is chosen because it allows the researcher to intentionally select individuals who meet specific inclusion criteria, NCC Cadets which include college going young adults who are in training since atleast one year.

The participants were selected on the basis of criteria mentioned as follows-

1. All the participants must be enrolled in the NCC training programme.
2. The participants who have been in training since atleast one year.

A total of one hundred (100) participants were taken. Out of 100 participants, sixty (60%) percent participants were females and forty (40%) percent were males. This number is suitable for beginner-level psychological research and allows for manageable yet statistically meaningful data analysis.

## **TOOLS USED UNDER THE STUDY**

**1. Betel Quid Dependency Scale (BQDS):** The Emotion Regulation Questionnaire (ERQ) is a 10-item self-report tool designed to measure an individual's habitual use of two specific emotion regulation strategies: cognitive reappraisal and expressive suppression. Developed by James J. Gross and Oliver P. John in 2003, it is one of the most widely used questionnaires in emotion research. There is no time limit as to filling the questionnaire form. The Emotional Regulation Questionnaire is composed of two subscales that use a 7-point Likert scale, from "1 (strongly disagree)" to "7 (strongly agree)". The Cognitive Reappraisal subscale has 6 items, and the Expressive Suppression subscale has 4 items. Scoring involves calculating the average score for each subscale, with higher scores indicating more frequent use of that strategy. The scores for the two subscales are analyzed separately.

**2.Cognitive Failures Questionnaire (CFQ):** The Connor-Davidson Resilience Scale (CD-RISC) is a self-report measure used to assess an individual's resilience, or their ability to cope and "bounce back" after experiencing stressful or traumatic life events. Developed by Kathryn M. Connor and Jonathan R. T. Davidson in 2003, it has become one of the most widely used and well-researched tools for quantifying resilience. The CD-RISC was originally developed as a 25-item questionnaire, though shorter 10-item (CD-RISC-10) and 2-item (CD-RISC-2) versions are also widely used. Original (25-item) version: Items are rated on a 5-point Likert scale, from 0 ("not true at all") to 4 ("true nearly all the time"). Total scores range from 0 to 100, with a higher total score indicating greater resilience.

## **PROCEDURE**

Permission was obtained from the head of department of the institution's department before initiating the data collection process. After receiving approval, the participants were approached individually, and their informed consent was taken prior

to the administration of the test. The participants were clearly instructed on how to fill out the questionnaire. They were informed that there was no time limit for completing the form and that they were free to ask for clarification if they experienced any doubt regarding the statements or items of the scale. The purpose of the test was explained to the participants, and they were assured that all information provided by them would be kept strictly confidential and used only for research purposes. Participation was completely voluntary. After the completion of the questionnaire, the participants were thanked for their cooperation and time, and the session was concluded politely.

**DATA ANALYSIS**

**Objective 1:** To assess the level of stoicism and mental resilience among NCC Cadet.

**Table 1:** Level of stoicism and mental resilience among an NCC Cadet

Variable	Mean	Standard Deviation	Level
Cognitive Reappraisal (ERQ-10)	20.81	5.89	Moderate
Expressive Suppression (ERQ-10)	18.46	4.30	Moderate
Mental Resilience (CD-RISC 25)	63.98	10.55	Moderate-High

ERQ-10 = Emotional Regulation Questionnaire and CD-RISC 25= Connor Davidson Resilience Scale, N = Number of Participants

As demonstrated in table1, the data indicates the level of stoicism and mental resilience for a total of N = 100 participants.

The results indicate that NCC cadets demonstrate moderate levels of cognitive reappraisal and expressive suppression. The mean score of resilience suggests that participants possess moderate to high levels of psychological resilience.

Since the first objective of the study was exploratory in nature, no hypothesis was formulated. However, the descriptive findings provide a baseline understanding of stoicism and resilience among NCC cadets, indicating that the sample exhibits relatively stable emotional regulation patterns and adaptive coping capacity.

**Objective 2:** To explore the relationship between stoicism and mental resilience.

**Table 2.1:** Level of Cognitive Failures among College-Going and Working Young Adults

Variable	r value	p value	Significance
Cognitive Reappraisal(CR) and Resilience	0.181	0.081	Not Significant

Expressive Resilience	Suppression(ES)	and	0.171	0.100	Not Significant
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Based on the second objective of the study, the following hypotheses were tested:

**Ha1:** There will be an effect of stoicism on mental resilience.

The correlation analysis revealed a weak positive relationship between cognitive reappraisal and resilience ( $r = 0.181$ ), but the result was not statistically significant ( $p = 0.081$ ).

The hypothesis is not supported, as the relationship between stoicism and resilience was not statistically significant.

