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Resilience levels among urban adolescents of Dharwad district and its related factors

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ABSTRACT: *Resilience is a personal attribute, which signify recovery capacity from adverse conditions, as well as it includes both behavioural and cognitive aspects which could promote strategies that favour during adolescence stage. The objective of the study is to evaluate and analyse the resiliency among adolescents and its association with personal, parental and family characteristics. A random sampling technique was used to select urban adolescents attending government and private schools in Dharwad district. Self-structured general questionnaire and Prince Embury resiliency scale was used for data collection. Most of the adolescents were in low and average level of resilience. Ordinal position of personal factor and mother's occupation of parental factor showed a significant influence on adolescents' resilience.*

KEY WORDS: *Resilience, urban, adolescents, cognitive and behaviour*

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I. INTRODUCTION

[3] Humans go through an array of physical and psycho-physiological changes throughout their lives, including changes in language, cognition, and psychosocial development as well as experiences significant impact from peers and family. In developmental life stages, adolescence is a most crucial stage. As adolescents' cognitive function is transitioning to higher levels, which is primarily responsible for their ability to reason logically, make sense of the world around them, perform abstract thinking processing, and appreciate the nuances of metaphors. Adolescents at this age were known for being distinctive and pursuing their own sense of identity (Brown and Knowles, 2007). [8] However, the maturity in terms of social and emotional relationships lags behind that of intellect and body. Adolescents experiment with a wide range of novel behaviours frequently in an effort to explore their social status and sense of self (Scales, 2010).

[11] To counteract pressures under unfavourable circumstances, individuals must cultivate the quality known as "Resilience." According to Smith *et al*. (2008), resilience is a "personal ability" or "attribute to bounce back." [9] However, despite facing significant stressors or adversities, "some individuals have a relatively good outcome – their outcome being better than that of other individuals who suffered the same experience" (Shean, 2015). Therefore, the study aims to evaluate the resiliency levels among urban adolescents and analyses the association of resilience with individual, parental and familial factors of urban adolescents.

II. MATERIAL AND METHODS

The population of the study includes adolescents residing in urban locality of Dharwad district. The sample size is 95 adolescents, studying 8th, 9th and 10th class from private and government schools, selected through random sampling technique. Data shows 35.8 per cent from were 8th class, 32.6 per cent were from 9th class and 31.6 per cent were from 10th class.

Tools used for the study

Self-structured general information questionnaire used to collect age, gender, locality, ordinal position, type of school, class, parents' education, parents' occupation, family type and family size. [7] Resilience was assessed by using Prince-Embury (2006). The tool includes 64 items with three domains such as sense of mastery, sense of relatedness and emotional reactivity. Total resiliency scores are converted to *T* scores. The *T* scores $\leq$40 indicates low resiliency and $\geq$60 indicates high resilience levels.

Statistical tools

Frequency, means, standard deviation (SD), chi square, and ANNOVA were the statistical tools used employed.

III. Results and Discussion

Table 1 represents personal, parental and familial characteristics of the sample. Almost 53 per cent of the adolescents were in the age range of 15-17 years and 47.4 per cent were in 12-14 years. Half of the participants were males (52.6%), most of them were first born (47.4%) and second born (33.7%) and 68.4 per cent were from government school. 38.9 per cent of participants fathers completed graduation level of education and 32.6 per cent of participants mothers completed 10^{th} class level of education. Majority of fathers (42.1%) working in central/ state/ public sectors whereas 53.7 per cent of mothers were self-employed and housewives. Most of the adolescent's family type is nuclear (70.5%), family size is small (52.6) and they belonged to upper middle (47.3%) followed by lower middle (41.1%) socio-economic status.

