



EXPLORING RESILIENCE IN ADOLESCENTS OF MUMBAI METROPOLITAN REGION

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ABSTRACT Mental health of people in India is becoming a growing concern. Most mental health problems diagnosed in adulthood begin in adolescence. In the context of the Covid-19 pandemic, the concept of resilience gained momentum and deserves special attention. Resilience is a vital skill for navigating life's ups and downs. Resilience is a major and significant asset which adolescents need to combat the adversities and the toll these stressful experiences have on their well-being and mental health. Thus, it is important to explore and understand the resilience among the adolescents. The current paper aims to study the resilience of adolescents with respect to gender, type of family and birth order. The sample comprised of 47 adolescents (13-15 years of age) of Mumbai Metropolitan Region. Data was collected using a researcher made tool. The findings revealed that resilience of adolescents does not vary on the basis of gender, type of family and birth order. Thus, it can be concluded that gender, type of family and birth order has no effect on resilience of adolescents.

KEYWORDS : Resilience, Adolescents, Mental Health, Adversity, Coping

INTRODUCTION:

Adolescence is a period which is full of challenges. The challenges presented by several fluctuations of this period make few adolescents more vulnerable to emotional hitches. Thus, the adolescents find themselves on the greasy ground to face real life problems. Stress factors such as interpersonal competitions, peers group pressure, undue emphasis on marks, setting up of unrealistic goals by parents, inadequate time and resources, etc are imposed by the competitive world of today. Consequently, it may develop feelings of worthlessness and inferiority in adolescents. Although some individuals cope well with these challenges; others struggle to adapt. These differences in individual in coping may occur due to be the ability to be resilient.

Coping with painful events and unpleasant emotions is a struggle for the adolescents. The ability to cope with the stressful events and emotions is termed as resilience (Rani, R. 2014).

We cannot always stop a child from experiencing problems or tough times. But, the parents, teachers, family, etc can play a big role in helping a child build resilience and face these daily stressors and adversities in a better way. Resilience is more than just coping. When one is resilient, he/she is more prepared to seek new ways to overcome these challenges and achieve goals.

Resilience is broadly defined as an individual's ability to maintain physical and emotional well-being in the face of adversity. Adversity is defined as an environmental condition that interferes with the accomplishment of the age-appropriate developmental tasks (Rosenberg, A. 2016).

Various researchers and psychologists have suggested that resilience is a pre-existing personal characteristic; an on-going process of coping and adaptation. However most agree that individuals may harness personal resources to promote positive outcomes (Abby Rosenberg, A. 2016). Thus, resilience refers to the ability of a person to successfully manage his/her life, and to successfully adapt to change and stressful events in healthy and constructive ways.

Statement of the Problem:

“Exploring Resilience in Adolescents of Mumbai Metropolitan Region”

Rationale of the Study:

Day in and day out, children all over the world face situations that are untowardly, unpleasant and least expected. Some face stresses such as failure, death of a loved one or illness while others confront catastrophe — war, poverty, disease, famine, floods. Whether such experiences crush or strengthen an individual depends partly on his/her resilience. With resilience, children can triumph over adversity; without it, trauma (adversity) triumphs.

Most mental health problems diagnosed in adulthood begin in adolescence. Adolescence is a stage of life where most of the habits are developed. Thus, adolescence shapes the rest of the life of the individual, either positively or negatively. Various patterns of behaviour and habits developed in adolescence affect the quality of life in adulthood. Hence, understanding resilience in adolescence stage is of utmost importance.

Review of Related Literature:

Sharma, P. (2022) studied the resilience among 600 performing arts students from different colleges of Amritsar and Chandigarh and findings indicated that there is a significant difference between males and females scores of resilience. The female students scored higher. Similarly, the results of the study conducted by Sarangi, S. & Rath, S. (2022) revealed that students with high emotional intelligence have high scores in resilience. Also, resilience in girls was higher than in boys. However, Sehrawat, A. & Simon, S. (2022) through their study revealed that there was no significant difference in the resilience scores of males and females. Choudhary, S. (2019) also examined gender differences in resilience among 109 adolescents in Delhi. The findings indicated that there was no significant difference in the resilience of male and female adolescents. In a study conducted by Baskaran, U. (2019) resilience among students was studied in relation to different variables.

The sample comprised of 471 students (between 14-18yrs of age) from Salem city of Tamil Nadu. It was found that female students have high resilience as compared to male students. It was also revealed that students belonging to joint families have higher level of resilience as compared to students belonging to nuclear families. Murugesan, D. (2018) studied the resilience and grittiness among 1990 undergraduate students in Tamil Nadu. Results showed that Resilience was found to be higher in males as compared to females. It was also concluded that resilience was higher in students who came from joint family as compared to students from nuclear families. Prabhu, S. and Shekhar, R. (2017) conducted a study which aimed at assessing resilience and perceived social support among school-going adolescents of Mangaluru city. Significant difference was noted between boys and girls in perceived social support and resilience. The moderate resilience highlighted the scope for resilience building programmes in schools. Furthermore, the gender differences indicated the need to develop gender-specific intervention packages. Sahar, N. & Muzaffar, N. (2017) explored the role of positive emotions, resilience and family system in social adjustment in 150 Pakistani adolescents. The findings revealed the presence of a significant positive relationship between emotions and resilience. It was seen that girls were more resilient than boys. Majority of participants from joint family had high resilience as compared to nuclear families. Deb, A. & Arora, M. (2012) attempted to study resilience in 200 adolescents preparing for engineering/medical entrance exam where the results revealed that adolescents with high resilience showed better academic performance. Males scored higher on resilience.

