



LEVEL OF RESILIENCE AMONG ADOLESCENTS: AN EXPLORATORY STUDY

R.Priyadharshini

Lecturer

Vinayaka Mission's College of Nursing
Kirumampakkam,
Puducherry, India

ABSTRACT

Background: The Developmental stage as an adolescents plays a pivotal role in every individual's life. They face a lot of challenges during this period and develop a wide array of mental health issues. Resilience can be defined as the ability of a person to bounce back to the normal state after stressful situations. To meet the demand of the today's world, an adolescent must develop resilience that brings benefits to adolescent's health. This study aimed to assess the level of resilience among adolescents.

Methodology: A descriptive study was conducted with a total of 30 adolescents through Non probability purposive sampling technique from the Phoenix Sports Academy & Nithiyanandhan Sports Academy in Puducherry. Data was collected using Self administered questionnaire which comprised demographic profile and Brief Resilience Scale.

Result: The study findings revealed that majority of the sample 26 (86.7%) had low level of resilience, 4 (13.3%) had normal resilience and no one had high mental resilience

Conclusion: The study revealed that there is a need for interventional and training programmes to raise the resilience among adolescents.

Key Terms: Resilience, Adolescents, Youth, Mental Health issues

INTRODUCTION

The World Health Organization defines the 'Adolescents' as the individuals between the age group of 10 to 19 years. Of the total world population, over 3 billion are youth comprising 43% which is around 1.2 billion. The Developmental stage as an adolescent plays a pivotal role in every individual's life. During this phase, the individual will lose their childlike behavior and tend to develop as an adult for the upcoming life. This period helps them to realize their own identity in the society. They face a lot of challenges during this period which includes attainment of menarche, development of secondary sexual characteristics, completion of school life, entering into college life, formation of intimate relationships. Apart from the physical issues, they develop a wide array of mental health issues like Substance abuse, Anxiety disorders, Depression, Panic attacks, Adjustment disorders, Mood disorders, Internet Addiction Disorder, Behavioral problems, Eating disorders, Sleep disorders, Suicidal intentions etc. Adolescents are prone to experience stressful situations and the ability to cope up may differ among them.

Resilience can be defined as the ability of a person to bounce back to the normal state after stressful situations. Resilience is very important to maintain the mental health of the individuals. To meet the demand of the today's world, an adolescent must develop resilience that brings benefits to adolescent's health. A responsible adolescent raise as an accountable adult to the family, friends, neighbors, community, society and the nation.

NEED FOR THE STUDY

Across the globe it is approximated that 10-12% of adolescents suffer from numerous mental health conditions. It is estimated that mental health disorders accounts for 16% of the intercontinental burden among pubescent. Most of the mental health conditions are left undetected and untreated. In India, the existence of mental health issues is reported around 7.3%. Building resilience among youngsters will safeguard them from innumerable mental health issues and lay a firm foundation to develop as an adult.

The researcher as a mental health nurse observed that the adolescents couldn't bounce back quickly from the stressful events. Hence, the researcher felt the need to conduct a study to assess the level of resilience among adolescents.

Objective of the study

- To assess the level of resilience among adolescents

METHODS AND MATERIALS

Study Approach: Quantitative approach

Study Design: Descriptive design

Study setting: Phoenix Sports Academy & Nithiyanandhan Sports Academy

Population: All Adolescents between 14 to 19 years

Sample: Adolescents of age group between 14 and 19 who meet inclusion criteria

Sampling technique: Purposive sampling technique

Sample size: 30

Inclusion criteria

- Adolescents who can able to understand, speak and write English
- Adolescents who are willing to participate
- Adolescents who are available at the time of data collection.

Exclusion criteria

- Adolescents who are physically ill

Description of the tool

Part – I : It contains socio-demographic variables which includes the age, gender, habitat, religion and family type

Part – II : It contains Brief Resilience Scale.

