



ISSN (E): 2277-7695

ISSN (P): 2349-8242

NAAS Rating: 5.23

TPI 2022; SP-11(6): 80-88

© 2022 TPI

www.thepharmajournal.com

Received: 11-03-2022

Accepted: 15-04-2022

Rupjyoti Bhattacharjee

Assistant Professor, Department of Human Development and Family Studies, College of Community Science, Assam Agricultural University, Jorhat, Assam, India

Juri Baruah

Former HoD and Professor, Department of Human Development and Family Studies, College of Community Science, Assam Agricultural University, Jorhat, Assam, India

Gita Doley

Masters of Science student, Department of Human Development and Family Studies, College of Community Science, Assam Agricultural University, Jorhat, Assam, India

Corresponding Author

Rupjyoti Bhattacharjee

Assistant Professor, Department of Human Development and Family Studies, College of Community Science, Assam Agricultural University, Jorhat, Assam, India

Relationship between parental resilience and demographic characteristics

Rupjyoti Bhattacharjee, Juri Baruah and Gita Doley

DOI: <https://doi.org/10.22271/tpi.2022.v11.i6Sb.12913>

Abstract

Resilience is the ability of an object to withstand tension or compression forces and ultimately resume its original shape. In the domain of social science related to human behavior resilience refers to the personal qualities that enable to thrive in the face of adversity. In the context of family, parental resilience is the ability to gainfully cope with and bounce back from all types of challenges. It is about creatively solving problems, building trusting relationships, maintaining a positive attitude, and seeking help when it is needed. The study was conducted in Jorhat district of Assam and 100 adolescents of 14-16 years having both the parents, thus a parents sample of 200 parents were selected as samples by following purposive sampling method under non probability sampling technique. The study aimed at assessing the extent of parental resilience and studying the relationship of parental resilience and demographic characteristics of the parents. Self constructed questionnaire was used to collect the data comprising demographic characteristics and self constructed interview schedule based on Connor-Davidson Resilience Scale (CD-RISC) was used to assess parental resilience. Results indicated that the majority of the parents (78%) possess average level of parental resilience while 10.5% and 11.5% possess high and low level of resilience respectively. It was also revealed that there is a significant association of the demographic variables -education, occupation and income with parental resilience. Therefore, parental resilience plays an important role in facing daily challenges, solving problems and bouncing back from certain adversities in the family.

Keywords: Resilience, parental resilience, demographic characteristics, adolescents, parents

Introduction

Resilience as a term has been borrowed from the domains of physics and material science, referring to an object's ability to withstand tension or compression forces and ultimately resume its original shape. In the domain of social science related to human behavior resilience refers to the personal qualities that enable to thrive in the face of adversity. Resilience as a concept has been viewed as an interactive concept that is concerned with the combination of a relatively positive psychological outcome despite serious risk experiences (Rutter, 2006) [18]. Before discussing the parental resilience in specific the discussion is moving towards the family resilience due to the importance of family resilience in the field of resilience research. The origins of family-centered resilience studies have roots in research on stress, adversity, and crisis with a focus on the family unit rather than individuals (Becvar, 2013 Walsh, 2016) [1-22]. A large number of researches have been carried out on individual-focused resilience science. In recent time influential scholars played a key role in infusing resilience perspectives into family. Family resilience means the functioning of the family system in dealing with adverse situation. Family resilience refers to the capacity of the family system to withstand and rebound from adverse situation, become more strengthened and more resourceful (Walsh, 2003) [20]. In facing adverse situation, the family approach and response are crucial for resilience. Key processes of intervention programme enable the family to rally in highly stressful times to reduce the risk of dysfunction and to support positive adaptation. Although some families are more vulnerable as they have experienced severe trauma or persistent hardships, a family resilience perspective is grounded with a deep conviction in family member's potential for repair and growth. The Strengthening Family's resilience approach and protective factors framework was introduced in 2003 by the Center for the Study of Social Policy (CSSP). It is a research and strengths based approach that focus on the well-being of all family members by preventing child abuse and neglect and helping families to identify and build their own protective factors. The Strengthening Families protective factor framework includes the following five protective factors-

