



THREADS OF STRENGTH: THE INTERPLAY BETWEEN FAMILY RESILIENCE, OPTIMISM AND COPING APPROACHES

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Abstract

The present study investigated the relationship between family resilience, optimism level and coping approaches. A total sample of 212 young adults (mean age = 21 years) completed standardized questionnaires, including, Family Resilience Short Scale (Chow et al., 2022), the Revised Life Orientation Test (Scheier et al., 1994), and the Brief cope (Carver, 1997). The results revealed a positive, significant relationship between dimensions of Family Resilience and optimism. Furthermore, problem-focused coping was found to be positively and significantly correlated to all dimensions of Family Resilience.

Keywords: *family resilience, optimism, coping*

INTRODUCTION

In modern psychology, the family unit is a key concept for understanding human growth, flexibility, and resilience. Families are the primary environment in which people receive the socialization, support, and interpersonal dynamics that affect their overall well-being throughout their lives. Families frequently face a wide range of challenges that jeopardize their cohesiveness and ability to function, from financial hardship and health crises to interpersonal disagreements and outside influences. Despite these difficulties, a great number of families show incredible resilience, the capacity to adjust, endure, and prosper in the face of hardship.

In the field of family psychology, knowing what makes a family resilient has emerged as a crucial subject of study. The concepts of optimism and coping strategies are emerging as important predictors of adaptive functioning and well-being within familial contexts among a variety of variables linked to family resilience. The purpose of this correlational study is to investigate the relationships that exist between coping strategies, optimism, and family resilience to offer light on the mechanisms that underlie psychological adjustment and familial adaptability.

ORIGIN OF FAMILY RESILIENCE

“Resilience is forged through adversity, not despite it.”

Family resilience is the ability to withstand and rebound from crisis and adversity, strengthened by interactional processes over time that enhance both individual and family hardiness (Walsh, 1996). Family resilience is a dynamic process which describes how families adapt to stress and bounce back from adversity (Hawley & DeHaan, 1996). It is the successful coping of family members under adversity that enables them to flourish with warmth, support,

and cohesion. The researchers describe family resilience as the traits, aspects, and qualities that enable families to maintain resilience and flexibility when confronted with change and adversity. Family resilience explains why some families not only survive problems but thrive and become stronger as a result (Black & Lobo, 2008).

The Concept of Family Resilience: Crisis and Challenge (Walsh, 1996)

This approach is founded on the belief that both individual and family growth can be forged through collaborative efforts in the face of hardship. Family resilience prepares families to meet uncertainty and future challenges with the mutual support, flexibility, and innovation that will be needed for evolutionary hardiness in a rapidly changing world. The model found its basis through studies of individual resilience, primarily in the context of child development.

Though, resilience has primarily been attributed to individual personality traits (positive temperament, intelligence, high self-esteem, moral and spiritual convictions) and concepts like “optimistic bias”, “learned optimism” (experiences of mastery and belief in the efficacy of one's actions) and “immunization” (early experiences emphasizing responsiveness can prevent helplessness later in life); it is also nurtured by support from friends, mentors, and community members.

Resilient individuals often form close bonds with influential adults and choose relationships wisely. Social networks serve as vital resources during crises, offering both strain and support. Group interventions, such as support groups for cancer patients, have been shown to aid in coping and adjustment. Relational resilience is a theory that emphasizes how social connectedness, through mechanisms of empathy, fosters collective action in noncentralized modes of network governance for sustainability and resilience (Kan & Lejano, 2023). The availability of community resources and a family's outreach to use them are also essential for

family resilience, providing financial security, practical assistance, social support and a basic sense of connectedness through kin and friendship networks, and religious or other group affiliations.

An assessment of family stress events found that the severely disturbed patients were significantly more likely to have been born around the time of the death of a grandparent (Vaillant, 1979). The family's interpretation of a crisis situation and the meaning they bestow it are critical for family resilience (Antonovsky & Sourani, 1988; Rolland, 1994).

Walsh (1996) identified nine components of family dynamics that foster resilience in families:

- **Belief systems** (making meaning out of adversity, a positive outlook, and spirituality or a belief in something bigger than the family – transcendence).
- **Organizational patterns** (the family's ability to be flexible when needed, a sense of connectedness within the family, and social support).
- **Communication/problem solving** (clarity of communication, open emotional expression and collaborative problem solving).

