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Resilience Building in Indian Adolescents

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Abstract

The study examined the resilience of Indian adolescents, specifically exploring the variations in resilience characteristics between genders. The study investigated a sample of 124 adolescents from the Khordha district. The descriptive statistics indicated that there were moderate levels of resilience observed in all categories, and there were no significant differences between males and female adolescents. The results also indicated that gender does not have a significant effect on resilience characteristics. This challenges the initial belief that boys would exhibit better levels of resilience in some areas. The results are consistent with previous research indicating that resilience is affected by a range of external and intervention-related factors, rather than being only determined by gender. Research studies emphasize the efficacy of focused interventions and support structures in bolstering resilience, as exemplified by inner-city programs and institutional care settings. In summary, the study suggests that resilience is a dynamic process influenced by several factors, not limited to gender.

Key Words: *Resilience, Adolescents, Self-awareness, Relationships*

Vol. 2, Issue 9 September 2024 ISSN: 2584-0142

Introduction

Resilience

"Resilience" means "to jump or spring back" in Latin, whence the phrase originates. Being resilient means one can overcome adversity and keep going even when things are tough. Resilience can be defined as the ability to persevere and achieve success in the face of hardship. According to the current psychologist and pioneer of resilience research, Garmezy, the concept of resilience arose from studies tracking the development of competence traits in school-aged children, particularly those from low-income families. Protective variables that mitigate, change, or improve an individual's reaction to an environmental threat that may otherwise lead to a maladaptive outcome makeup resilience. Nothing unusual or uncommon is necessary for resilience. All it takes is for the most fundamental adaptive systems in humans to be functioning as they should.

Strong Bonding

Originally put forth by Bowlby to describe the life-sustaining link between parents and infants, attachment plays a vital role in relationship development. When youngsters are anxious, they withdraw from their caretakers for protection, but when they are calm, they are more likely to bravely explore their surroundings. With this connection system, kids can feel safe while yet having the freedom to explore the world around them.

Fostering Resilience in Adolescents

Given resilience's complexity and fluidity, it stands to reason that efforts to strengthen protective elements can successfully ward off challenges to its growth. Self-regulation, self-esteem, and self-concept are examples of individual protective factors; a family's parenting style, familial cohesiveness, and intimate-partner relationships are examples of family

Vol. 2, Issue 9 September 2024 ISSN: 2584-0142

protective factors; and community characteristics, such as neighbourhood safety, recreational facilities, and access to sufficient health services, are examples of community protective factors. There is evidence that links some lifestyle variables, including the amount and regularity of physical activity, to resilience. Additionally, it is possible to take steps to lessen the impact of individual risk factors that impede progress toward a better future. Keeping in mind that many risk factors tend to build up and stay around, making their negative effects even worse. So, it's possible that teenagers in more precarious settings are less resilient than those in less precarious ones.

Review of Literature

A study conducted by Shende et al. (2024) examined the relationship between positive attachment, resilience, and transition behavior among second-generation Indian-Australian adolescents. The findings also indicate that resilience is a substantial predictor of transition behavior. No gender disparity was detected in positive attachment, resilience, and transition behavior among males and females. Hu et al. (2024) examined the effects of a 20-week inner-city program on enhancing the resilience of adolescents. The results indicated a noteworthy enhancement in the participants' sense of relatedness ($p < .001$), especially among adolescents who had lower resilience scores at the beginning of the study. Overall, these results demonstrate that the program is helpful in improving resilience among inner-city adolescents, especially those who initially have lower levels of resilience.

