



ISSN (E): 2277-7695
ISSN (P): 2349-8242
NAAS Rating: 5.23
TPI 2022; SP-11(4): 2035-2038
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www.thepharmajournal.com
Received: 25-02-2022
Accepted: 27-03-2022

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Role of individual and familial factors on adolescents resilience

Ramya Koneru and Ganga V Yenagi

Abstract

Adolescence experience a several psycho-physiological changes, which were influenced by external and internal environment. The study aimed to examine the adolescents' resilience and its association with individual and familial factors. A sample consisting of 191 adolescents studying in government and private high schools of rural and urban region were randomly selected. Resilience scale was administered to assess the resilience of adolescents. A self-structure general information questionnaire was developed to gather information related to individual and parental factors. The respondent's socio-economic status was assessed by Socio-economic scale. The findings of the study shows that age, the class of studying has a significant association with resilience among rural adolescents. Gender and class of studying showed a significant association with urban adolescents' resilience.

Keywords: Resilience, adolescents, rural, urban, individual and familial factors

Introduction

Developmental stages play a peculiar role in human's life. Adolescence is one of the remarked typical stage with dramatic biological changes, new experiences and certain developmental tasks. Alongside, several internal and external environmental factors impact on individual's behavioural change. As stated by world health organization (WHO, 2014) [2], individuals with the age range of 10-19 years are referred as an adolescent. Stanley Hall proposed adolescent period as "Storm-and Stress", viewed as a turbulent period charged with mood swings and conflict.

So as to cope up with the challenges experienced during this developmental period, adolescents need to demonstrate resilient characteristic. Resilience referred as an individuals ability to bounce back from risk or adversity. Literature on adolescents resilience shows that, resilient adolescents establishes tendency to involving in activities which decreases negative effect such as exercise, avoiding substance abuse relaxation activities and handling stress positively. Imbibes certain positive characteristics like nurturance, affiliation, forbearance, willingness and healthy academic behaviour.

Alongside, the individual characters played a significant role in adolescents' level of resilience. Sangma (2014) [10] findings reveals that girls had greater resiliency than boys. As well as the parental characteristics such as, education and occupation of parents, type of family and socio-economic status of the family had a significant influence on resilience among children. So, to understand the role of individual and familial factors on rural and urban adolescents' resilience the study framed the following objectives:

1. To assess the resilience level among urban and rural adolescents.
2. To examine the association of individual and familial factors with adolescents resilience.

Material and Methods

The study comprised of rural and urban adolescents of Telangana state. The total sample consists of 191 adolescents in which 96 adolescents are from rural area and 95 adolescents are from urban area. The participants who were studying in eight, ninth and tenth standards from government and private schools were selected randomly. General information schedule was used to collect the information regarding the respondents' age, gender, ordinal position, locality, class, type of school, type of family, family size, parental education, parental occupation. The Socio economic status scale by Aggarwal *et al.* (2005) [1], was used to assess the participants' socio economic status, which consists of total 22 statements. Resilience scale by Sandra Prince-Embury (2006) [8] was employed to assess resilience levels among rural and urban adolescents. Resilience scale composed of total 64 items where elicited responses were

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rated on four-point Liker scale. Later the obtained raw scores were converted into T-scores and based on T-scores respondents were categorised into high, above average, average, below average and low level of resilience. However, for statistical analysis the resilience categories were compressed into three levels like above average, average and

below average. Finally the data was analysed by using statistical tools such as frequency, percentage, mean, standard deviation, chi-square/ modified chi-square and t-test / F-test.