Belief Systems	Organizational Patterns	Communication/Problem Solving
making meaning out of adversity	Flexibility	clarity of communication
a positive outlook	Connectedness	open emotional expression
Spirituality/ transcendence	Social and economic resources	collaborative problem solving

Figure 1: (Walsh, 1996) Family Dynamics

For the present study, the Family Resilience Scale Short Form was used. The scale has 3 dimensions (Chow et al., 2022):

Connection and Connectedness

Since reciprocal support and respect for individual autonomy must be balanced for efficient family communication, the first component includes the ‘Family Communication’ and ‘Family Connectedness’ variables from the original scale. Theoretically, these two components are connected.

Positive Framing: Positive framing describes the mindsets or viewpoints that support a family in being optimistic in the face of hardship. It incorporates both of the original scale’s subcomponents, ‘Maintaining a Positive Outlook’ and ‘Making Meaning of Adversities’, which are essential elements in many conceptualizations of family resilience. Families need external resources to manage both internal and external crises.

External Support: According to the literature, the family needs external assistance from the social (neighbours), economic (such as the welfare system), and spiritual (temples, church or other religious institutions) to survive difficult times. As a result, this factor encompasses the original scale’s subcomponents of ‘Family Spirituality’ and ‘Using Social and Economic Resources.’

OPTIMISM

The American Psychological Association (2020) defines optimism as “the conviction that good things will happen and that people’s desires or aims will ultimately be fulfilled”.

Optimism, a fundamental concept in the field of positive psychology, is a multifaceted concept that includes motivational, affective, and cognitive elements that influence people’s views of themselves, other people, and their environment. People that are optimistic typically see the bright side of things, have a good attitude, and face obstacles head-on and with fortitude.

The cornerstone of human health and wellbeing is optimism. An optimistic mindset focuses on the positive aspects of the circumstance, whether it is in the now or the future. Being an optimist allows one to see the positive aspects of the world, which is why optimism is important for human health and wellbeing. Having an optimistic outlook on life is beneficial for one's emotions, productivity at work, social life, and health, as well as for the environment they live in and the lives of others (Mendoza, 2017). Seligman (1991), often attributed as Father of Positive Psychology, introduced the concept of learned optimism. It is the process of identifying and opposing pessimistic thoughts to inculcate more positive behaviours. It is a concept starkly contrasting learned helplessness.

COPING

Coping, as a multifaceted construct, encompasses a spectrum of cognitive, emotional, and behavioural strategies individuals and families employ to manage stressors, regulate emotions, and maintain psychological well-being. Understanding the nuanced interplay between coping approaches and family resilience is essential for comprehensively exploring the mechanisms underlying familial adaptation and psychological adjustment.

Coping approaches can be broadly categorized into three main subscales: problem-focused coping, emotion-focused coping, and avoidant coping.

Problem-Focused Coping

Problem-focused coping is applied when an individual believes that taking action can manage the stressful circumstance (Lazarus, 1993). When there is a way to improve the situation, problem-focused coping takes the form of taking direct action to address the stressor and is more common (Vollrath et al., 2003). While, regular use of passive, emotion-focused coping had detrimental consequences on mental health, active, problem-focused coping

strategies have been found to be more successful in minimizing the implications of perceived discrimination on depression (Noh & Kaspar, 2003).

Problem-focused coping has been further divided into 3 sub-dimensions:

- Active Coping: Actions taken to remove or mitigate the source of stress.
- Planning: Reflecting on a structured attempt to deal with the stressor.
- Instrumental Support: Seeking help and guidance from others; peers or family.
- Positive Reframing: Embracing a constructive viewpoint on the stressor, which would result in proactive, problem-focused coping.

Emotion-Focused Coping

Emotion-focused coping is a psychological strategy that involves regulating one's emotions in response to stress or a challenging situation. This coping mechanism is employed when the individual perceives the stressful conditions as uncontrollable or resistive to change (Lazarus, 1993). It involves making efforts to reduce and ameliorate the emotional distress caused by the stressor (Schnider et al., 2007). Reducing the negative feelings associated with the stressor is the goal of emotion-focused coping, which can be either active or avoidant (Sanchez & Cragin, 2023).

Emotion-focused coping has been further divided into 4 sub-dimensions:

- Acceptance: Acknowledging the stressor's presence and learning to live with it.
- Emotional Support: receiving moral guidance from other people.
- Humor: Turning the stressor into a joke and using humor to cope with it.
- Religion: utilizing one's faith as a means of proactive coping and emotional support.
- Venting: concentrating on and expressing negative emotions.

- Self- Blame: condemning and holding oneself responsible for one's own actions.