- Parental Resilience
- Knowledge of Parenting and Child Development
- Social and Emotional Competence of Children
- Social Connections
- Concrete Support in Times of Need

In the framework of family resilience parental resilience is one of the important protective factors which is still a neglected construct in resilience research. How parents accommodate adversity and find meaning in their everyday lives within their families is an important process in understanding parental resilience. Parental resilience is defined by Centre for the Study of Social Policy (CSSP, 2017) as “The ability to manage and bounce back from all types of challenges that emerge in every family’s life. It

means finding ways to solve problems, building and sustaining trusting relationships including relationships with your own child and knowing how to seek help when necessary.” Parental resilience is the ability to constructively cope with and bounce back from all types of challenges. It is about creatively solving problems, building trusting relationships, maintaining a positive attitude, and seeking help when it is needed (Ellingsen *et al.* 2014) [8]. Four key constructs have been identified that represent the various layers of influence on human development (Bronfenbrenner, 2005) [2], which can determinate parental resilience processes directly or indirectly affecting resilient parenting outcomes. Susana Gavidia-Payne *et al.* 2015 from her research, a model of parental resilience has been proposed which is depicted in Fig.1

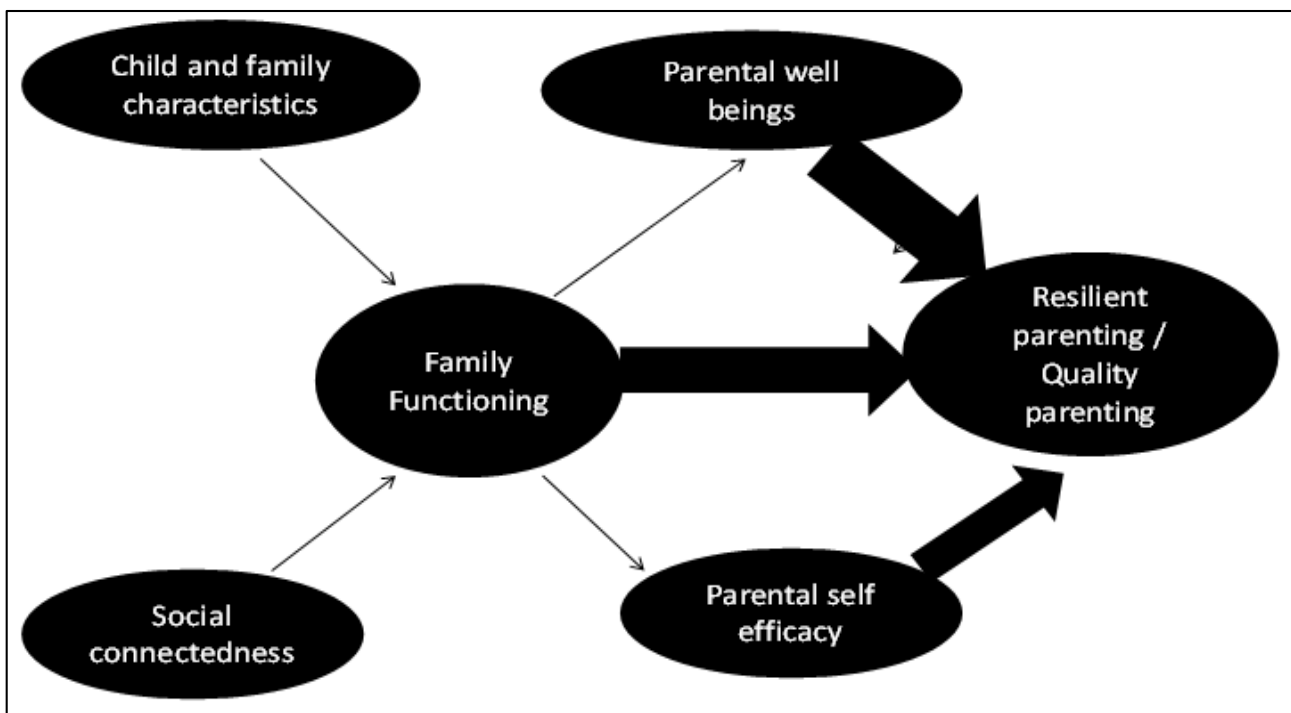


Fig 1: A parental resilience model.