Table 1: Personal, parental and familial characteristics of urban adolescents in Dharwad district

Characteristics	Category	Frequency (%)	
Personal characteristics			
Age	12-14	45 (47.4)	
	15-17	50 (52.6)	
Gender	Male	50 (52.6)	
	Female	45 (47.4)	
Ordinal position	First born	45 (47.4)	
	Second born	32 (33.7)	
	Later born	18 (18.9)	
Class	8^{th} class	34 (35.8)	
	9^{th} class	31 (32.6)	
	10^{th} class	30 (31.6)	
Type of school	Private school	65 (68.4)	
	Government school	30 (31.6)	
Parental characteristics			
		Father	**Mother**
Parents education	Professional qualification with technical degrees or diplomas	12 (12.6)	5 (5.3)
	Post-graduation	5 (5.3)	4 (4.2)
	Graduation	37 (38.9)	22 (23.2)
	10^{th} class pass< graduation	24 (25.3)	31(32.6)
	Primary pass<10^{th}	17 (17.9)	25(26.3)
	<primay but attended school for atleast one year	0	8 (8.4)
Parents occupation	Service in central/ state/public	40 (42.1)	13 (13.7)
	Service in private sector or independent business	18 (18.9)	12 (12.6)
	Service at shops, home, own cultivation	29 (30.5)	5 (5.3)
	Self-employed with income >Rs 5000	8 (8.5)	14 (14.7)
	Self-employed/Laborers<Rs 5000 income/ housewives	0	51 (53.7)
Familial characteristics			
Type of family	Joint	28 (29.5)	
	Nuclear	67 (70.5)	
Size of family	Small	50 (52.6)	
	Medium	32 (33.7)	
	Large	13 (13.7)	
Socio-economic status	High	11 (11.6)	
	Upper middle	45 (47.3)	
	Lower middle	39 (41.1)	

Figures in parenthesis indicates percentages

Table 2: Distribution of urban adolescents of Dharwad district on levels of resilience

(N=95)

Levels of resilience	Frequency (%)
High	1 (1.1)
Above average	4 (4.2)
Average	34 (35.8)
Below average	17 (17.9)
Low	39 (41)
Total	95 (100)

Figures in parenthesis indicates percentages

Distribution of resilience levels among rural and urban adolescents in Dharwad district is presented in table 2. In rural area, about 41 per cent of adolescents exhibited average level of resilience, 18.6 per cent were highly resilient and 16.5 per cent were above average. About 13.4 per cent were in low and 10.3 per cent were at average level of resilience. In urban locality, nearly 36 percent of respondents possessed average level of resilience, 41.1 per cent had low level of resilience, 17.9 per cent of adolescents were found to be in below average level of resilience and a very small percentage of adolescents were possessing high and above average levels of resilience. (i.e.1.1% and 4.2% respectively).

Fig 1. Resiliency among urban adolescents

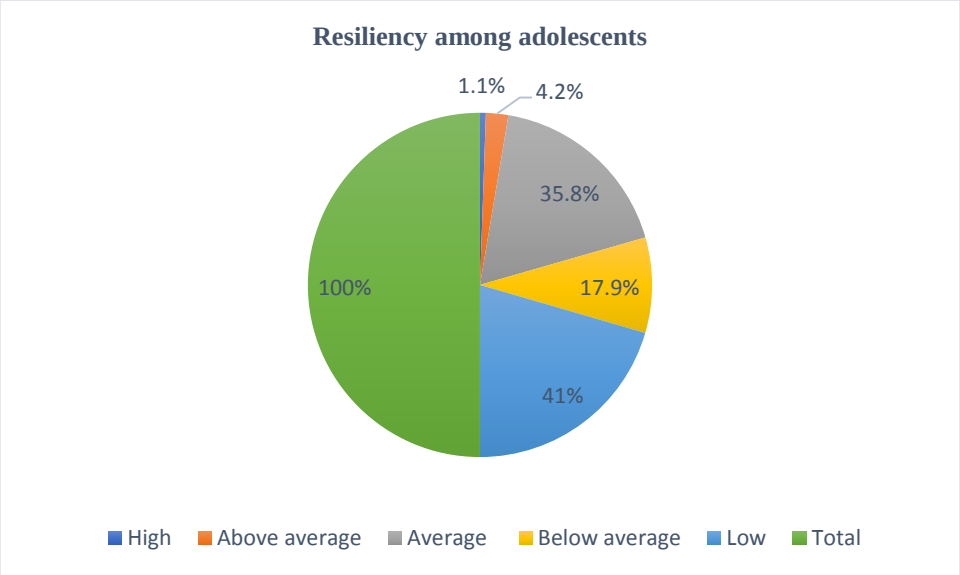

Fig. 1 depicts resiliency levels of adolescents residing in urban area. Most of them were in low level of resilience (41%), followed by average (35.8%), below average (17.9%), above average (4.2%) and high (1.1).