Aim of the Study:

To study the resilience of adolescents.

Objectives of the Study:

Following were the objectives of the present study:

To compare the resilience of adolescents on the basis of:

- i. Gender
- ii. Type of Family
- iii. Birth Order

Null hypotheses of the Study:

Based on the objectives, following were the null hypotheses for the present study:

- 1. There is no significant difference in the resilience of male and female adolescents.
- 2. There is no significant difference in the resilience of adolescents belonging to joint and nuclear families.
- 3. There is no significant difference in the resilience of adolescents on the basis of their birth order.

Operational Definitions:

The operational definitions for the current study are given below:

- **Resilience:** Resilience refers to the ability of a person to successfully manage his/her life, and to successfully adapt to changes and stressful events in healthy and constructive ways.
- **Adolescents:** A young person who is in the process of developing into an adult. They are the teenagers between 13-15yrs of age.

Scope and Delimitations of the Study:

The scope and delimitations of the present study are:

The present study is focused on adolescents between 13-15yrs of age from secondary schools of Greater Mumbai. The study does not include adolescents in the rest of the country. It encompasses adolescents studying in SSC Board schools with English as the medium of instruction. The study doesn't include adolescents from other Boards and does not include vernacular medium students.

Research Methodology of the Study:

The present research has used the quantitative paradigm of research. This study has adopted the descriptive method of research. In this study, comparative pattern is used to compare the resilience level of adolescents on the basis of gender, type of family and birth order.

Sampling for the Present Study:

The sample selected for the present study consisted of 47 adolescents (13-15 years of age) of secondary schools in Mumbai Metropolitan Region. The sample was selected using Simple Random Sampling Technique.

Tool Used for the Present Study:

For the present study, data was collected from the adolescents using the following tools prepared by the researcher:

- i. Resilience Rating Scale
- ii. Personal Data Sheet

Personal datasheet was used to collect data regarding demographic details of the adolescents. The Resilience Rating Scale was a 5-point rating scale to measure resilience of adolescents. The reliability of the tool was determined by calculating Cronbach's Alpha which was found to be 0.826.

Techniques of Data Analysis:

The data was analysed using descriptive and inferential analysis.

- In descriptive data analysis, data was described in terms of measures of central tendency - mean, median, mode; measures of variability – standard deviation and graphical representation.
- The inferential techniques used for testing the null hypotheses were: independent t-test and ANOVA.

Findings of the Study:

The findings of the present study were presented as specified below:

1. There is no significant difference in the resilience of male and female adolescents.

Table 1: Resilience Scores of Male and Female Adolescents

Variable	Group	N	Mean	SD	t	p	S/NS
Resilience	Males	28	217	13.8	1.58	0.121	NS
	Females	19	224	18.3			

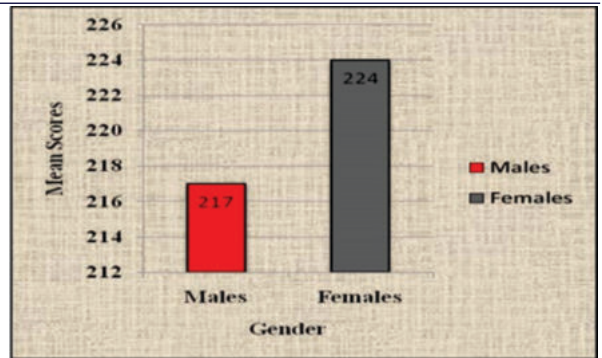


Figure 1: Resilience Scores of Male and Female Adolescents

Findings: The mean of resilience scores of male and female students of control group is 217 and 224 respectively. The p-value is 0.121 which is not significant at 0.05 level. Therefore, the null hypothesis is accepted.

Thus, it can be concluded that there is no significant difference in the resilience scores of male and female students of adolescents.

DISCUSSION:

Many research studies have revealed that gender differences do exist in resilience. The results of various studies show that gender does have an effect on resilience. This can be seen from findings of the studies conducted by Sarangi, S. & Rath, S. (2022); Sharma, P. (2022); Adak, C. & Sarkar, K. (2021); Hasan, D. et al (2019); Sreehari, R. & Nair, A.R. (2015); Kamble, R. (2015); and Erdogen, E. Et al (2015).

However, in contrast to the previous researches, the findings of the current study indicate that there is no significant difference in degree of resilience in males and females. This is in consonance with the researches conducted by Choudhary, S. (2019); Sahin-Baltaci, H. & Karatas, Z. (2015); Bezek, E. (2010).