The hypothesized conceptual model is drawn and proposed for further clarification of how some protective processes operate under stress in special ways, triggering parents’ or caregivers’ practices which eventually influence child functioning. The first two constructs depicted in the model include individual characteristics of parents such as psychological well-being and self-efficacy that were put forward in the model as important dimensions for building a solid understanding of parental resilience. Family functioning, a construct universally accepted as essential to the achievement of family resilience (Walsh, 2013) [21] which was similarly identified as vital to parental resilience. Family functioning means how parents accommodate adversity within their everyday lives, so that parent can deliver quality parenting practices which have implications for the development of parental resilience. Finally, social connectedness, a critical contributor to resilience in families (Landau, 2013) [16], was addressed as fourth factor, adding to a more holistic assessment of the various influences operating on parental resilience. This model mainly focuses on individual, family, and social-related factors, which can be useful to provide further insights into parental resilience.

Statement of problem

In present scenario resilience research is carried out with limited academic attention paid to the factors that may contribute to the resilience of parents. Parental Resilience research is now in its infancy so several imperative areas require investigation. Parental resilience framework could inform intervention research about factors to be focused thus able to design more holistic intervention programme for boosting parental resilience. It is anticipated that further research on specific parental resilience variables will facilitate the advancement in development and evaluation of intervention programmes designed to strengthen resilient outcomes for parents, and ultimately their children. Resilience has been identified as a key concept that plays a significant role in decreasing the impact of mental health challenges as well as improving increased adaptive capacity (Mccay *et al.*, 2010) [17]. The connection between parental resilience and positive development outcomes and adaptability among adolescent is a major concern for today’s academic world. With this perspective the present study aims to analyze the relationship between parental resilience and demographic characteristics of the respondents also emphasizing on

hierarchical pattern of importance for four aspects of resilience namely creatively solving problems, building trusting relationships, maintaining a positive attitude and seeking help when it is needed.

Objectives

- To assess the extent of parental resilience
- To study the relationship of parental resilience and demographic characteristics

Materials and Methods

Every research investigation is unique and the methodological research approach to be used depends on the aim and focus of a study. Accuracy of the methodology adopted is the fundamental factor for determining success of the research. This section is an attempt to discuss the materials used and methodologies adopted during the course of investigation. The entire procedure adopted for the present study on is described under the following heads

Location of the study

The present study was carried out in Jorhat district of Assam. Jorhat district was selected by following convenient sampling method under non probability sampling technique as the participants from Jorhat district were easily accessible to the researcher.

Sample design

Multistage (four stages) sampling design was adopted. The sampling units at different stages were

First stage: Selection of district

Second stage: Selection of educational blocks

Third stage: Selection of schools

Fourth stage: Selection of Student along with both the parents

Jorhat District consists of 5 (five) numbers of educational blocks namely Central Jorhat, East Jorhat, Jorhat, North West Jorhat, and Titabor. For convenience of the researcher and to gather information from virgin population two educational blocks i.e Jorhat and North West Jorhat were selected from the 5(five) educational blocks for the study by using simple random sampling procedure under probability sampling technique. While selecting the sample randomly lottery technique was used.

Selection of student along with both the parents sample

100 numbers of adolescents were selected from four co educational government schools. Adolescents studying in nine and tenth standard belonging to the age group of 14-16 years and having both the parents were selected for the study. Both the parents of 100 numbers of adolescents i.e. mother- 100 and father-100 thus making a sample size of 200 parents were selected purposively.