A study titled “Resilience Building for Adolescents in Institutions” was undertaken by Prabhu (2023). The resilience-building activities will have the most positive impact on adolescents facing challenging situations, such as those living in institutions. The components of resilience-building initiatives are crucial. While most current programs prioritize the improvement of personality traits that contribute to resilience, it is important to also consider

Vol. 2, Issue 9 September 2024 ISSN: 2584-0142

other factors that influence resilience. The article provides a summary of the elements that can be incorporated into fostering resilience among teenagers living in institutions in India. The study, conducted by Maharana and Goswami (2023) verified a positive correlation between resilience and mindfulness. A strong and significant correlation exists between resilience and mindfulness ($r = 0.469$, $df = 383$, $p < 0.01$). The findings indicated a minimal disparity in resilience and mindfulness between genders. The study undertaken by Basu et al. (2020) focuses on enhancing the resilience and mental health of children and adolescents through integrated school- and family-based approaches. The study specifically examines the situation in developing countries and presents a narrative review along with a call for action. Resilience has generally been understood to pertain to individuals, but it is equally crucial to include Family Resilience (FR), particularly in Low- and Middle-Income Countries (LMICs) where there are significant limitations on resources.

A study conducted by Mishra and Sondhi (2018) examined the promotion of resilience in orphaned adolescents through institutional care in India. The study found that when participants' concern about their future was reduced and they were given opportunities to focus on higher-order goals and provided with additional tools that promote personal growth, institutional care fostered a strong determination among the adolescents to make positive changes in their lives. This study presents a compelling argument for evaluating the institutional care model as a practical alternative when other options are not practicable.

A study conducted by Sarkar et al. (2017) investigated the impact of a health empowerment intervention on the resilience of teenagers living in a tribal environment. A research investigation employing the Solomon four-group design. Outcome: Tribal teenagers exhibited lower levels of resilience at the beginning of the study. The intervention had a substantial impact in enhancing resilience, particularly among tribal teenagers who had a more

Vol. 2, Issue 9 September 2024 ISSN: 2584-0142

pronounced increase. The intervention had a substantial positive impact on the teenagers' internal health locus of control, and self-determination, and reduced their unhealthy behavior.

A study done by Prabhu and Shekhar (2017) focused on resilience and perceived social support among school-going adolescents in Mangaluru. The average age of the participants in the study was 14.10 years, with a standard deviation of 0.896. The adolescents exhibited a moderate degree of perceived stress, a high level of perceived stress symptoms (PSS), and a moderate level of resilience. A notable disparity was observed between boys and girls in terms of the overall Perceived Stress Scale (PSS) scores, as well as the PSS scores specifically related to friends, significant others, and resilience.

Need of the study

The necessity of this study is rooted in the desire to comprehend the extent to which resilience varies among Indian adolescents and whether gender influences these differences. Despite the widespread interest in resilience, there is a dearth of research that specifically addresses gender-related disparities in resilience factors within the Indian context. This study actions to provide a comprehensive analysis of adolescent resilience.

Research design

Problem of Research

The research aimed to study how Resilient are Indian Adolescents.

Objectives of Research

To study the level and differences in the Resilience factors among adolescents.

Vol. 2, Issue 9 September 2024 ISSN: 2584-0142

Hypothesis of Research

1. There will be a high level and significant difference in the Self-awareness of Boys than Girls.
2. There will be a high level and significant difference in the Determination of Boys than Girls.
3. There will be high-level and significant differences in the Vision of Boys than Girls.
4. There will be a high level and significant difference in the Self-confidence of Boys than Girls.
5. There will be high-level and significant differences in the Organization of Boys than Girls.
6. There will be high-level and significant differences in the Problem solving between Boys than Girls.
7. There will be high level and significant difference in the Interaction of Boys than Girls.
8. There will be high level and significant differences in the Relationships of Boys than Girls.

Method of Research

This research utilized a quantitative research methodology to estimate the level of resilience among Indian adolescents. The objective was to assess different resilience variables and make comparisons between gender groups (males and females). The research's quantitative aspect empowered statistical analysis, which centralized to conclusions regarding the level of resilience and its subfactors in adolescents.

Vol. 2, Issue 9 September 2024 ISSN: 2584-0142

Type of Research

The study was conducted as a comparative and descriptive study to examine the resilience levels in adolescents, specifically by comparing male and female participants. The research explored predetermined hypotheses concerning variations in resilience subfactors, such as self-awareness, determination, and problem-solving skills, between males and females.

