

A STUDY ON LEVEL OF RESILIENCE AMONG ADOLESCENTS AT A PARTICULAR MATRICULATION SCHOOL IN MADURAI

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Abstract

Resilience is the physical, mental and social well being dimension of positive mental health. It is the ability of an individual to function competently in the face of adversity or stress. Resilience is important because it helps to enjoy psychological well being. An adolescence that is resilient is likely to enter adulthood with a good chance of coping well. In this paper, the researcher did a study on the level of Resilience among Adolescents at a particular Matriculation School in Madurai, by using resilience scale developed by Wagnild and Young in 1990. Descriptive research design was adopted and 30 samples were collected using simple random sampling technique. The study findings revealed that almost all the adolescents (93%) had low level of resilience. There is a significant difference between adolescents in terms of class, family type and nature of stay. Karl Pearson's correlation shows that there is a correlation between level of resilience and religion. The present study highlights the need to improve the level of resilience through various mental health programmes in educational settings. Increasing resilience among adolescents will develop the Psychological Well being of adolescents.

Keywords: Resilience, Adolescents, Psychological Well being.

Introduction

Resilience is the physical, mental and social wellbeing dimension of positive mental health. It has been defined as "the ability of an individual to function competently in the face of adversity or stress". It is the process of adapting well in the face of adversity, trauma, tragedy, threats or major sources of stress such as relationship oriented problems, serious health problems or workplace and financial stressors. Literally resilience is "bouncing back" from complicated experiences. Resilience is not just one's ability to bounce back, but also the capacity of an individual to adapt in the face of challenging circumstances, whilst maintaining a stable mental wellbeing. Lack of resilience can manifest itself in many ways – the fear of presenting in front of an audience, the frustration after receiving criticism for one's work, the guilt about not spending enough time with one's family, the embarrassment one feels after a meeting that didn't go well. An adolescence that is resilient is likely to enter adulthood with a good chance of coping well— even if he or she has experienced difficult circumstances in life. Resilience is important because it can help to care for against the progress of some mental health problems. Resilience helps us to maintain our wellbeing in difficult circumstances. Being resilient does not mean that a person doesn't experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. Resilience is not a trait that people either have or do not have. Simply

resilience involves behaviors, thoughts and actions that can be learned and developed in any person.

Review of Literature

Jaffee and Gallop (2007) in his study to estimate the prevalence and stability of social, emotional, and academic competence in a nationally representative sample of children involved with child protective services found that Thirty-seven percent to 49percent of children demonstrated resilience in mental health, academic, or social domains at any time point in his study with 2065 Children ranged in age from 8 to 16 years. Manijeh Nourian, et al., (2016) in their study to determine resilience and its contributing factors in high-risk adolescents living in residential care facilities affiliated to Tehran Welfare Organization in order to help develop effective preventive measures for them they found that the level of resilience was moderate in 46.2percent of the participants and was significantly higher in the female than in the male adolescents. Moreover, the score obtained was lower in primary school children as compared to middle school and high school students. The main finding of the present study is that approximately half of the adolescents examined had moderate levels of resilience.

Research Methodology

Objectives

1. To study the Socio demographic profile of the adolescents
2. To study the level of resilience among adolescents

3. To study the relationship between socio- demographic variables and level of resilience of adolescents in a matriculation higher secondary school
4. To suggest intervention plans for improving the level of resilience towards mental health.

Research Design

Descriptive research design was adopted. This design will provide a better understanding to describe the Equanimity, Perseverance, Self-reliance, Meaningfulness, and Existential Aloneness on Resilience among Adolescents.

Universe and Sampling

The study was carried out at a particular Matriculation Higher secondary school in Madurai. 50 adolescents from XI and XII std constitute the universe and 30 adolescents were selected by using lottery method in simple random technique.

Tools for Data Collection

The researcher used Resilience Scale developed by Wagnild &Young, 1990, is a 25 item self report questionnaire to identify the degree of individual resilience. Reliability of the scale is .84. All items are scored on a 7-point scale from 1- strongly disagree, to 7 – strongly agree. All items are positively scored. The possible total score range from 25 to 175 with higher scores reflecting higher Resilience.

The items of RS were selected to reflect five interrelated components of resilience-

- 1) Equanimity (a balanced perspective of one's life and experiences)
- 2) Perseverance (the act of persistence despite adversity or discouragement)
- 3) Self-reliance (a belief in oneself and one's abilities)
- 4) Meaningfulness (the realization that life has a purpose)
- 5) Existential Aloneness (the realization that each person's life path is unique)

Pre Test

The research tool was administered among the respondents and found out the applicability of the study

Method of Data Collection

The researcher met the respondents personally and administered the interview schedule to collect personal details and the resilience scale.

