

Does Resilience Enhance Life Satisfaction Among Teenagers?

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Abstract: India has the highest number of children (approximately 440 million) in the world who are facing multifarious problems. Coping with painful events and unpleasant emotions is a struggle for them. The ability to cope effectively with these events and emotions can be termed resilience. Are such children with their embedded psychological assets such as resilience are successfully capable of facing such adverse situations? Are they satisfied with their lives? With this questioning mind the present researchers tried to investigate the relationship of resilience with life satisfaction of teenagers. A sample of 60 teenagers, 8th to 10th grade, aged 13-15 years both male and female were selected purposively from the Kendriya vidyalaya, Rohtak city, Haryana (India). Results revealed the moderate low level of resilience and average level of life satisfaction among teenagers in the contemporary Indian society. Further it has been found that there is a significant positive correlation between resilience and life satisfaction of teenagers.

Keywords: Enhance, Life satisfaction, Psychological Asset, Resilience, Teenager.

I. Introduction

Life is full of joys and sorrows whereas joys are always approached and sorrows are avoided. But one should always keep in mind that sorrows are blessings in disguise which provide a basis and an opportunity to face the challenges of life successfully over time, however one may learn deeper lessons about themselves and about life. These lessons have the potential to bounce back or to rebuild their lives even after devastating tragedies. This is what is called resilience. Resilience is defined as “a class of phenomenon characterized by good outcomes in spite of serious threats to adaptation or development” [1]. The responses of resilient people to adversity are common across the life span. We all encounter a variety of challenges as we journey through life, but most vulnerable generation is of youngsters, who are in a stage of storm and stress. Despite after facing so much inevitable challenges of life, the teenagers emerged as a healthy being and further continue to grow as healthy individuals is simply due to what has been called “ordinary magic”[1]. In other words it is the result of normal and everyday bases of resilience [2, 3]. When facing the hardships of life whether the individual during that time feels satisfied with his/her life is a key question?

Life satisfaction has been defined as a “global evaluation by the person of his or her life” [4]. It is a measure of well-being and may be assessed in terms of mood, satisfying relation with others and with achieved goals, self concepts and self-perceived ability to cope with daily life. It involves experiences which have the ability to motivate people to pursue and reach their goals. It is the cognitive assessment of one’s life as a whole [5]. It has been reported that there exists positive relation between life satisfaction and resilience among students may be due to the fact that they felt better and developed resources for living well [6]. There is a considerable body of research high-lighting the relation of resilience with life satisfaction of teenagers. As it has been observed that a significant number of children in the research studies showed healthy development despite having faced serious adversity (such as war, poverty, parental alcoholism, family violence, natural disasters, divorce etc) in their lives [2,7,8,9,10,11,12,13,14,15]. A classic longitudinal study reported that one-third of high-risk children (before the age of 2 years) grew up to be well-adjusted, caring and competent adults after facing poverty, parental mental illness, family conflict and poor environmental conditions for raising children[14,16]. There are three general categories of protective factors from adversity such as within the child, within the family and within the community [13]. It has been observed that father involvement acts as a buffer against children’s extreme victimization resulting in resilience which consequently leads to life satisfaction [17]. It has been found that self-compassion is strongly associated with well-being of adolescents [18]. The role of family in developing resilience which further leads to life satisfaction [19, 20]. It has been explored that positive psychological strengths as self efficacy, self esteem, pro-social behavior and psychological positive emotions such as happiness empowerment play a significant role in the development of resilience [21, 22, 23, 24]. Recently it has been found that Indian undergraduates facing day-to-day hassels develop very low level of resilience (not necessarily faced major threat) however, it has been emphasized that students of low strate of society have less resilience in comparison to those of moderate and high strate of society [25]. Thus the present research work was carried out to explore the levels of resilience and to investigate that how resilience serves as a resource of life satisfaction among teenagers ?

1.1 OBJECTIVES

The present study was carried out with the following objectives :

- 1.1.1 To find out the levels of life satisfaction of teenagers.
- 1.1.2 To explore the levels of every day bases of resilience of teenagers.
- 1.1.3 To find out the correlation between life satisfaction and resilience of teenagers.

1.2 METHOD

1.2.1 Design: A correlational design was used in the current research work.

1.2.2 Sample: In the present study, a purposive sample of 60 teenagers of both sex (30 Males, 30 females) within the age range of 13-15 years, 8th to 10th grades was selected purposively from kendriya vidyalaya, Rohtak city.