Variables of Research

Research fixed the Independent Variable as Gender (males and females) with Dependent Variables as Resilience factors (Self-awareness, Determination, Vision, Self-confidence, Organization, Problem-solving, Interaction, and Relationships)

Population of Research

The population battered for this research includes Indian adolescents aged 16–20 years from Khrodha district.

Sample of Research

To gather samples, the researcher has chosen the Khrodha district of Odisha State. The researcher reached out to adolescents and gave them the questionnaire (RAQ 8). A total of sixty-five (65) males and fifty-nine (59) females took part. They belonged to the age group of 16–20 years

Sampling Technique of Research

Convenience-nonprobability sampling technique was used to pleat responses from the participants. This strategy was involved in the selection of individuals who were willingly available to the researcher at the collection time.

Vol. 2, Issue 9 September 2024 ISSN: 2584-0142

Tools of Research

The Resilience Assessment Questionnaire (RAQ 8) was developed by Dr. Derek Mowbray in 2011. Resilience plays a crucial role in preventing stress from occurring in the first place. This tool generates 8 subcategories of scores, which are used to analyse the resilience of teenagers. Such as; Self-awareness(1), Determination(2),Vision(3), Self-confidence(4), Organization(5), Problem-solving(6), Interaction(7), Relationships(8).

Procedure of Research

The research was conducted in the 4 following steps:

Step A*: Selection of participants***:** Adolescents from the Khrodha district were selected and approached for participation.

Step B: *Direction of the RAQ 8***:** The RAQ 8 questionnaire was administered to the 124 participants (65 boys and 59 girls) to gather responses on resilience factors.

Step C: *Data Collection***:** Responses were collected, coded, and stored for analysis.

Step D: *Result Analysis and Discussion*

Data Analysis of Research

The below statistical techniques were used for the calculation of responses through SPSS-V27:

- **Percentage Calculation:** It shows the division of adolescents who show more or less resilience.
- **T-test:** Conducted to identify significant differences between males and females in each of the resilience subfactors (Self-awareness, Determination, Vision, etc.).

Vol. 2, Issue 9 September 2024 ISSN: 2584-0142

Ethical Considerations of Research

Contestants were provided with information concerning the objective of the study, and their involvement was optional. The study ensured the preservation of the participants' responses' confidentially. Before delivering the questionnaire, we sought informed consent.

Limitations of Research

Geographical Area: The study is limited to adolescents in the Khrodha district, which may affect the generalizability of the findings to other regions.

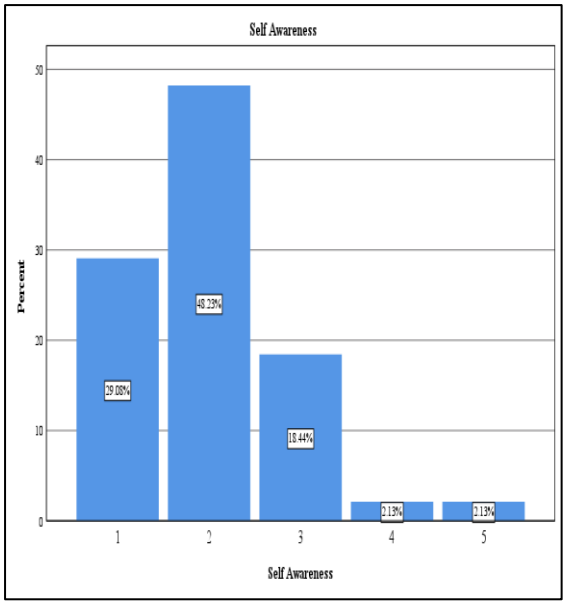
Time: Due to less time research was unable to gather some more information.