Scoring techniques

- Brief Resilience Scale is a five point Likert Scale with 6 items. Items 1, 3, and 5 are positively worded, and items 2, 4, and 6 are negatively worded. The BRS is scored by reverse coding items 2, 4, and 6 and finding the mean of the six items.
- Scoring interpretation for level of mental resilience was categorized as follows:

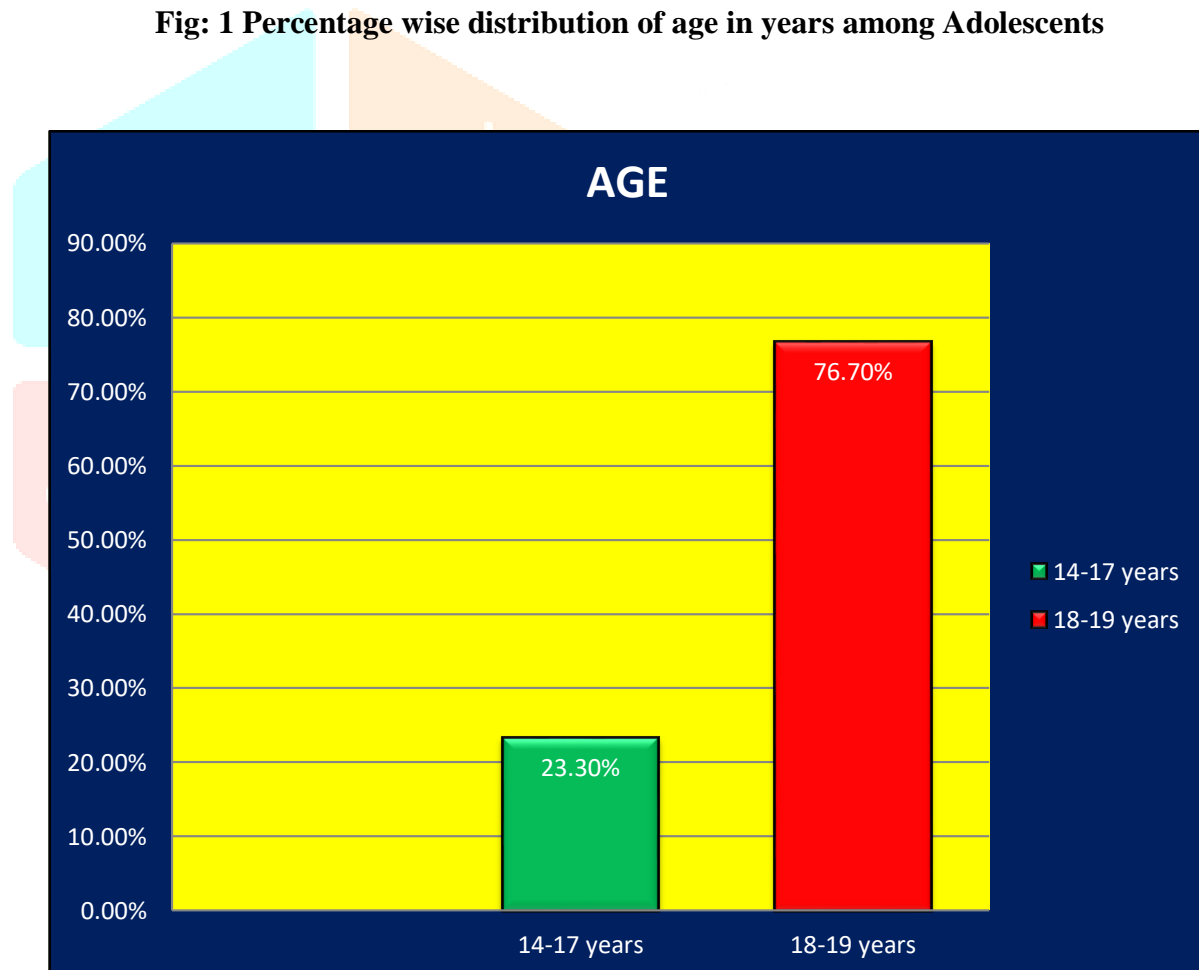
SCORE	INTERPRETATION
1.00 – 2.99	Low resilience
3.00 – 4.30	Normal resilience
4.31 – 5.00	High resilience