1.2.3 Tools: In the present study the following tools were used.

1.2.3.1 The Resilience Scale: It was developed by Gail Wagnild and Young [26] with 25 items, measures 5 dimensions namely-Equanimity, Perseverance, Self-Reliance, Meaningfulness and Existential Aloneness. All items to be scored on a 7-point likert scale (1= strongly disagree to 7= strongly agree). The range of score is 25 to 175. As per the norms total scores above 146 indicates strong or high resilience while below 121 indicates weak or low resilience. Cronbach alpha for this test was found to be .70 suggesting reliability of the scale.

1.2.3.2 Multidimensional Students' Life Satisfaction Scale: It was developed by Scott Huebner [27] with 40 items. All items to be scored on a 6-point likert scale. Scoring is straightforward. The four response options are assigned points as follows: (never = 1); (sometimes = 2); (often = 3); and (almost always = 4). The range of score is 40 to 240. This scale is valid for children and younger people and has been found to be quite reliable. Reliabilities coefficients score have been reported at 0.92 for elementary, 0.91 for middle and 0.91 for high school students.

II. Procedure

First of all permission was sought from the principal of the school. After establishing rapport with the students the proformas related to resilience and life satisfaction were distributed among them along with instructions. After completing the proformas the data were collected and subjected to statistical analysis.

III. Results And Discussion

Obtained scores on Resilience scale and Multidimensional students' life satisfaction scale were statistically analyzed in the following tables.

Table-1: Descriptive Statistics

	N	Mean	SD	Interpretation
Resilience	60	217	25.715	Moderate low
Life Satisfaction	60	133	9.25	Average

The appraisal of Table 1 clearly shows that overall teenagers of contemporary society have moderate low level of resilience and average level of life satisfaction. The moderate low level of resilience may be due to the fact that data have been collected from a kendriya vidyalaya, Rohtak, Haryana, India where students have faced a serious threat in their lives till date. Such moderate low level of resilience may be the result of facing day-to-day problems. The present findings strengthen the support the earlier findings [25] who also reported average level of resilience among college students. Though numerous studies have been reported [2, 13, 28, 29] reported that the development of resilience depends upon one's facing a significant risk or threat in life. They even commented that without a demonstrated risk, there is no resilience. Further it is interesting to note that a very high value of standard deviation (i.e. 25.715) indicates heterogeneity within the group as indicated by the range of scores (i.e. 101.2-152.8).

Table 2: Frequency and Percentage of subjects in different levels of Resilience
Different level of Resilience

Subjects	Very Low	Low	Moderate Low	Moderate High	High	Very High
F	8	11	11	15	10	5
% age	13.3%	18.3%	18.3%	25%	17%	8%

As Table 2 shows that about 43% students are falling in moderate category (either moderate low and moderate high) while a few students i.e.8%are having very high degree of resilience. Only 13% students have

very low strength of resilience. From the above findings it may be inferred that adolescents at the age of 13 to 15 years are in a state of facing hardships in life. They are in the process of developing resilience.

Table 3: Frequency and Percentage of subjects in different levels of Life Satisfaction

Subjects	Low	Below average	Average	Above Average	High
F	nil	1	59	nil	nil
% age		1.67%	98.33%		

From Table 3, it is clearly evident that 98.33% are enjoying average level of life satisfaction. A very few youngsters came under below average category, none of subjects fell under extreme category i.e. low or high. Further the relation between resilience and life satisfaction have been analyzed and is shown in Table 4.

Table-4: Intercorrelation between Resilience and Life Satisfaction

Variables	Correlation	
	df	r
Resilience	58	.218*
Life satisfaction		

*P < 0.05

It is evident from Table 4 that though there exists a significant positive yet low correlation between resilience and life satisfaction. In other words it may be inferred that resilient people appeared to be satisfied with their lives. It may be due to their personal protecting factors (i.e. experiencing of the positive emotions, positive self-image, high self esteem, self efficacy, empathetic feelings, personal effectiveness, control of emotions and perseverance) as highlighted by numerous studies [20,21,22,23] and family protective factors (such as warm and congenial family environment) and community protective factors (i.e. positive schooling and healthy neighborhood)[20]. The present findings support the earlier findings of notable studies [2,7,8,9,10,11,12,13,14,15]. However, in their studies the participants had earlier faced trauma or threat in their lives but in the present study the subjects were from Kendriya Vidyalaya, have not faced any major threat or trauma in their lives for the last few years except the daily hassles of life.

IV. Conclusion

The present findings highlight the fact that facing of major adversity or threat is not mandatory to develop resilience. The day-today life hassles are enough to boost resilience in teenagers which of course serve as a resource of their life satisfaction. As in the current research work in the existing Indian socio scenario most of the teenagers are found to be moderately satisfied with their lives with moderate low level of resilience.

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