Results and Discussion

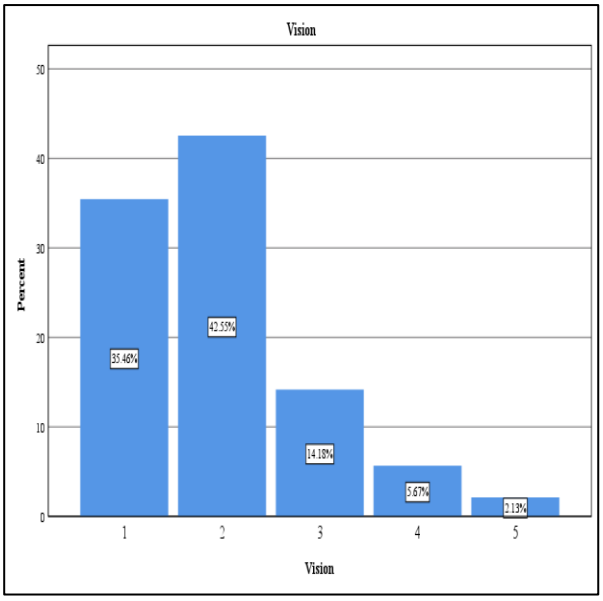
Table 5.1 *Descriptive Statistics of Adolescents and their Resilience Factors*

	N	Mean	Std. Deviation
Self-Awareness	124	2.00	.893
Determination	124	1.77	.596
Vision	124	1.96	.991
Self Confidence	124	2.06	.977
Organisation	124	1.94	.858
Problem-Solving	124	1.84	.726
Interaction	124	1.98	.831
Relationships	124	1.90	.708
Total Resilience	124	15.45	2.444
Gender of Adolescents	124	1.4758	.50144

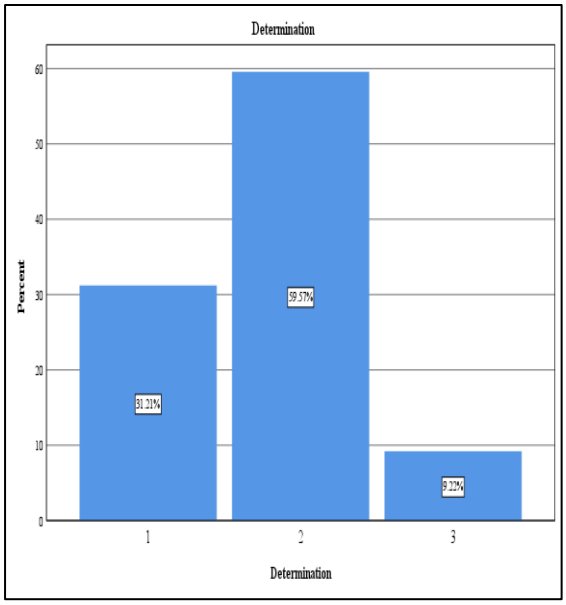
Vol. 2, Issue 9 September 2024 ISSN: 2584-0142



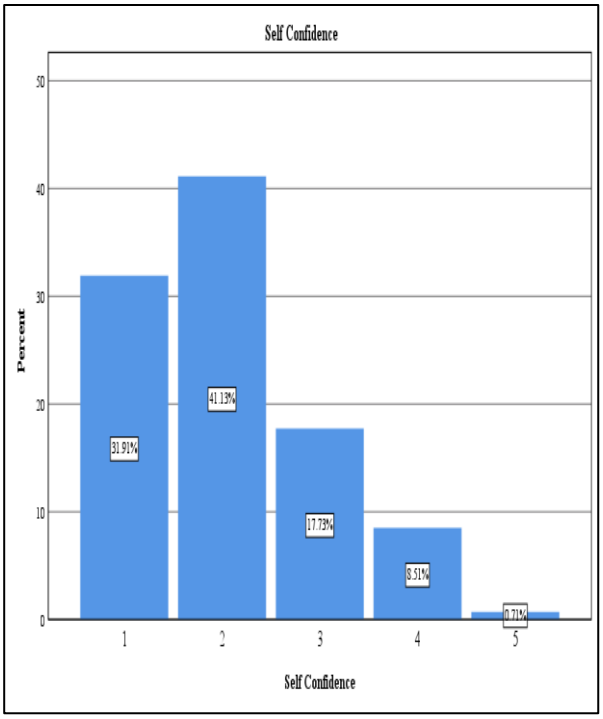
Graph 5.1: *% of Self-Awareness in Resilience*



