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Edifying Resilience: A review study.

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Abstract: Resilience is a dynamic and multifaceted trait that empowers individuals to navigate life's challenges with greater ease and effectiveness. This review aims to investigate the factors that contribute to building resilience, providing direction for future research projects. By fostering resilience, individuals can enhance their ability to thrive amidst adversity and lead fulfilling, meaningful lives. This paper provides insights into various essential aspects of developing resilience, such as a positive attitude, adaptability, problem-solving skills, and active efforts to maintain life balance, healthy social relationships, and a strong spiritual life. Additionally, it highlights the importance of acceptable compromises, clarity of professional identity, a sense of purpose, self-protection, risk-taking, self-awareness, promotion of positive emotions, cognitive flexibility, social support, life meaning, active coping, verbal expression of emotions, affect labelling, cognitive reappraisal behaviours, expressing gratitude, a growth mindset, and self-affirmation. Furthermore, it encourages exploration of the key determinants of resilience to ensure that future training programs are highly valuable.

Key words (Resilience)

Introduction: Resilience is the positive adaptation or ability to maintain or restore mental health despite adversity. It involves an individual's capacity to recover from hardship, trauma, or stress. This includes adapting to difficult situations, maintaining a hopeful and positive outlook, and finding ways to cope with life. Resilience is dynamic and can be cultivated and strengthened over time. Aspects that contribute to building resilience among individuals include:

Positive Attitude: Maintaining a positive outlook even during adversity helps individuals see problems as opportunities for personal growth, aiding in bouncing back and strengthening resilience.

Adaptability: Flexibility and adjustment in response to changing circumstances enhance resilience. Being able to adapt goals and strategies as needed helps individuals handle challenging situations effectively.

Problem-Solving Skills: Effective problem-solving skills are closely linked to resilience. Resilient individuals can identify challenges, analyze possible solutions, and take constructive action to address problems.

Emotional Regulation: The ability to manage and regulate emotions is a key component of resilience. Resilient individuals express their feelings healthily without being overwhelmed by them.

Sense of Purpose: A strong sense of purpose or meaning in life is common among resilient individuals. Clear values, goals, and priorities provide motivation and direction, even in difficult times.

Self-Compassion: Being kind and compassionate toward oneself, especially during tough times, is crucial for resilience. Resilient individuals practice self-care, forgiveness, and acceptance, recognizing their humanity and the normalcy of making mistakes.

Coping Strategies: Resilient individuals employ various coping strategies to manage stress and adversity. These strategies may include seeking social support, engaging in physical activity, practising mindfulness or relaxation techniques, and maintaining a sense of humour.

Sense of Control: Having a sense of control over one's life enhances resilience. Resilient individuals focus on aspects they can influence or change, rather than fixating on uncontrollable factors.

Learning and Growth: Viewing setbacks and challenges as opportunities for learning and growth is a hallmark of resilience. Resilient individuals learn valuable lessons from difficult experiences, using them to build future strength and resilience.

Promote Positive Relationships: Encouraging strong and supportive relationships with parents, caregivers, teachers, peers, and other significant adults helps build resilience. Positive relationships provide a secure base for exploring the world and coping with challenges.

Healthy Risk-Taking: Encouraging individuals to step out of their comfort zones and try new things, even at the risk of failure or rejection, helps build resilience. Providing opportunities to explore interests and develop new skills is crucial in this process.

Lead by Example: Being a positive role model for resilience demonstrates adaptive coping strategies, effective problem-solving skills, and a resilient attitude in facing challenges. Observing adults navigate adversity teaches children resilience.

Help-Seeking Behavior: Recognizing the importance of seeking help when needed is essential for resilience. Encouraging individuals to reach out to trustworthy adults or peers for support during difficulties fosters resilience.

Celebrate Effort and Persistence: Acknowledging and praising efforts, persistence, and resilience in overcoming challenges, rather than focusing solely on outcomes or achievements, encourages continued perseverance and resilience, even when facing tough situations.

Methods

In line with the study's aim to explore the factors that help build resilience, a few related studies were selected for review and assessed to gain a clear understanding of the elements that contribute to developing resilience.

Review of literature

Herrman et al. (1993) conceptualized resilience as positive adaptation or the ability to maintain or regain mental health despite adversity. They noted that resilience involves constant interaction among personal, biological, and environmental or systemic sources. An interactive model of resilience illustrates factors that enhance or reduce homeostasis or resilience, suggesting that understanding the dynamic nature of resilience throughout the lifespan and its interaction with major life domains, such as intimate relationships and attachments, has important clinical implications.

Egeland et al. (1993) found that emotionally responsive caregiving mediates the effects of high-risk environments and promotes resilience among children who have experienced poverty, family stress, and maltreatment.

Meek et al. (2003) highlighted that maintaining life balance, developing healthy relationships, and valuing spiritual life facilitate resilience.