Table 3. Association of personal factors with resilience among urban adolescents

		Resiliency levels					
		Average	**Below average**	**Total**	**χ^2**	**Mean±SD**	**t value/ F value**
Age	12-14	15 (33.3)	30 (66.7)	45 (100)	2.105^{NS}	39.82±9.83	**-2.425***
	15-17	24 (48)	26 (52)	50 (100)		**44.30±8.15**	
Gender	Male	23 (46)	27 (54)	50 (100)	1.068^{NS}	43.16±9.69	1.095^{NS}
	Female	16 (35.6)	29 (64.4)	45 (100)		41.08±8.63	
Ordinal position	Frist born	24 (53.3)	21 (46.7)	45 (100)	**6.247***	44.06±8.33	1.846^{NS}
	Second born	8 (25)	24 (75)	32 (100)		40.28±8.74	
	Later born	7 (38.9)	11 (61.1)	18 (100)		40.83±11.51	
Class	8th class	10 (29.4)	24 (70.6)	34 (100)	4.997^{NS}	38.85±10.23	**3.800***
	9th class	12 (38.7)	19 (61.3)	31 (100)		43.41±7.50	
	10th class	17 (56.7)	13 (43.3)	30 (100)		**44.66±8.77**	
Type of school	Government school	14 (46.7)	16 (53.3)	30 (100)	.571^{NS}	42.26±9.94	0.603^{NS}
	Private school	25 (38.5)	40 (61.5)	65 (100)		42.13±8.94	

Figures in parenthesis indicates percentages, *Significant at 0.05 level, NS indicates Non significance

Association between personal factors and resilience of rural adolescents was represented in table 3. Ordinal position (χ^2 =6.247*; p<0.05) had a significant association with adolescents' resilience level where second borns (75%) and later borns (61.1%) had below average resilience levels than first borns. 53.3 per cent of first borns exhibited better resilience levels. The findings are consistent with a study conducted by Singh *et*

al. (2019), later borns were less prone to crisis when compared to first borns and second borns. Because first born have different kind of exposure to risk factors which makes them to adapt better and promotes resiliency. [1] Similarly, in Amuthasanthi (2015) study, a significant association between birth order and adolescents' resiliency levels. [2] The study also supported by Bergh *et al.* (2018) findings, where a significant difference between first and second borns on resiliency levels observed. However, there is no significant association of other personal factors such as age, gender, class and type of school of adolescents with resiliency.

The t-values shows a significant difference between 12-14 years and 15-17 years adolescents ($t=-2.425$; $p<0.05$), where older age group (M=44.30; SD=8.15) adolescents had better resilience levels than younger adolescents (M=39.82; SD=9.83). This is because, with the increasing age the maturity levels will also increases and helps in the capacity to solve problems. The individual experiences also make an individual resilient at early years. Self-efficacy of adolescents helps to cope up whenever crisis occurs and fosters to build strong beliefs on his or her capabilities. [4] The results are supported by De Oliveira *et al.* (2017) study, where adolescents with higher age shows better resiliency levels

Similarly, a significant difference found between adolescents studying in different class ($F=3.800$; $p<0.05$), where higher class students i.e., 10^{th} class (M=44.66; SD=8.77) showed better resilience than lower class students (8^{th} class students M=38.85; SD=10.23) and 9^{th} class students (M=43.41; SD=7.50). Reaching to higher classes, individuals acquire better cognitive development. However, resilience is known as a developing process, the individuals' capacity to adapt positively in adverse conditions varies from each developmental stage to stage. Additionally, the higher standard students are exposed heavily to several extra activities and simultaneously, it is a period where they make decision regarding their career, as well as character and individuals' personality also changes over the time, therefore one will achieve higher levels of resiliency successfully. [6] Nourian *et al.* (2016), findings shows that the significant increase in resilience level acquired with the increase of class of studying.