Data collection procedure

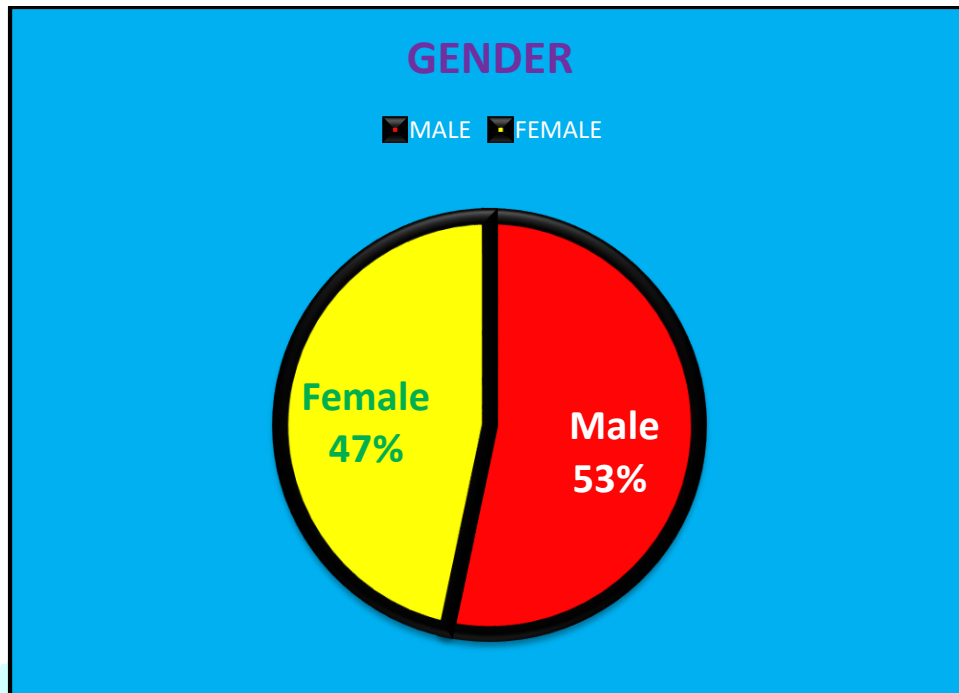
- Prior to the data collection the permission was obtained from the concerned authorities. The purpose of the study was explained to the study subjects. A questionnaire was given to the adolescents and based on their answers, scoring and analysis was done.

RESULTS AND DISCUSSION

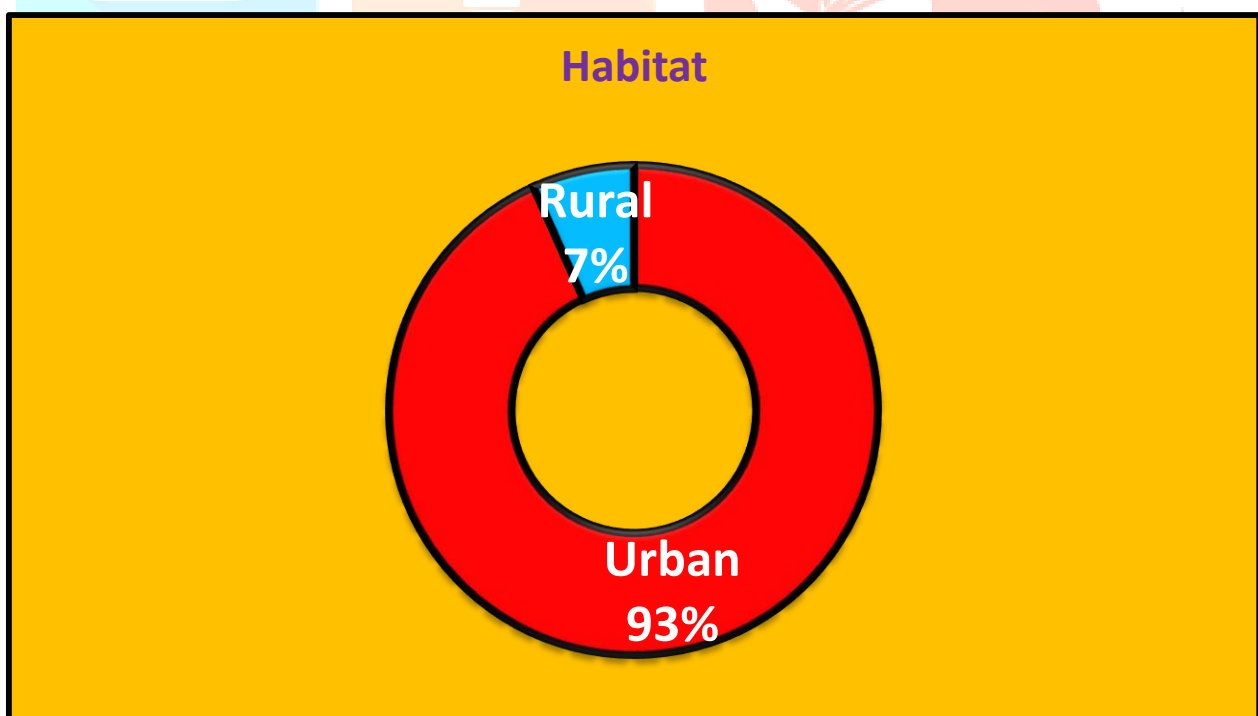
Fig: 1 Percentage wise distribution of age in years among Adolescents