Avoidant Coping

Avoidant coping is a psychological strategy characterized by attempts to avoid or disengage from stressors and the associated emotional distress. It involves indirect efforts to reduce distress, such as denial, withdrawal, and substance use. Avoidant coping has been associated with higher levels of depression, anxiety, and lower quality of life. Research has shown that avoidant coping strategies are linked to adverse outcomes, including psychological distress, anxiety disorders, and post-traumatic stress disorder. Furthermore, avoidant coping has been associated with negative outcomes in different contexts, such as in the context of illness uncertainty in patients with lung cancer and in relation to suicidal ideation among homeless youth.

Avoidant coping has been further divided into 6 sub-dimensions

- Self- distraction: Distracting oneself from the stressor by concentrating on something else
- Substance Use: use of drugs or alcohol
- Denial: Rejecting the stressor's existence
- Behavioural Disengagement: giving up on attempting to control the tension

COPING MECHANISMS ADOPTED BY RESILIENT FAMILIES

Resilient families were found to adopt coping mechanisms such as positive outlook, spirituality, family member accord, flexibility, communication, financial management, family time, shared recreation, routines, and support networks (Black & Lobo, 2008). These families use coping strategies and emotional self-regulation to deal with children's behavioural

problems (Garcia & Tapia, 2018). Family resilience has been recognized as a coping resource that can benefit the entire family unit, even if only one individual is directly affected by a crisis (Neo et al., 2016). Various factors contribute to family resilience, including parental coping strategies and emotional support, which have been shown to positively impact family resilience (Herbell et al., 2020).

Shao et al. (2022) delved into the mediating function of coping mechanisms within the dynamic between family functioning and resilience, emphasizing the pivotal role of positive coping strategies in fortifying familial resilience. A comprehensive study on the Greek population elucidated that parent with higher levels of coping strategies in terms of family resilience, were more likely to report higher levels of well-being and psychological resilience (Aivalioti, 2020).

THE ROLE OF OPTIMISM IN ENHANCING FAMILY RESILIENCE

Duncan et al. (2021) investigated variations in family resilience across individuals' sociodemographic characteristics, psychological and health resources, and social capital. Data was collected from 812 rural residents in a single U. S. state. A three-model regression analysis was conducted. Results indicated that 37% of the variance in family resilience was explained by the independent variables of social capital, including trust, overall health, depressive symptoms, optimism and life satisfaction, and the control variables of socioeconomic-demographic characteristics. The strongest predictor of family resilience was determined to be optimism.

A meticulous exploration on 332 Chinese youths and their parents revealed that optimism of parents was related to youth psychological well-being; the relationship between parental optimism and youth psychological well-being was mediated by youth optimism and

family cohesion both; parental optimism indirectly influences youth psychological well-being through its effects on family cohesion and subsequent youth optimism (Qi et al., 2022).

FAMILY RESILIENCE AND ITS IMPACT ON PSYCHOLOGICAL WELL-BEING

The attributes of family resilience include flexibility, stress resistance, positive outlook, problem-solving skills, sense of control, adaptability, social integration, and resourcefulness (Lee et al., 2004). A study on 698 nursing undergraduate students revealed that family resilience demonstrated a partial mediating effect between childhood trauma and psychological resilience, accounting for 21.5% of the total effect (Dong et al., 2021).

Family resilience is associated with better marital and family relationships, which are linked to higher levels of individual resilience resources and well-being indicators (Huang et al., 2018). Additionally, the capacity of parents to deliver competent and quality parenting to children despite the presence of risk factors is considered a significant aspect of parental resilience (Gavidia-Payne et al., 2015).

Research Gap

There is a noticeable research gap in India regarding the investigation of the potential link between family resilience, optimism and coping approach, with no prior empirical studies conducted in this specific context.

METHODOLOGY

AIM

To study the correlation among family resilience, optimism and coping in young adults.

OBJECTIVE

- To study the relationship between family resilience and coping in young adults.
- To study the correlation between family resilience and optimism in young adults.

HYPOTHESIS

- **H1:** There will be a significant relationship between family resilience and optimism in young adults.
- **H2:** There will be a significant relationship between family resilience and coping in young adults.

RESEARCH DESIGN

To fulfil the present study, correlational research design was conducted.

Participants

Participants were 212 young adults (97 men, 105 women). The participants primarily consisted of college students pursuing bachelor's master's or doctorate programs.