Results and Discussion

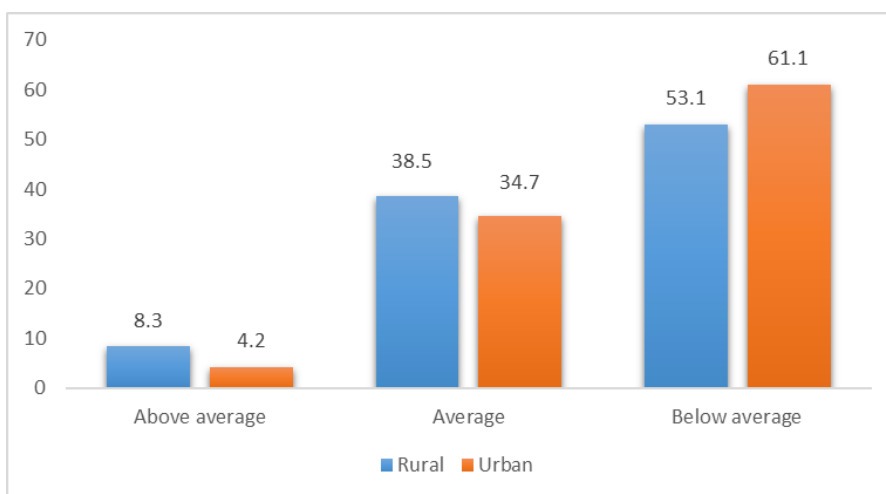


Fig 1: Distribution of rural and urban adolescents on level of resilience

Fig 1 depicts the percentage of adolescents with resilience levels. 38.5 per cent of adolescents from rural area and 34.7 per cent of from urban area were possessed with average level of resilience. Majority of adolescents from rural locality

(53.1%) and urban locality (61.1%) expressed below average resilience level. A least per cent of adolescents fell under the above average resilience category in both rural (8.3%) and urban (4.2%) area.

Table 1: Association of individual factors with levels of resilience among rural adolescents

Individual factors		Levels of resilience			χ^2	Mean \pm SD	t-value/ F-value
		Average	Below average	Total			
Age (in years)	12-14	22 (36.7)	38 (63.3)	60 (100)	6.696*	43.11 \pm 7.78	-3.160**
	15-17	23 (63.9)	13 (36.1)	36 (100)		48.63 \pm 9.06	
Gender	Male	27 (54)	23 (46)	50 (100)	2.127 ^{NS}	47.30 \pm 8.59	2.560*
	Female	18 (39.1)	28 (60.9)	46 (100)		42.89 \pm 8.24	
Ordinal position	First born	14 (36.8)	24 (63.2)	38 (100)	2.648 ^{NS}	45.05 \pm 8.86	0.014 ^{NS}
	Second born	23 (54.8)	19 (45.2)	42 (100)		45.35 \pm 8.36	
	Later born	8 (50)	8 (50)	16 (100)		45.06 \pm 9.56	
Class	8 th class	8 (24.2)	25 (75.8)	33 (100)	13.265**	41.12 \pm 7.70	8.578**
	9 th class	16 (48.5)	17 (51.5)	33 (100)		45.30 \pm 6.60	
	10 th class	21 (70)	9 (30)	30 (100)		49.53 \pm 9.71	
Type of schools	Government school	32 (49.2)	33 (50.8)	65 (100)	.449 ^{NS}	46.01 \pm 8.25	1.360 ^{NS}
	Private school	13 (41.9)	18 (58.1)	31 (100)		43.45 \pm 9.38	

*Significant at 0.05 level, **Significant at 0.01 level, NS indicates non-significant

Table 1 presents the association of individual factors with resilience among rural adolescents. Majority (63.9%) of the adolescents with 15 to 17 years of age were possessing average resilience level and also secured greater means (M=48.63; t=3.160**) compared to adolescents with 12-14 years of age. A significant association ($\chi^2=6.696^*$) was found between age and levels of resilience and a significant difference was observed between younger adolescents and older adolescents. There is an advancement in cognitive development with the increase of age. As adolescents enter into formal operational stage, the enhanced problem solving skills and reasoning abilities promotes resilience levels among adolescents. Similarly, Saranya and Deb (2015) [12], reported that the adversities faced by adolescents differs and the way adolescents approach to challenges varies. With the

advancement in age there will be increased responsibilities which might impact on adaptation to situations. With regard to class of studying, 70 per cent adolescents in tenth class were having average resilience level, while 75.8 per cent in eight class and 51.5 per cent in ninth class has below average resilience. There is a significant association observed between class and adolescents resilience level ($\chi^2=13.265^{**}$). Alongside, a significant difference was found between the eighth, ninth and tenth class students (F=8.578**), where adolescents from tenth class (M=49.53) showed greater mean scores on resilience compared to eighth (M=41.12) and ninth (M=45.30) class adolescents. The type of school, ordinal position of the adolescents and gender does not had any significant association with the level of resilience.