Results

Socio – Demographic Variables

- More than half of the students (53%) of the students were from XI std and 47percent were from XII std
- Majority (73%) of the students were from science group
- More than half (57%) of the students were day scholars and only 43percent were hostellers
- Majority of the respondents (80%) were from urban area 7percent were from semi- urban and 13percent were from rural area.
- Half of the respondents (50%) were second born in their ordinal position. 43percent were first born and only 7percent were third born in their families
- Majority (90%) of the respondents were belonging to Hindu religion. 7 percent were from Muslim religion and only 3percent were from Christian religion.
- Almost all the respondents (97%) were from nuclear family and only 3percent were from joint family
- With regard to education of fathers, 43 percent of them had education only upto X std, 27 percent of them had education till XII std, 20 percent were under graduates and 10 percent were post graduates
- With regard to education of mothers, half of them 50 percent of them had education only up to X std, 27 percent of them had education till XII std, 13 percent were under graduates and 10 percent were post graduates
- With regard to the occupation of their fathers, nearly half of the respondents (40%) were in Business, 23 percent were employed in private organizations, 20 percent of them were daily laborers, 10 percent of them were govt. employees, and only 7 percent were professionals.
- With regard to the occupation of the mothers, majority (70%) were manual scavengers and homemakers, 10 percent were in business, 10 percent were employed in govt. sectors and another 10 percent were in private organizations.
- More than half (53%) of the respondents had cordial relationship with their family, 34 percent of them had strained relationship and 13 percent of them had hostile relationship with their family.
- For all the respondents (100%) both their parent were alive
- 31 percent of respondents were in hostel for 2 years and another 31 percent of respondents were in hostel for 3 years. 23 percent of respondents were in hostel

for 4 years and remaining 15 percent of them were in hostel for more than 4 years.

Level of resilience

- 39 percent of respondents had very low level of resilience, 27 percent of them had low level of resilience, 15 percent of respondents were at low end and only 9percent had moderate level of resilience on Equanimity dimension
- 39 percent of respondents had very low level of resilience, 21 percent of them had low level of resilience, 15 percent of respondents were at low end, 12 percent had moderate level and only 3percent had moderately high level of resilience on Perseverance dimension
- More than half (52%) of respondents had very low level of resilience, 27 percent of them had at the low end, 9 percent of respondents had low level of resilience and only 3 percent had moderate level of resilience on Self – reliance dimension
- 36 percent of respondents had very low level of resilience, 15 percent of them had low level of resilience, 12 percent of respondents were at low end, 24 percent had moderate level and only 3 percent had moderately high level of resilience on Meaningfulness dimension
- Nearly half of the respondents (45%) had very low level of resilience, 15 percent of them had low level of resilience, 18 percent of respondents were at low end, 9 percent had moderate level and only 3 percent had moderately high level of resilience on Existential Aloneness dimension
- 30 percent of respondents had very low level of resilience, 33percent of respondents had low level of resilience, 30 percent of respondents had resilience at the low end level, and only 7percent of respondents had moderate level of resilience. It is notable that none of them had highly moderate or moderate level or high level of resilience.

Association or Difference Between Socio Demographic Variables and LEVEL of Resilience

- XI std students do differ with XII std students and it is significant. XI std students (mean = 2.45) perceive to have high level of total score of resilience than XII students (mean = 1.25) and it is significant.
- Students from nuclear family have high level of total score resilience (mean = 2.14) and they do differ with

students from Joint family (mean = 2.00) and it is significant.

- Day scholars and Hostelites do differ with each other with regard to total score of resilience and it is significant. Day scholars have more resilience (mean 2.53) than hostelites (mean = 1.62)
- There is a no correlation between education of father or education of mother and total score of resilience.
- There is no correlation between occupation of father or occupation of mother and total score of resilience
- There is a correlation between religion and level of total score of resilience and it is significant at 0.05 level.

Salient Findings

- Nearly half of the fathers (43%) and half of the mothers (50%) had education only upto X std.
- Majority of the mothers (70%) were home makers and manual scavengers.
- More than half (53%) of respondents had cordial relationship with their family
- All the respondents (100%) had both their parents alive
- Almost all the respondents (93%) had low level of resilience and only 7percent had moderate level of resilience
- Respondent do differ with each other in terms of their class, family type and nature of stay with the level of total score of resilience
- There is a significant correlation between religion and level of total score of resilience.

Recommendation and Suggestion

- Promotion of mental health is needed for adolescents as their resilience is at low level
- Mental Health programmes in schools and colleges targeting adolescents, emphasizing relaxation techniques, being assertive, and to use support network
- Prevention of suicides and promotion of well being is possible only by developing resilience among adolescents.
- Care program in schools and colleges, periodical counseling and life skills training shall be imparted in educational settings.

Conclusion

The study can be concluded with a strong note saying that adolescents in today's scenario are lacking mental

health otherwise we can say the Psychological Well being is affected. Adolescents are to take steps to look after their well being that can help them to deal with pressure, and reduce impact of stress they have in their life. Since adolescents are the asset of India's future economy, concentrating on their mental health is essential. Programs and policies focusing adolescents' mental health is the need of the hour.

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