Table 4. Association of parental factors with resilience among urban adolescents

		Resiliency levels					
		Average	**Below average**	**Total**	**χ^2**	**Mean±SD**	**t value/ F value**
Fathers education	Professional/ post graduate and graduation	23 (42.6)	31 (57.4)	54 (100)	.256^{NS}	42.11±9.30	.049^{NS}
	Primary, secondary, 10^{th} and PUC	16 (39)	25(60.9)	41 (100		42.53±9.66	
Mothers education	Professional/ post graduate and graduation	14 (46.6)	16 (53.3)	30 (100)	3.718^{NS}	44.06±9.19	1.334^{NS}
	Primary, secondary, 10^{th} and PUC	25 (38.5)	40 (61.5)	65 (100)		41.09±8.83	
Fathers occupation	Service in central/ state/public/private sector or independent business	17 (42.5)	23 (57.5)	40 (100)	3.211^{NS}	42.47±9.56	1.175^{NS}
	Service at shops, home, own cultivation	6 (31.6)	13 (68.4)	19 (100)		38.66±9.12	
	Self-employed/Laborers/ housewives	16 (44.4)	20 (55.5)	36 (100)		43.78±9.85	
Mothers occupation	Service in central/ state/public/private sector or independent business	14 (48.2)	15 (51.7)	29 (100)	**18.637****	46.88±6.89	2.297^{NS}
	Service at shops, home, own cultivation	**7 (53.8)**	6 (46.1)	13 (100)		35.60±7.89	
	Self-employed/Laborers/ housewives	19 (35.8)	34 (64.1)	53 (100)		41.36±9.45	

Figures in parenthesis indicates percentages, **Significant at 0.01 level, NS indicates Non significance

Table 4 shows the association between parental factors and adolescents resilience levels. The findings show that except mothers' occupation ($\chi^2=18.637$; $p<0.05$) there were no significant association of parental factors with adolescents' resilience levels. Where majority of adolescents exhibited average resiliency levels whose mothers working at shops or at own cultivation. Adolescent's mothers working in central or public or state level exhibited average resilience levels compared to adolescents' mothers who were self-employed and housewives. Mothers with occupational status helps their children to enhance their sense of worth and value. [12] In a study conducted by Thompson *et al.* (2013) revealed that adolescents' mothers with unemployment

status or with low occupation level showed low levels of resilience. The reason might be due to the poor interactions of parent with their children, which is resulted by parenting stress. [5] Adolescents whose parents working found to be raised systematically, having organised set of goals and also reinforced to achieve goals (Maynard and Fayombo, 2015).

Table 5. Association of familial factors with resilience among urban adolescents

		Levels of resilience					
		Average	**Below average**	**Total**	**χ^2**	**Mean±SD**	**t value/ F value**
Family type	Nuclear	28 (41.8)	39 (58.2)	67 (100)	.051^{NS}	42.64±8.93	.755^{NS}
	Joint	11 (39.3)	17 (60.7)	28 (100)		41.07±9.94	
Family size	Small	22 (44)	28 (56)	50 (100)	2.329^{NS}	42.90±7.78	2.472^{NS}
	Medium	10 (31.2)	22 (68.7)	32 (100)		39.59±11.23	
	Large	7 (53.8)	6 (46.2)	13 (100)		45.76±7.63	
Socio-economic status	Middle	24 (42.8)	32 (57.1)	56 (100)	1.460^{NS}	43.41±10.24	.453^{NS}
	Poor	15 (38.5)	24 (61.5)	39 (100)		41.23±9.46	

NS indicates Non significance

Table 5 shows that there were no significant association of familial factors such as type of family, family size and socio-economic status with adolescents' resilience levels.

IV. CONCLUSION

Adolescents from urban locality exhibited low levels of resilience. Owing to the fact that social environment influences the individual's personality and variation occurs in perception towards crisis situations. The findings reveal that the age of adolescents and mother with employment status significantly associated with resiliency levels. However, the study needs further extensive qualitative investigation.

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