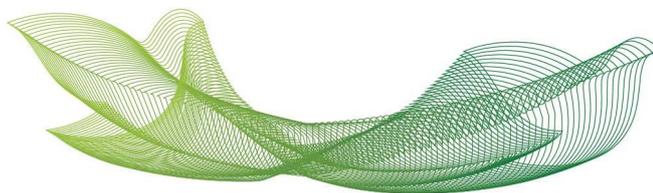


Tipo	Periódico
Título	Do optimism and subjective well-being help in coping with COVID-19?
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Resumo	The SARS-CoV-2 pandemic has affected the whole world, bringing uncertainty and changes in people's lives, including in their emotional aspects. The main aim of this study was to understand, in the light of Positive Psychology, which are the roles of positive and adaptive internal resources for coping with the situation, highlighting the optimism and subjective well-being constructs as auxiliaries in this process. For that a cross-sectional study with a



correlational design was carried out. The survey was conducted via internet, with a sample of 433 people, using a sociodemographic questionnaire, the Satisfaction with Life Scale, Affects Scale and LOT-R. Statistical regression analyses, correlations, t-test and ANOVA were performed. As a result, it was confirmed that optimism and the components of well-being are significantly related, with a strong magnitude and that there is a predictive power of optimism with the components of well-being, and family income on positive affect and satisfaction with life. COVID-19 coping variables showed data variance in relation to the components of subjective well-being and optimism.

Fomento