**Ha2:** Higher endorsement of stoic beliefs will correlate with higher resilience with flexible emotion regulation.

The results indicated a weak positive correlation between cognitive reappraisal and resilience ( $r = 0.181$ ), but the relationship was not statistically significant ( $p = 0.081$ ). Hence the hypothesis is not supported statistically, although a positive trend is observed.

**Ha3:** Higher endorsement of stoic beliefs with low emotional regulation will correlate with lower resilience.

The results showed a weak positive correlation between expressive suppression and resilience ( $r = 0.171$ ,  $p = 0.100$ ), which is contrary to the expected negative relationship. Conclusion: The hypothesis is rejected, as the findings do not support the proposed direction of the relationship.

The analysis indicates that NCC cadets exhibit moderate levels of stoicism and moderate to high levels of resilience. While there is a weak positive association between emotional regulation strategies and resilience, these relationships are not statistically significant. The findings suggest that stoicism, as measured through emotional regulation strategies, may not be a strong independent predictor of resilience among NCC cadets. Other factors such as training environment, discipline, and individual differences may play a more significant role in influencing resilience.

## DISCUSSION

The first objective of the study was to assess the level of stoicism and mental resilience among NCC cadets. The findings indicate that participants demonstrated moderate levels of cognitive reappraisal and expressive suppression. These results suggest that NCC cadets employ both adaptive and less adaptive emotional regulation strategies in managing their emotional experiences. Cognitive reappraisal, which involves reframing a situation to alter its emotional impact, is generally considered an adaptive strategy associated with better psychological outcomes. The moderate level of cognitive reappraisal observed in the present study indicates that cadets possess a reasonable capacity for flexible emotional regulation. Expressive suppression, on the other hand, involves inhibiting the outward expression of emotions and is often regarded as a less adaptive strategy. The moderate level of expressive suppression observed may reflect the influence of the structured and disciplined environment of NCC training, where emotional control and composure are often emphasized. The

findings further reveal that NCC cadets exhibit moderate to high levels of resilience. This is consistent with the nature of NCC training, which is designed to foster discipline, adaptability, and psychological endurance. Exposure to physically and mentally challenging situations may contribute to the development of resilience among cadets.

The second objective of the study was to examine the relationship between stoicism and mental resilience. Pearson's correlation analysis revealed weak positive relationships between both components of emotional regulation (cognitive reappraisal and expressive suppression) and resilience. However, these relationships were not statistically significant. The weak positive correlation between cognitive reappraisal and resilience suggests that individuals who engage in adaptive emotional regulation may exhibit slightly higher levels of resilience. This finding is consistent with theoretical perspectives that emphasize the role of cognitive flexibility in enhancing psychological resilience. However, the lack of statistical significance indicates that this relationship is not strong enough to establish a reliable association within the present sample. Expressive suppression also showed a weak positive correlation with resilience, which contrasts with theoretical expectations that suppression would be negatively associated with psychological well-being. One possible explanation for this finding is the contextual influence of NCC training, where controlled emotional expression may be functional and even adaptive in certain situations. In such environments, suppression may not necessarily have detrimental effects and may instead contribute to behavioral discipline and task performance. The absence of statistically significant relationships suggests that stoicism, as operationalized through emotional regulation strategies, may not independently predict resilience among NCC cadets. It is likely that resilience in this population is influenced by multiple interacting factors, including training experiences, social support, personality traits, and environmental demands.

The study proposed three alternative hypotheses based on the second objective.

**Ha1:** There will be an effect of stoicism on mental resilience.

The findings did not support this hypothesis, as the correlations between stoicism variables and resilience were not statistically significant. This indicates that stoicism does not have a measurable effect on resilience within the present sample.

**Ha2:** Higher endorsement of stoic beliefs will correlate with higher resilience with flexible emotion regulation.

Although a positive relationship was observed between cognitive reappraisal and resilience, the lack of statistical significance suggests that this hypothesis is not supported. The observed trend indicates a possible association; however, it is not strong enough to confirm the hypothesis.

**Ha3:** Higher endorsement of stoic beliefs with low emotional regulation will correlate with lower resilience.

This hypothesis was not supported, as expressive suppression showed a weak positive rather than negative relationship with resilience. This finding suggests that suppression may not necessarily impair resilience in structured environments such as NCC training.

## **CONCLUSION**

The findings of the present study indicate that NCC cadets demonstrate moderate levels of stoicism and relatively high levels of resilience. However, stoicism, as measured through emotional regulation strategies, does not show a statistically significant relationship with mental resilience in this population.

The results suggest that resilience among NCC cadets may be influenced by multiple interacting factors beyond emotional regulation, including structured training, environmental exposure, discipline, and individual differences. The complexity of resilience as a psychological construct underscores the need for a multidimensional approach in its assessment and interpretation.

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