Hodges et al. (2008) identified a common process of evolving resilience among participants. New nurses spend considerable time finding their place in the social structure. Positive experiences help them feel more competent with skills and relationships, and they become increasingly aware of discrepancies between their professional ideals and actual experiences. The risk of new nurses leaving their practice is high during these struggles. Acceptable compromises help reconcile current crises, typically after formal precept ends. Personal

growth is evident through the evolving clarity of professional identity, a sense of purpose, and energy resources to move forward. For new nurses, professional resilience involves self-protection, risk-taking, and reflective self-knowledge.

Wu et al. (2013) discussed the influence of genetic, epigenetic, developmental, psychosocial, and neurochemical factors on resilience, noting that neural circuits and pathways mediate resilience. An increased understanding of these factors could lead to new pharmacological and psychological interventions for enhancing resilience and mitigating negative consequences.

Leppin et al. (2014) suggested that resilience is a changeable and teachable construct influenced by external and modifiable social factors. Resilience impacts health, well-being, and quality of life and serves as a significant predictor of relevant outcomes. Improving personal resilience can lead to new, effective healthcare approaches. For patients with chronic conditions, enhancing characteristics like self-efficacy and resilience can improve coping abilities and adjustment to disease conditions. Common mediating variables in resilience training programs include promoting positive emotions, cognitive flexibility, social support, life meaning, and active coping. Unlike mindfulness-based stress reduction (MBSR) or other meditation-based programs, which address current stress and anxiety, resilience-specific training is forward-looking, fostering qualities needed to handle unanticipated stressors.

Debora Sepich (2015) identified that organizational, individual, spiritual, familial, and institutional connections help female social entrepreneurs cope with stress and develop resilience through connectedness.

Sadhbh Joyce et al. (2018) recommended resilience interventions combining CBT and mindfulness techniques, which have a positive impact on individual resilience.

Tabibnia et al. (2018) proposed two pathways for empowering resilience: the behavioural pathway, consisting of learnable behaviours and habits, and the cognitive pathway, consisting of learnable cognitive and linguistic strategies. Behavioural resilience can be enhanced through proper sleep, exercise, and diet, while cognitive pathways involve emotion-regulation strategies such as verbal expression of emotion, affect labelling, and cognitive reappraisal. Cognitive training approaches, including cognitive bias modification, mindfulness training, and cognitive therapy, are also useful. Coaching resilience can involve neural bases of expectation, growth mindset, and self-affirmation, which influence learning and resilience effectiveness.

Forbes (2018) advised that resilience training should be well differentiated from other forms of training. The impact of psychological training on later functioning depends on the type of outcome measured and the training setting. Research must precede the implementation of resilience training programs to ensure their efficacy and effectiveness in specific contexts.

Discussion: According to Herrman et al. (1993), understanding the factors that enhance or reduce resilience through the constant interaction of personal, biological, and environmental sources is crucial for clinical applications. Egeland et al. (1993) emphasized the role of emotionally responsive caregiving in promoting resilience in children facing high-risk environments. Meek et al. (2003) indicated that personal efforts to maintain life balance, healthy relationships, and spiritual life aid in resilience cultivation. Hodges et al. (2008) highlighted the importance of acceptable compromises, professional identity clarity, and sense of purpose, self-protection, risk-taking, and self-knowledge in building resilience. Wu et al. (2013) proposed that understanding resilience factors can lead to new interventions for enhancing resilience and mitigating negative consequences. Debora Sepich (2015) noted that connectedness is key to maintaining resilience. Sadhbh Joyce et al. (2018) recommended CBT combined with mindfulness for developing resilience. Tabibnia et al. (2018) described two pathways for empowering resilience: behavioural (learnable behaviours and habits) and cognitive (learnable cognitive and linguistic strategies). Finally, Forbes (2018) emphasized the need for research to ensure the efficacy of resilience training programs and their distinction from other training forms.

Results: Resilience is the ability to adapt, bounce back, and effectively recover from adversity, challenges, or setbacks. This study reviewed several related studies to identify factors that facilitate resilience. These factors include a positive attitude, adaptability, problem-solving skills, and active efforts to maintain life balance, healthy social relationships, and a strong spiritual life. Additional factors are acceptable compromises, clarity of professional identity, a sense of purpose, self-protection, risk-taking, self-awareness, promotion of positive

emotions, cognitive flexibility, social support, life meaning, active coping, verbal expression of emotions, affect labelling, cognitive reappraisal behaviours, expressing gratitude, a growth mindset, and self-affirmation.

Conclusions: Resilience is a crucial aspect of survival, and this study attempts to identify key factors in building resilience among people. Although the reviewed articles are limited, suggesting there may be more factors beneficial for fostering resilience. Further reviews and studies could provide additional insights and contributions to understanding and enhancing resilience.

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