- As per the age group of the adolescents, 23.30% are between 14 and 17 year and falls in the middle adolescent category and the remaining 76.70% are between 18 and 19 years who falls in the late adolescent category

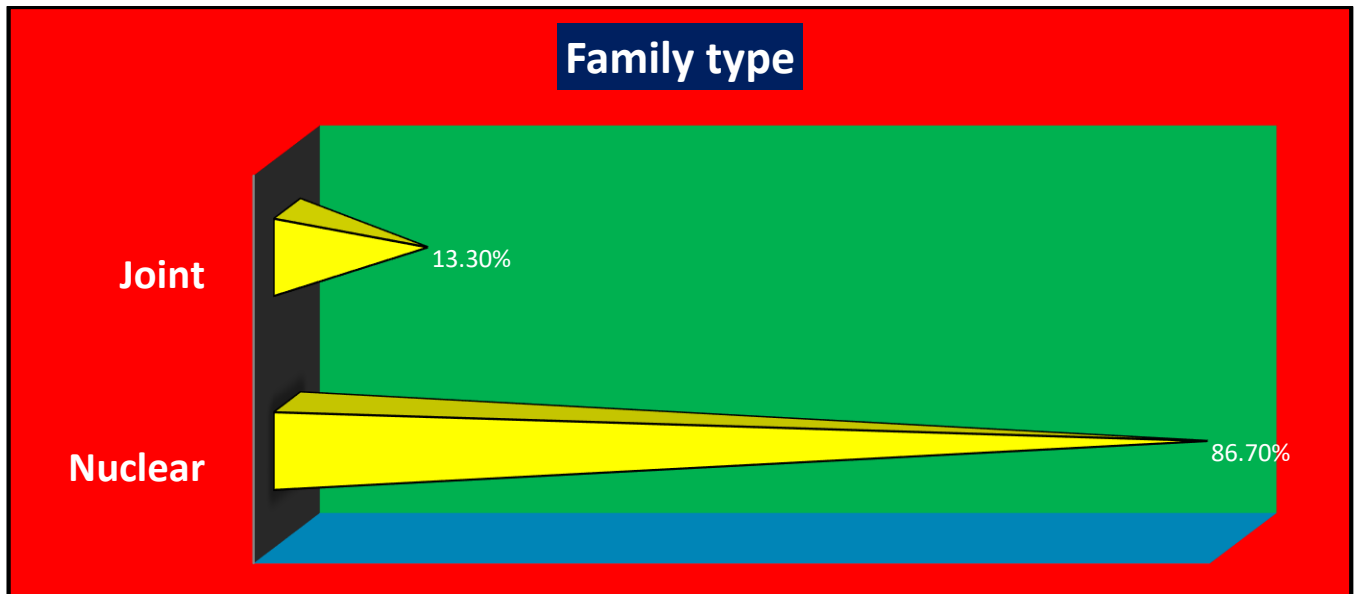
Fig: 2 Percentage wise distribution of gender among Adolescents

- On the basis of Gender of the Adolescents, there were 47% female participants and 53% male participants.