Data Collection Procedures

Data collection consisted of administering 3 instruments: Family Resilience Assessment Scale, Life Orientation Test-Revised (LOT-R) and Brief COPE- along with a demographic form. Data collection took place over 2 months.

Instruments

- **LIFE ORIENTATION TEST-REVISED**

The Revised Life Orientation Test is a 10-item version of the Life Orientation Test that assesses individual differences in optimism and pessimism. 4 items are filler, so scores and analyses are based only on items 1, 2, 4, 6, 8, and 10. Responses are recorded on a 5-point scale where 0 = strongly disagree, 1 = disagree, 2 = neutral, 3 = agree, and 4 = strongly agree. A factor analysis based on undergraduate students found a single factor. Item-scale correlations range from .43 to .63, indicating that each item is partially measuring the same underlying construct, but not to such an extent as to be redundant with other items. Internal consistency, test-retest reliability, and convergent and discriminant validity are acceptable.

- **Brief Coping with Problems Experienced (BRIEF COPE)**

The Brief Coping with Problems Experienced is designed to assess the varying coping strategies used by individuals in response to stress. It comprises 14 scales, each of which assesses the degree to which a respondent utilizes a specific coping strategy. These scales include (1) Active Coping, (2) Planning, (3) Positive Reframing, (4) Acceptance, (5) Humour, (6) Religion, (7) Using Emotional Support, (8) Using Instrumental Support, (9) Self-Distraction, (10) Denial, (11) Venting, (12) Substance Use, (13) Behavioural Disengagement, and (14) Self-Blame. Each of the 14 scales is comprises two items, and each item is rated on a

4-point Likert scale, with higher scores indicating increased utilization of that specific coping strategy. There is no overall total score, only total scores for each scale.

- **Family Resilience Scale Short Form**

The Family Resilience Scale Short Form (FRS16) was used for measuring family resilience. It is a short version of the Family Resilience Assessment Scale which has 54 items and has 16 items. There are 3 subscales: Family Communication and Connectedness; (2) Positive Framing; and (3) External Resources. The reliabilities of each subscale are above 0.6 and the reliability for the overall FRS16 scale was satisfactory.

RESULTS

Table 1

Descriptive statistics of family resilience dimensions, optimism, coping dimensions

	Minimu m	Maximu m	Mean	Std. Deviation
Optimism	8	16	13.53	1.633
Connection and Connectedness	8	32	23.61	4.566
Positive Framing	4	16	12.89	1.946
External Support	4	16	11.79	2.503
Problem-focused	10	31	21.95	4.282
Emotional-focused	15	42	29.68	5.080
Avoidant	8	28	16.50	4.097

Table 1 represents the descriptive statistics for family resilience (Connection and Connectedness, Positive Framing and External Support), optimism and coping (Problem-Focused Coping, Emotion-Focused Coping and Avoidant Coping). These provide an insight into the central tendency and variability of each variable within the sample of 212.

Table 2
Correlations Analysis of Family Resilience and Coping

Correlations								
Spearman's rho			Connection n and Connecte dness	Positi ve Frami ng	Exte rnal Sup port	Proble m focuse d	Emoti onal focuse d	Avoid ant
Connection and Connectedness	Correlation Coefficient	1		.478 [*]	.517 ^{**}	.252 ^{**}	-.010	-.085
	Sig. (2-tailed)	.		.000	.000	.000	.884	.218
Positive Framing	Correlation Coefficient	.478 ^{**}		1.	.453 ^{**}	.295 ^{**}	.017	-.126
	Sig. (2-tailed)	.000		.	.000	.000	.810	.068
External Support	Correlation Coefficient	.517 ^{**}		.453 [*]	1.	.179 ^{**}	.071	-.052
	Sig. (2-tailed)	.000		.000	.	.009	.301	.449
problem focused	Correlation Coefficient	.252 ^{**}		.295 [*]	.179 ^{**}	1.	.392 ^{**}	-.026
	Sig. (2-tailed)	.000		.000	.009	.	.000	.708
emotional	Correlation	-.010		.017	.071	.392 ^{**}	1.	.439 ^{**}

focused	Coefficient						
	Sig. (2-tailed)	.884	.810	.301	.000	.	.000
Avoidant	Correlation	-.085	-.126	-	-.026	.439**	1.
	Coefficient			.052			
	Sig. (2-tailed)	.218	.068	.449	.708	.000	.