Graph 5.3*: % of Vision in Resilience*

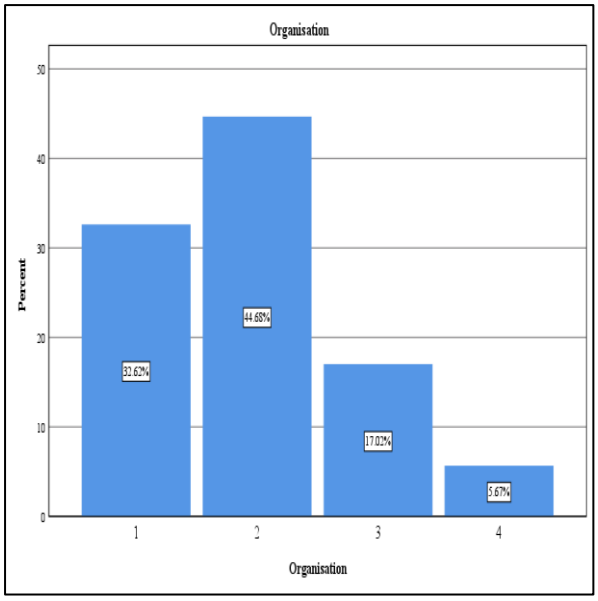


Graph 5.2: *% of Determination in Resilience*

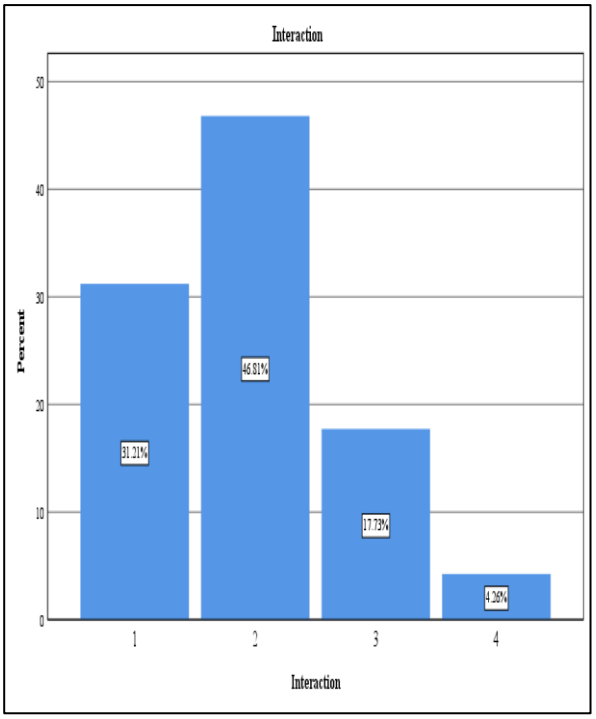


Graph 5.5: *% of Self-Confidence in Resilience*

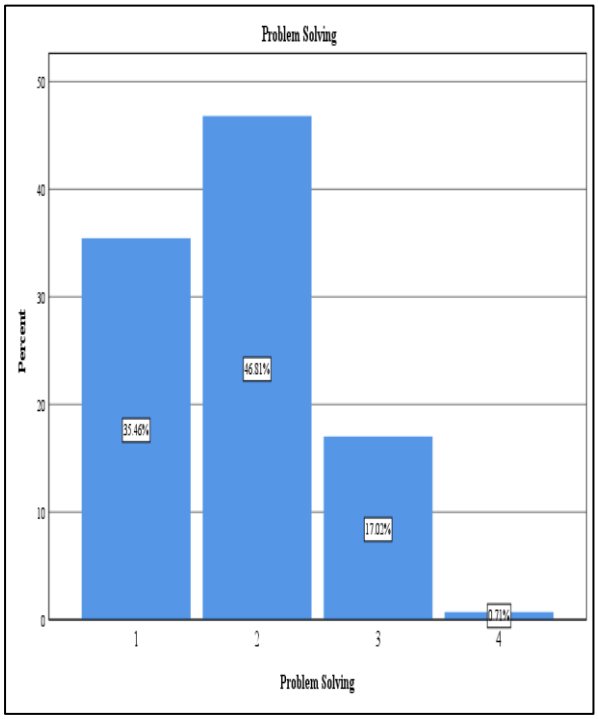
Vol. 2, Issue 9 September 2024 ISSN: 2584-0142