Fig: 3 Percentage wise distribution of Habitat among Adolescents

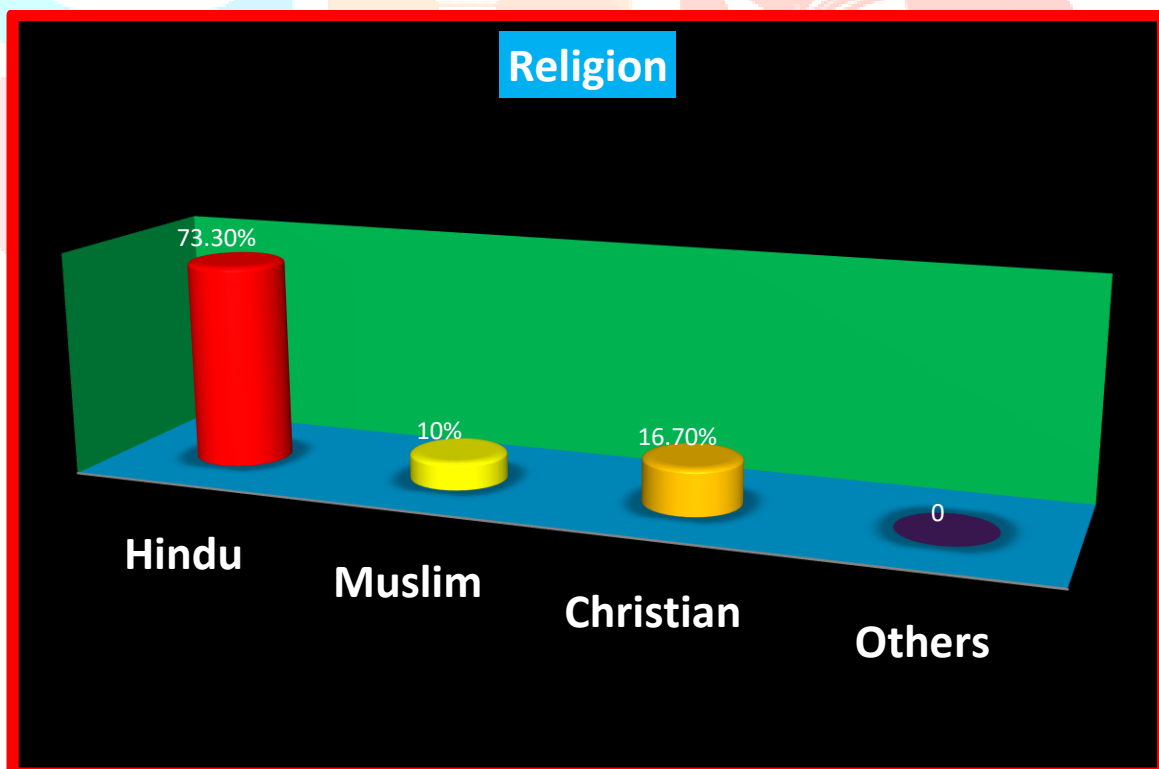
- Based on the habitat of the adolescents, among them 93% where from the Urban area and the remaining 7% where from the Rural area

Fig: 4 Percentage wise distribution of family type of the adolescents



As per the family type of the adolescents, 86.7% of them lives in a Nuclear family and 13.3% of them lives in a Joint family