**. Correlation is significant at the 0.01 level (2-tailed).

Table 3
Correlations Analysis of Family Resilience and Optimism

Correlations						
Spearman's rho			Connection and Connectedness	Positive Framing	External Support	Optimism
	Connection and Connectedness	Correlation Coefficient	1.	.478**	.517**	.372**
		Sig. (2-tailed)	.	.000	.000	.000
	Positive Framing	Correlation Coefficient	.478**	1.	.453**	.180**
		Sig. (2-tailed)	.000	.	.000	.009
	External Support	Correlation Coefficient	.517**	.453**	1.	.166*
		Sig. (2-tailed)	.000	.000	.	.015
	Optimism	Correlation Coefficient	.372**	.180**	.166*	1.
		Sig. (2-tailed)	.000	.009	.015	.
**. Correlation is significant at the 0.01 level (2-tailed).						
*. Correlation is significant at the 0.05 level (2-tailed).						

Table 2 represents the value of Spearman's product-moment correlation coefficient for dimensions of Family Resilience (Connection and Connectedness, Positive Framing and External Support) and dimensions of Coping (Problem-Focused Coping, Emotion-Focused Coping and Avoidant Coping).

Table 3 represents the value of Spearman's rho correlation coefficient for dimensions of Family Resilience (Connection and Connectedness, Positive Framing and External Support) and Optimism. Connection and Connectedness ($r = 0.372$; $P = 0.000$), Positive Framing ($r = 0.180$; $P = 0.009$) and External Support ($r = 0.166$; $P = 0.015$). This states that there is a significant and positive correlation of Connection and Connectedness, with Positive Framing and External Support and Optimism. Hence Family resilience has a positive and significant relationship with optimism.

DISCUSSION

The study aimed to explore the relationship among Family Resilience, Optimism and Coping in young adults. The results provide correlation analysis insight into the relationship between Family Resilience (Connection and Connectedness, Positive Framing and External Support), Optimism and Coping (Problem-Focused Coping, Emotion-Focused Coping and Avoidant Coping).

The results provide correlation analysis insight into the relationship between Family Resilience (Connection and Connectedness, Positive Framing and External Support), Optimism, and Coping (Problem-Focused Coping, Emotion-Focused Coping and Avoidant Coping).

Connection and connectedness dimension of Family Resilience was found to positively correlated with problem-focused coping

The correlation between Connection and connectedness and problem focused coping was 0.252, $p = 0.000$, $p < 0.01$; suggesting that individuals who perceive stronger family connections are more inclined to engage in problem-solving behaviors when confronted with stressors

Maternal responsiveness, paternal responsiveness, and family cohesion predicted an increase in children's use of problem-focused coping strategies, while change in paternal responsiveness and maternal responsiveness and demandingness was related concurrently to change in coping (McKernon et al., 2001).

Family support predicts psychological capital, psychological capital positively predicts problem-focused coping, and problem-focused coping predicts well-being. Moreover, there is

a significant chain mediation path between family support and well-being via psychological capital and problem-focused coping (Wang et al., 2023).

Connection and connectedness dimension of Family Resilience was found to positively correlated with Optimism

Moderately correlated with optimism ($r = 0.372^{**}$), Connection and Connectedness demonstrate a robust relationship with positive outlooks on life. Individuals who feel more connected to their families are likely to exhibit higher levels of optimism, suggesting that familial support networks contribute to a positive psychological orientation, which, in turn, may bolster resilience in the face of adversity. This finding underscores the intertwined nature of familial connectedness, coping strategies, and psychological well-being.

Outlined key processes in family resilience, including family belief systems, organizational patterns, and communication/problem-solving, which are indicative of the connection and connectedness dimension (Walsh, 2003). Furthermore, Albert (2021) found that resilience is positively correlated with social connectedness, which is a fundamental aspect of family connectedness (Albert, 2021; Murphy & McKenzie, 2015). also demonstrated that higher school connectedness, a proxy for family connectedness, was significantly associated with greater optimism, indicating a positive correlation between connectedness and optimism (Murphy & McKenzie, 2015). family resilience can be maintained and fostered through social connectedness, purpose, and optimism, further supporting the positive association between family connectedness and optimism (Marceau et al., 2022). awareness of connectedness, a concept closely related to family connectedness, correlates positively with protective factors such as optimism, indicating its role in promoting positive outlooks (Mohatt et al., 2011).

Positive Framing dimension of Family Resilience was found to positively correlated with problem-focused coping

The correlation between Positive Framing and problem focused coping was (0.295, $p = 0.000$, $p < 0.01$); indicating that individuals who adopt optimistic perspectives are more inclined to engage in proactive problem-solving when confronting stressors.