The major reason behind this contradiction could be because of cultural differences. In urban areas, the boys and girls are brought up in almost the same way these days. They are not taught any gender-specific behaviour and roles. The children are taught to be strong minded irrespective of their gender.

2. There is no significant difference in the resilience of adolescents belonging to joint and nuclear families.

Table 2: Resilience Scores of Adolescents on the basis of Type of Family

Variable	Group	N	Mean	SD	t	p	S/NS
Resilience	Nuclear	28	223	17.6	-1.99	0.052	NS
	Joint	19	214	10.9			

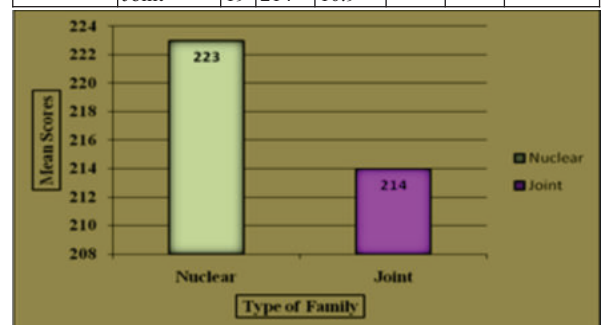


Figure 2: Resilience Scores of adolescents on the basis of Type of Family

Findings: The mean of resilience scores of students of nuclear and joint family is 223 and 214 respectively. The p-value is 0.052 which is not significant at 0.05 level. Therefore, the null hypothesis is accepted. Thus, it can be concluded that there is no significant difference in the resilience scores of adolescents on the basis of type of family.

DISCUSSION:

Earlier, the joint family system was very common. Joint families were

considered to be strong and resilient. This was seen in research findings of studies conducted by Sahar, N and Muzaffar, N. (2017) and Gupta, L. & Singh, R. (2011). Murugesan, D. (2018), through his study, also revealed that the resilience among college students is found more among the students from joint families than nuclear families.

In contrast to this, the present study shows that the type of family has no influence on the resilience levels of adolescents. Whether the adolescent belongs to a nuclear or joint family doesn't make them more or less resilient. These days, the adolescents are given enough support, taught various skills irrespective of the type of families they belong to. One more reason could be that the student also receives support from their peers and teachers.

Thus, more in-depth study is required to find out the reasons why there is no difference in resilience on the basis of type of family.

3. There is no significant difference in the resilience of adolescents on the basis of their birth order.

Table 3: Resilience Scores of Adolescents on the basis of Birth Order

Variable	Group	N	Mean	SD	F	p	S/NS
Resilience	Middle	9	220	20.68	0.395	0.762	NS
	Oldest	14	220	19.11			
	Single	2	214	6.36			
	Youngest	22	220	13.00			

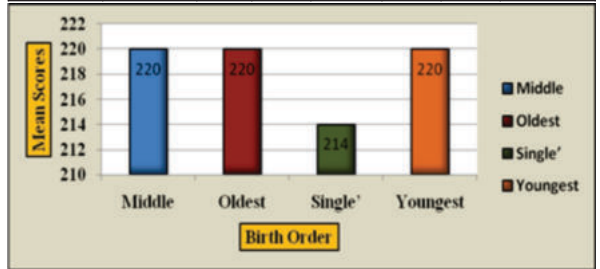


Figure 3: Resilience Scores of adolescents on the basis of their Birth Order

Findings: The mean of resilience scores of students of control group are middle – 220, oldest – 220, single – 214 and youngest – 220 respectively. The p-value is 0.762 which is not significant at 0.05 level. Therefore, the null hypothesis is accepted.

Thus, it can be concluded that there is no significant difference in the resilience scores of adolescents on the basis of their birth order.

DISCUSSION:

In the present study, it can be seen that the birth order of a person does not predict the resilience level of the participants. The birth order does not help the adolescents to deal with the adverse situations effectively. This finding is in line with the research conducted by Kelley, T & Liles, R. (2013). Their study revealed that there is not one particular birth order that fairs the best or worst in overcoming traumatic events. Instead, all birth order positions have a combination of both strengths and weaknesses in domains contributing to resilience. Miner, C. also found that sibling position was not found to be a predictor of resilience. The results of the study conducted by Barnes, K. (2022) also indicated no main effect of birth order on resilience.

Fukuya, Y. et al (2021) found that resilience scores were highest among last-borns, followed by first-borns, middle borns and only child.

There are contradictory results and a lack of research in relation to birth order and resilience. This makes it difficult to draw accurate conclusion. Thus, further research is needed in this area to establish a deeper understanding of the impact birth order has on resilience.

CONCLUSION:

The study revealed that there are no differences in resilience of adolescence with respect to gender, type of family and birth order. There is need for in-depth research to study the effect of birth order on resilience. With the help of the results of the present study, further research work can be undertaken. Keeping in mind the importance of resilience in current times, there is a dire need to develop appropriate intervention programmes to foster resilience among adolescents to

help them to face and overcome various adversities of life.

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