Table 2: Association of individual factors with levels of resilience among urban adolescents

Individual factors		Levels of resilience			χ^2	Mean \pm SD	t-value/ F-value
		Average	Below average	Total			
Age (in years)	12-14	23 (41.8)	32 (58.2)	55 (100)	.453 ^{NS}	41.76 \pm 10.21	-.432 ^{NS}
	15-17	14 (35)	26 (65)	40 (100)		42.60 \pm 7.92	
Gender	Male	26 (53.1)	23 (46.9)	49 (100)	8.478 ^{**}	45.26 \pm 8.58	3.626 ^{**}
	Female	11 (23.9)	35 (76.1)	46 (100)		38.76 \pm 8.89	
Ordinal position	First born	10 (33.3)	20 (66.7)	30 (100)	1.451 ^{NS}	41.76 \pm 9.09	.048 ^{NS}
	Second born	17 (37.8)	28 (62.2)	45 (100)		42.13 \pm 9.21	
	Later born	10 (50)	10 (50)	20 (100)		42.60 \pm 10.16	
Class	8 th class	18 (58.1)	13 (41.9)	31 (100)	7.922 [*]	44.12 \pm 10.77	3.567 [*]
	9 th class	11 (35.5)	20 (64.5)	31 (100)		41.09 \pm 9.22	
	10 th class	8 (24.2)	25 (75.8)	33 (100)		41.18 \pm 7.67	
Type of schools	Government school	11 (33.3)	22 (66.6)	33 (100)	.670 ^{NS}	39.93 \pm 10.15	-1.683 ^{NS}
	Private school	26 (41.9)	36 (58.1)	62 (100)		43.27 \pm 8.64	

*Significant at 0.05 level, **Significant at 0.01 level, NS indicates non-significant

Association between individual factors and resilience level of urban adolescents was presented in the table 2. In urban sample the age of the adolescents, ordinal position and type of school does not had significant association with levels of resilience. It was observed that gender has a significant association with adolescents' resilience. Most of the male adolescents had average resilience level (53.1%) and majority of female adolescents (76.1%) are having below average resilience level.

With regard to gender (t=3.626^{**}) a significant difference was observed. Where male adolescents (M=45.26) had better mean scores than female adolescents (M=38.76). Majority of boys exhibited high optimism, trust worthy relations and greater problem solving capacities which in turn results in higher resilient levels. Erdogan *et al.* (2015) [6] findings are consistent with the results of present study. The study reveals that, the societal gender possessions and emotional experience of females hold the power of adapting situations. As females have strong emotional competence and more emotional reactivity but less sense of mastery results in lesser resiliency level.

Adolescent class of studying was significantly associated with their resilience level. Most of the adolescents from eighth class had average resilience level, while ninth and tenth

adolescents were having below average resilience level. A significant difference was found between eighth, ninth and tenth class students with respect to level of resilience (F=3.567^{*}). Eighth class students (M=44.12) expressed higher means compared to ninth and tenth class students (M=41.09 & M=41.18 respectively).

Table 3 presents the association of familial factors with levels of resilience among adolescents. The familial factors of the individuals like parental education, parental occupation, type of family, size of family and socio-economic status does not had significant association with adolescents resiliency. However a keen observation reveals that adolescents whose mothers with higher education, mothers who were working atleast at home or shops and with medium sized families showed average resilience level. Alongside adolescents from high socio-economic status have average resiliency. Nevertheless there is no significant association was observed.

In table 4 similar to rural sample in urban area, adolescents resilience does not had significant association with parental education, parental occupation, type of family, size of family and socio-economic status of the family. However, majority of adolescents mother who works at shops or possessing own shop exhibited average resiliency.

Table 3: Association of familial factors with levels of resilience among adolescents

Familial factors		Levels of resilience			χ^2	Mean \pm SD	t-value/ F-value
		Average	Below average	Total			
Fathers education	Professional/ post graduate and graduation	8 (42.1)	11 (57.9)	19 (100)	5.995 ^{NS}	45.57 \pm 8.13	2.389 ^{NS}
	Primary Secondary, 10 th , PUC	37 (48)	40 (51.9)	77 (100)		43.49 \pm 9.54	
Mothers education	Professional/ post graduate and graduation/ PUC	11 (55)	9 (45)	20 (100)	4.938 ^{NS}	46.00 \pm 8.04	.512 ^{NS}
	Primary, Secondary, 10 th	33 (43.4)	43 (56.6)	76 (100)		45.24 \pm 9.42	
Fathers occupation	Service in central/ state/public	9 (50)	9 (50)	18 (100)	2.561 ^{NS}	45.44 \pm 10.14	.330 ^{NS}
	Service in private sector or independent business	8 (36.4)	14 (63.6)	22 (100)		44.45 \pm 11.08	
	Service at shops, home, own cultivation	19 (54.3)	16 (45.7)	35 (100)		46.20 \pm 7.23	
	Self-employed/Labourers/ housewives	9 (42.9)	12 (57.1)	21 (100)		44.04 \pm 6.93	
Mothers occupation	Service in central/ state/public/private sector or independent business	9 (39.1)	14 (60.8)	23 (100)	2.446 ^{NS}	45.12 \pm 9.80	.794 ^{NS}
	Service at shops, home, own cultivation	15 (55.5)	12 (44.4)	27 (100)		46.92 \pm 8.22	
	Self-employed/Labourers/ housewives	21 (45.6)	25 (54.3)	46 (100)		44.69 \pm 8.74	
Type of family	Nuclear	39 (49.4)	40 (50.6)	79 (100)	1.113 ^{NS}	45.45 \pm 9.21	.651 ^{NS}
	Joint	6 (35.3)	11 (64.7)	17 (100)		43.94 \pm 5.53	
Size of family	Small	20 (44.4)	25 (55.6)	45 (100)	1.281 ^{NS}	45.22 \pm 9.20	.007 ^{NS}
	Medium	21 (53.8)	18 (46.1)	39 (100)		45.09 \pm 8.79	
	Large	6 (50)	6 (50)	12 (100)		45.44 \pm 5.57	
Socio-economic status	High	12 (66.7)	6 (33.3)	18 (100)	2.877 ^{NS}	49.16 \pm 9.10	1.234 ^{NS}
	Middle	33 (42.3)	45 (57.7)	78 (100)		44.82 \pm 8.77	