Materials

Self constructed Questionnaire

Questionnaire was prepared by the researcher to elicit the demographic characteristics of the samples for fulfilling the research need. Education, income and common ailments etc and some other related information for parent sample were investigated. To make the questionnaire easily graspable by the targeted sample the questionnaire had been translated to local language-Assamese.

Interview schedule for assessing parental resilience

More recently, the tide is shifting to use indigenously developed tools to satisfy the specific research need. Thus an interview schedule was developed by the researcher to fit with research need and socio cultural context of the vicinity. By analyzing the resilience literature it was found that the Connor-Davidson Resilience Scale (CD-RISC) which was developed by Kathryn M. Connor and Jonathan R.T. Davidson (2003)^[14] was the most commonly used instrument in resiliency research which comprises of 25 items, each rated on a 5-point scale (0–4), the total score ranges from 0–100 with higher scores reflecting greater resilience. An interview schedule was constructed with 64 items to assess parental resilience by taking Connor-Davidson Resilience Scale as a basis. Interview schedule was developed by covering 4 aspects of parental resilience i.e. creatively solving problems, building trusting relationships, maintaining a positive attitude, and seeking help when needed. Series of statements were constructed under each aspect to assess the parental resilience.

The Interview schedule was consist of the following aspects- Problem solving- Consisting of twenty two items (Item number 1- 21) on how the parents solve the problem such as-financial, social, familial, emotional, physical etc.

Trusting relationship- Consisting of 16 items (Item number- 22-37) on how the parent's maintain trusting relation with the individuals in their surrounding-family members, relatives community people, service provider etc.

Positive attitude- Consisting of 15items (Item number- 38-52) on how parents maintain a positive attitude towards all the aspects of life.

Seeking help- Consisting of 12 statements (Item number -53-64) on how parents avail the different services and facilities available for parents and children at the time of need.

The schedule included five responses against each item reflecting four different degrees of parental resilience. The responses were: Always, most of the time, sometimes /occasionally, rarely and never and scores assigned to each response was 1, 2, 3, 4, and 5 respectively. The self constructed scale for assessing parental resilience has been translated to local language- Assamese to prevent the researcher from interpreting the items to the sample while administering the tool which may influence researcher's attitude in answering the items in the scale.

Ethical Consideration

Prior to data collection, permission was obtained from all the concerned authority for conducting the study and informed consent was obtained from the sample. The purpose of the study was clearly defined and the participants were assured that the confidentiality with respect to the identity of the participants will be maintained and they have the right to withdraw themselves from participating in between if they feel so.

Result and Discussion

The present study was under taken with 200 parents (fathers and mothers) from Jorhat district of Assam. This study analyzed the relationship between parental resilience and demographic characteristics, extent of parental resilience and hierarchal pattern of importance for parental resilience through four different dimensions namely creatively solving problem, trusting relationship, positive attitude and seeking help in the time of need. The analyses were conducted by using IBM-SPSS version 25.

Demographic characteristics of the respondents

Demographic characteristics are an important parameter for studying human behavior. Hence, in order to get insight into the behavior of parents, collection of data on demographic aspects has been considered important for the present research with this in mind, an attempt has been made to understand the demographic background of the parents who were selected

for the present investigation. The data are presented under the following heads:

- Personal and familial characteristics.
- Parental characteristics.