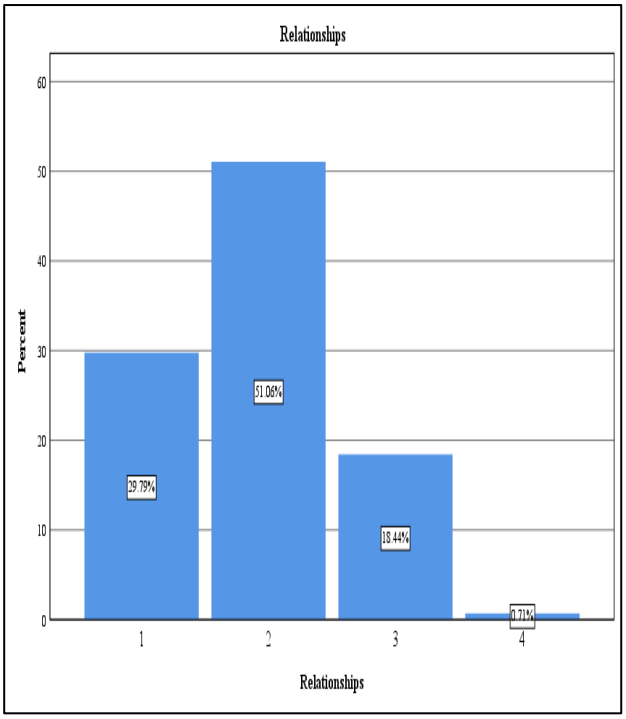
Graph 5.4: *% of Organisation in Resilience*



Graph 5.7: *% of Interaction in Resilience*

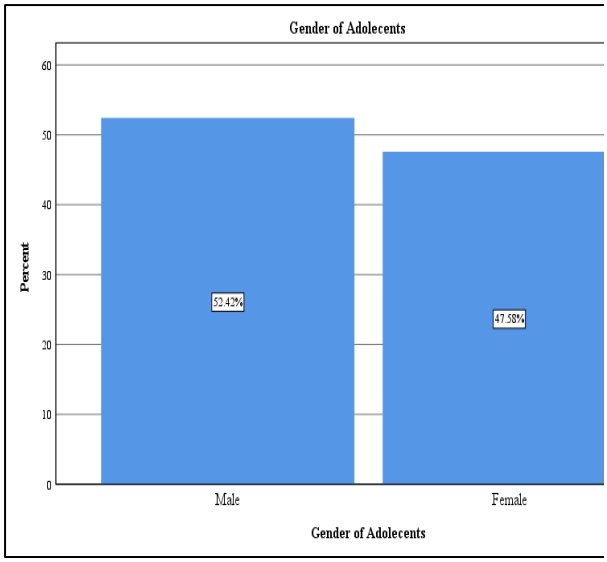


Graph 5.6: *% of Problem-Solving in Resilience*



Graph 5.8: *% of Relationships in Resilience*

Vol. 2, Issue 9 September 2024 ISSN: 2584-0142



Graph 5.9: *% of Adolescents*

Table 5.2: *t-Statistics of Adolescents and their Resilience factors*

	Gender of Adolescents	N	Mean	Std. Deviation	t- value	df	Sig (2-tailed)	Cohen's d	Result
Self-Awareness	Male	65	2.03	.984	.402	122	**.689**	.896	Insig. p<0.05
	Female	59	1.97	.787					
Determination	Male	65	1.77	.580	-.097	122	**.923**	.598	Insig. p<0.05
	Female	59	1.78	.618					
Vision	Male	65	2.02	1.068	.655	122	**.513**	.993	Insig. p<0.05
	Female	59	1.90	.904					
Self Confidence	Male	65	2.06	.998	-.035	122	**.972**	.981	Insig. p<0.05
	Female	59	2.07	.962					
Organisation	Male	65	1.95	.874	.140	122	**.889**	.862	Insig.