NS indicates non-significant

Table 4: Association of familial factors with levels of resilience

Familial factors		Levels of resilience			χ^2	Mean \pm SD	t-value/ F-value
		Average	Below average	Total			
Fathers education	Professional/ post graduate and graduation	11 (39.3)	17 (60.7)	28 (100)	1.764 ^{NS}	42.14 \pm 9.37	.044 ^{NS}
	Primary Secondary, 10 th , PUC	26 (38.8)	41 (61.2)	67 (100)		41.82 \pm 8.77	
Mothers education	Professional/ post graduate and graduation/ PUC	10 (38.4)	16 (61.5)	26 (100)	2.251 ^{NS}	43.90 \pm 9.22	1.801 ^{NS}
	Primary, Secondary, 10 th	27 (39.1)	42 (60.8)	69 (100)		43.85 \pm 9.11	
Fathers occupation	Service in central/ state/public	16 (34.2)	22 (57.9)	38 (100)	5.136 ^{NS}	43.28 \pm 9.25	.403 ^{NS}
	Service in private sector or independent business	8 (26.7)	22 (73.3)	30 (100)		40.83 \pm 7.74	
	Service at shops, home, own cultivation	7 (50)	7 (50)	14 (100)		42.20 \pm 8.90	
	Self-employed/Labourers/ housewives	6 (46.1)	7 (53.8)	13 (100)		41.50 \pm 13.41	
Mothers occupation	Service in central/ state/public/private sector or independent business	10 (35.7)	18 (64.3)	28 (100)	3.318 ^{NS}	43.16 \pm 8.09	.801 ^{NS}
	Service at shops, home, own cultivation	9 (60)	6 (40)	15 (100)		45.20 \pm 8.79	
	Self-employed/Labourers/ housewives	18 (34.6)	34 (65.4)	52 (100)		41.07 \pm 9.76	
Type of family	Nuclear	31 (40.3)	46 (59.7)	77 (100)	.294 ^{NS}	42.38 \pm 9.48	.592 ^{NS}
	Joint	6 (33.3)	12 (66.7)	18 (100)		40.94 \pm 8.53	
Size of family	Small	21 (40.4)	31 (59.6)	52 (100)	1.401 ^{NS}	42.35 \pm 9.83	3.233*
	Medium	10 (33.3)	20 (66.6)	30 (100)		42.62 \pm 7.88	
	Large	6 (46.1)	7 (53.8)	13 (100)		26.00 \pm 4.24	
Socio-economic status	High	6 (42.8)	8 (57.1)	14 (100)	2.662 ^{NS}	41.00 \pm 8.83	.831 ^{NS}
	Middle	33 (40.7)	48 (59.3)	81 (100)		42.39 \pm 9.00	

*Significant at 0.05 level, NS indicates non-significant

Conclusion

Resilience as a personal ability attributes to bounce back from adversities. Resilience is individual trait, progresses within adolescents as they become older. Rural adolescents had better resiliency than urban adolescents. As most of the literature presents the association of parental factors with adolescents resilience, interestingly the present study disclose that parental education and occupation, type of family and socio-economic status of the family does not have a significant influence on adolescents resilience. The study concludes that rather than parental characteristics the adolescents age, gender and class of studying had a significant association with resilience level.

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