Fig: 5 Percentage wise distribution of Religion of adolescents

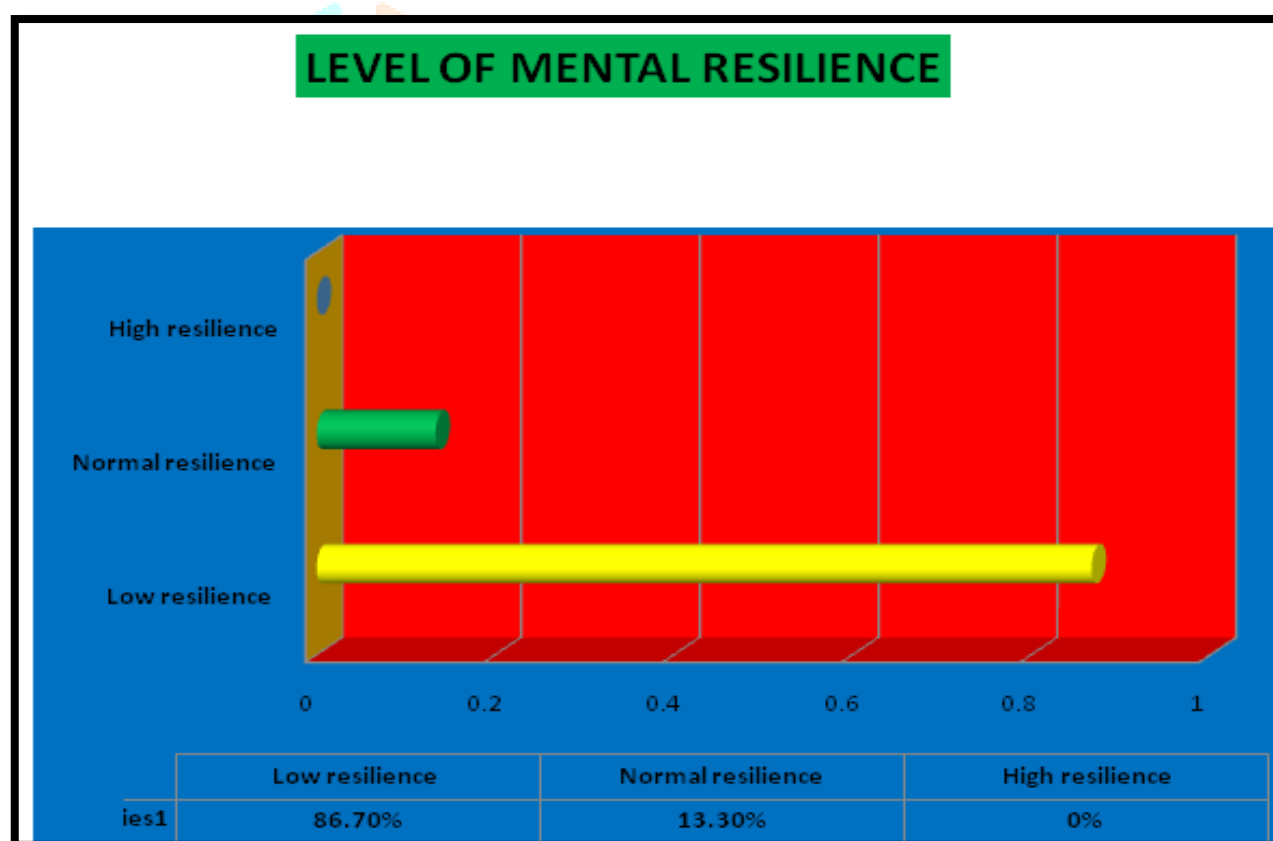


According to the religion of the Adolescents, 73.3% were Hindu, 10% were Muslim & 16.70% were Christian

Table 1: Frequency and Percentage wise Distribution of level of resilience among the adolescents

LEVEL OF MENTAL RESILIENCE	FREQUENCY (N)	PERCENTAGE (%)
Low resilience	26	86.7
Normal resilience	4	13.3
High resilience	0	0

Table revealed most of the adolescent 26 (86.7%) had low level resilience, 4 (13.3%) had normal resilience and no one had high mental resilience

Fig: 6 Percentage wise distribution of level of Mental resilience among Adolescents

✧ The above figure reveals that majority of the adolescents had low mental resilience and a few had normal resilience

CONCLUSION:

This study findings revealed that most of the adolescents had low level resilience. In order to raise the mental health of an adolescent we need a multidisciplinary contribution from every individuals, family, friends, neighbors, peers etc., It is very important that the parents and teachers should work together to provide a protected environment to the youth. The study revealed that there is need to interventional and training programmes to raise the resilience among adolescents. The policy makers should try to incorporate the appropriate intervention package and administer to the adolescents during their schooling.

REFERENCE:

1. Denise F. Polit. Nursing research. 10th edition. Lippincott Williams & Wilkins; 2012. P. 183-249.
2. Jaspreetkaursodhi. Comprehensive textbook of nursing education. Ist edition. New delhi, jaypee brothers medical publishers(p) Ltd; 2017. P. 367.
3. Suresh k Sharma. Nursing research and statistics. 2nd edition. Elsevier India (p) Ltd; 2014. P. 144-167.
4. Prabhu S, Shekhar R. Resilience and perceived social support among school-going adolescents in Mangaluru. 2019. Volume: 33 . Issue Number: 4 .Page: 359-364
5. Masten, A. S., & Coatsworth, J. D. (1998). The development of competence in favorable and unfavorable environments: Lessons from research on successful children. *American Psychologist*, 53(2), 205-220.
6. Compas BE, Hinden BR, Gerhardt CA. Adolescent development: Pathways and processes of risk and resilience. *Annu Rev Psychol* 1995;46:265-93.
7. Dumont M, Provost M. Resilience in Adolescents: Protective Role of Social Support, Coping Strategies, Self-Esteem, and Social Activities on Experience of Stress and Depression. *Journal of Youth and Adolescence*. 1999;28(3):343-363.
8. Hildebrand N, Celeri E, Morcillo A, Zanolli M. Resilience and mental health problems in children and adolescents who have been victims of violence. *Revista de Saúde Pública*. 2019;53:17.
9. Berger R, Benatov J, Cuadros R, VanNattan J, Gelkopf M. Enhancing resiliency and promoting prosocial behavior among Tanzanian primary-school students: A school-based intervention. *Transcultural Psychiatry*. 2018;55(6):821-845