									$p<0.05$
	Female	59	1.93	.848					
Problem-Solving	Male	65	1.82	.682	-.374	122	**.709**	.728	Insig. $p<0.05$
	Female	59	1.86	.776					
Interaction	Male	65	2.03	.901	.772	122	**.442**	.832	Insig. $p<0.05$
	Female	59	1.92	.749					
Relationships	Male	65	1.92	.735	.459	122	**.647**	.710	Insig. $p<0.05$
	Female	59	1.86	.681					
Total Resilience	Male	65	15.60	2.800	.708	122	**.480**	2.449	Insig. $p<0.05$
	Female	59	15.29	1.992					

Results Analysis

The statistical analysis shown in ***Table 5.1*** offers valuable information regarding the resilience elements of 124 teenagers. Overall, the average ratings for the several resilience components indicate a modest level of resilience. The Self-Awareness score suggesting that the average level of self-awareness among adolescents was moderate, with some variability. The Determination score indicating slightly lower levels of determination, but with consistent replies. The factor of Vision exhibited in indicating moderate vision skills but with a greater degree of variability in future-oriented thinking. The variable of Self-Confidence obtained the highest score indicating that adolescents generally possess a sense of confidence, but individual responses may differ. The organisation demonstrated moderate organisational ability. The resilience levels of Problem-Solving, Interaction and Relationship were equally moderate, with interaction skills ranking somewhat higher. This suggests that there were stable interpersonal

Vol. 2, Issue 9 September 2024 ISSN: 2584-0142

ties with minimal variation. The total resilience score for the sample was (M=15.45, SD=2.444). This suggests that the level of resilience among the participants was moderate. The gender distribution indicating a virtually equal proportion of males and females in the study.

The t-test results in ***Table 5.2*** provide a comparison of resilience characteristics between male and female adolescents. No statistically significant gender differences were seen across all parameters, as evidenced by the p>0.05. In terms of self-awareness, males had a somewhat higher average score compared to females. Nevertheless, the (*t*= 0.402, *p*(0.689>0.05) suggest that there is no statistically significant difference between genders (Cohen's d = 0.896). Similarly, the variable Determination exhibited nearly similar average scores for both males and females. The score (*t*= -0.097, *p*(0.923>0.05) indicate that there is no significant difference between the two groups. The effect size, as measured by Cohen's d, is 0.598. Regarding Vision, there was no statistically significant difference between males and females, as indicated by a(*t*= 0.655, *p*(0.513>0.05) with (Cohen's d = 0.993). Similarly, there was very little difference in self-confidence between males and females, as indicated by a score (*t*= -0.035, *p*(0.972>0.05) with (Cohen's d = 0.981). The variable of Organisation produced almost equal outcomes for both males and females, with a score (*t*= 0.140, *p*(0.889>0.05) with (Cohen's d = 0.862). Regarding the task of problem-solving, there was no statistically significant difference between males and females(*t*= -0.394, *p*(0.709>0.05) with (Cohen's d=0.728). There were no significant gender differences observed in the components of Interaction and Relationships. The t test was conducted to examine the differences in Interaction between males and females. The results showed a (*t*= 0.772, *p*(0.442>0.05), indicating that there was no significant difference between the two groups. The effect size, as measured by (Cohen's d= 0.832). In the context of relationships, there was no statistically significant difference between males and females, as indicated by a (*t*= 0.459, *p*(0.647>0.05) with (Cohen's d = 0.710). The Total Resilience score did not exhibit a significant gender

Vol. 2, Issue 9 September 2024 ISSN: 2584-0142

disparity. Males and females had a (t= 0.708, p(0.480>0.05) with (Cohen's d = 2.449). In summary, the data indicates that there is no statistically significant disparity in resilience characteristics across male and female adolescents.