Perfectionistic worries indicate more frequent use of active coping and acceptance as well as higher overall enjoyment, in contrast to perfectionistic strivings, which predicted less frequent use of self-blame and better fulfilment. Positive reframing predicted higher levels of satisfaction for all students, those with high levels of perfectionistic concern benefited most from positive reframing coping. Specifically, positive reframing is a coping technique that helps people who are prone to dissatisfaction and have high levels of perfectionistic concerns reach higher satisfaction levels at the end of the day (Storber & Jansson, 2011).

More intense experiences of good affect have been linked to increased use of positive reframing, problem-focused coping and appreciation methods. Higher levels of appreciation, problem-focused coping, and positive reframing hastens the increase in positive affect that occurs after low levels of positive affect (Pavani et al., 2016).

Positive Framing dimension of Family Resilience was found to positively correlated with Optimism

While positively correlated with optimism ($r = 0.180^{**}$), Positive Framing demonstrates a relatively weaker relationship with positive outlooks compared to Connection and Connectedness. This suggests that while cognitive reframing contributes to optimistic

orientations, its impact on overall optimism may be less pronounced than the influence of familial connectedness. Nevertheless, the association between Positive Framing and optimism underscores the role of cognitive appraisals in shaping individuals' resilience and coping strategies within familial contexts.

External Support dimension of Family Resilience was found to positively correlated with Problem-Focused Coping

External Support encompasses the availability and utilization of resources outside the family unit, including social networks, community services, and professional assistance. Our analysis reveals a weak positive correlation between External Support and Problem-Focused Coping strategies ($r = 0.179^{**}$), indicating that individuals who access external sources of support are more likely to engage in proactive problem-solving when confronted with stressors. This association highlights the role of external resources in augmenting individuals' coping repertoires within familial contexts.

The relationship between the external support dimension of family resilience and problem-focused coping is supported by several studies. It was found that external social support can effectively enhance family resilience, indicating a positive correlation between external support and coping strategies (Kuang et al., 2022). Coping resources, including social support, are positively related to problem-focused coping and subsequent reemployment (Solove et al., 2014). According to Distelberg and Taylor (2013), there is a significant correlation between family resilience and external support, highlighting the importance of social support and family resilience in gaining access to external resources. Furthermore, family support and close relationships were noted by Huang et al. (2018) as external resources enhancing personal resilience and wellbeing.

These findings highlight the importance of peer social support and optimism in promoting adaptive coping strategies. By fostering supportive relationships with peers and cultivating optimism, individuals may develop the skills and mindset needed to effectively tackle problems and overcome obstacles in their lives. This has implications for various contexts, including educational settings, workplaces, and personal relationships, where problem-solving skills are crucial for success and well-being (Yahsa, 2021).

External Support dimension of Family Resilience was found to positively correlated with Optimism

Positively correlated with optimism ($r = 0.166^*$), External Support demonstrates a relatively weaker relationship with positive outlooks compared to Connection and Connectedness. This suggests that while external sources of support contribute to optimism, their impact on overall optimism may be less pronounced than the influence of familial connectedness. Nevertheless, the association between External Support and optimism underscores the role of external resources in fostering resilience and adaptive coping strategies within familial contexts.

SUMMARY AND CONCLUSION

In conclusion, our correlational analysis elucidates the nuanced relationships between dimensions of family resilience—Connection and Connectedness, Positive Framing, and External Support—and coping strategies—Problem-Focused Coping, Emotion-Focused Coping, and Avoidant Coping. The findings underscore the significance of familial bonds, positive cognitive appraisals, and external support networks in promoting adaptive coping mechanisms within familial contexts.

IMPLICATIONS FOR THERAPY

Specifically, familial connectedness emerges as a robust predictor of problem-focused coping and optimism, highlighting the pivotal role of supportive family relationships in facilitating active engagement with stressors and fostering positive outlooks on life. Positive cognitive reframing and external support also contribute to problem-focused coping and optimism, albeit to a lesser extent, underscoring their supplementary roles in bolstering resilience within familial contexts.

These findings have important implications for interventions aimed at enhancing family resilience and promoting adaptive coping strategies. By fostering strong familial bonds, cultivating positive cognitive appraisals, and facilitating access to external support networks, practitioners can empower families to navigate adversity effectively and cultivate resilience in the face of challenges. Future research should further explore the dynamic interplay between family resilience dimensions and coping strategies, considering contextual factors and individual differences to inform targeted interventions and support services for families facing adversity.

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