The results of the hypothesis testing, as shown in ***Table 5.2***, suggest that there are no statistically significant disparities between boys and girls in all the resilience components that were analysed. The t-test results indicate that there are no significant differences in resilience levels between boys and girls across all eight categories, contradicting the initial hypothesis. In the study of Determination, there was no significant difference between the mean scores of males and females, as evidenced by a (t= -0.097, p(0.923>0.05). Similarly, there was no significant difference in Vision between males and females (t= 0.655, p(0.513>0.05). The element of self-confidence did not show any significant gender difference. Both males and females had nearly identical average scores (t= -0.035, p(0.972>0.05). Regarding Organisation, the average scores for males and females were identical. This is supported by the (t= 0.140, p(0.889>0.05), which suggest that there is no significant difference between the two groups. Similarly, the variables of Problem Solving(t= -0.374, p(0.709>0.05) , Interaction (t= 0.772, p(0.442>0.05), and Relationships(t= 0.459, p(0.647>0.05) did not show any statistically significant differences between males and females. There was no significant difference in the overall Total Resilience score between males and females, as indicated by a (t= 0.708, p(0.480>0.05). Ultimately, the data does not support the idea that males would exhibit considerably greater levels of resilience across the eight criteria. Both male and female individuals have comparable degrees of resilience in all areas assessed.

Conclusion

Gender variations across resilience determinants were the primary focus of this study, which sought to investigate resilience in Indian adolescents. All resilience aspects, including

Vol. 2, Issue 9 September 2024 ISSN: 2584-0142

self-awareness, direction, self-confidence, organisation, problem-solving, interaction, and relationships, showed no statistically significant gender differences in the results of the t-test analysis. It appears that gender is not a determinant in adolescents' resilience, since both males and females showed identical levels of resilience, which goes against the first suspicions.

Consistent with previous research, this study found no difference in resilience, good attachment, or transition behaviour between the sexes among second-generation Indian-Australian adolescents (Shende et al., 2024). Consistent with this idea that resilience levels are similar across the sexes, Maharana and Goswami (2023) similarly discovered few differences in mindfulness and resilience across the sexes among Odisha adolescents. These results provide more evidence that factors beyond gender have an impact on resilience.

Ultimately, it seems that gender does not have a major impact on resilience; instead, the larger context, social networks, and specific treatments are crucial in helping adolescents develop resilience. According to research by Sarkar et al. (2017) and Prabhu and Shekhar (2017), resilience is a dynamic concept that presents chances for programs that can improve adolescents' capacity to handle stress and hardship (2017). Possible areas for future study include the influence of sociocultural variables on teenage resilience and the effects of resilience therapies over the long term.

Suggestions for Adolescents to Build Resilience

Sharpen One's Ability to Solve Problems: One way to assist adolescents cope with feelings of overload is to teach them to divide difficulties into smaller, more manageable pieces. Teens can gain self-assurance by practicing goal-setting and problem-solving skills, which can help them deal with real-life obstacles.

Engage in Mindfulness-Based Stress Reduction: When adolescents practice mindfulness practices like meditation or deep breathing, they are better able to deal with

Vol. 2, Issue 9 September 2024 ISSN: 2584-0142

stressful situations. When people practice mindfulness and learn to control their emotions, they are better able to deal with difficult feelings like anger, irritation, and worry, which benefits their mental health.

***Belief in Themselves*:** Setting and accomplishing small, attainable goals might help adolescents develop a sense of competence and confidence. Recognising and appreciating these accomplishments, no matter how minor, boosts their self-confidence, which is essential for overcoming obstacles.

Vol. 2, Issue 9 September 2024 ISSN: 2584-0142

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Vol. 2, Issue 9 September 2024 ISSN: 2584-0142

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