Personal and familial characteristics

Table 1: Distribution of respondents according to Personal characteristics

Adolescent characteristics	Category	Adolescents N-100				Total
		Boys N-48		Girls N-52		N-100
		F	%	F	%	F %
Age	14	25	52	28	53.8	53(53)
	15	12	25	22	42.3	34(34)
	16	11	22.9	2	3.8	13(13)
Ordinal position	1	28	58.3	26	50	54(54)
	2	13	27.1	13	25	26(26)
	3	2	4.2	9	17.3	11(11)
	4	5	10.4	4	7.7	9(9)
Educational grade	9	23	47.9	29	55.8	52(52)
	10	25	52	23	44.2	48(48)
Common ailment	Sinusitis	2	4.2	3	5.8	5(5)
	Allergy	3	6.3	5	9.6	8(8)
	Asthma		-	1	1.9	1(1)
	None	10	20.8	26	50	36(36)
	Any others	33	68.7	17	32.7	50(50)

Table 1 reveals that a majority of the boys (52%) and girls (53.8%) belong to the age of 14 years. Twenty five percent of boys and 42.3% of girls belong to the age of 15 year and 22.9% of boys and a very few percentage of girls (3.8%) fall in the age of 16 years. Regarding percentage of adolescents according to ordinal position, in case of boys 58.3% were first born, 27.1% were second born, 4.2% were third born and 10.4% were fourth born. Similarly in case of girls 50% were first born, 25% were second born, 17.3% were third born and 7.7% were fourth born. From Table 1, it is also noted that

47.9% and 55.8% of boys were from 9th and 10th standard respectively and in case of girls 52% and 44.2% were from 9th standard and 10th standard, respectively. Among the selected adolescents 50% of girls had no ailment and 32.7% had some minor ailment like head ache, stomach ache etc. Sinusitis, allergy and asthma were suffered by 5.8%, 9.6% and 1.9% of girl respondents respectively. In case of boys 68.7% were having minor ailment like head ache, stomach ache etc. and 20.8% of boys had no ailment, 4.2% and 6.3% were having sinusitis and allergy respectively.

Table 2: Distribution of respondents according to their familial characteristics

Parents characteristics	Category	Total (N-200)	
		F	%
Number of Family member	3-5	162	81
	5-7	32	16
	7-9	6	3
	9 & above	-	-
Family type	Nuclear	172	86
	Joint	26	13
	Extended	2	1
Religion	Hindu	194	97
	Muslim	4	2
	Christian	2	1
	Sikh	.	-
	Others	-	-
Family Income	Below Rs. 10,000.00/ per month	136	71
	Rs. 10,000.00-30,000.00/per month	55	25
	Rs. 30,000.00-50,000.00/per month	7	3
	Above Rs. 50,000.00/ per month	2	1

The above Table 2 reveals that majority of the respondents (81%) were from families with 3-5 numbers of family member followed by 16% from families with 5-7 family members. Only 3% of adolescents were having 7-9 numbers of family members. Regarding type of family of the respondents, 86% belonged to nuclear family and 13% of belonged to joint family while only 1% of respondents

belonged to extended family. Majority of the respondents (97%) belonged to Hindu religion and a very few respondents 2% and 1% belonged to Muslim and Christian religion respectively. When family income of the respondents were studied it has been seen that majority of the families (71%) were earning below Rs/-10,000per month. The income range per month of 25% and 3.5% were within Rs. 10,000.00-

30,000.00 and Rs. 30,000.00-50,000.00 respectively. Only 1% of the family had an income of Rs- 50,000/- and above per month.

Parental characteristics

Table 3: Distribution of respondents according to their parental characteristics

Parents characteristics	Category	Parents,N-200				Total	
		Father N-100		Mother N-100		N-200	
		F	%	F	%	F	%
Education	Illiterate	3	3	6	6	9	4.5
	Below HSLC	50	50	56	56	106	53
	HSLC pass	24	24	22	22	46	23
	HSSLC pass	15	15	9	9	24	12
	Graduate	8	8	6	6	14	7
	Post graduate	-		1	1	1	.5
	Any other (please specify)	-		-	-	0	-
Occupation	Service holder	11	11	5	5	16	8
	Business	64	64	26	26	90	45
	Others (please specify)	25	25	69	69	94	47
Common ailment	Sinusitis	13	13	7	7	20	7
	Allergy	7	7	13	13	20	13
	Asthma	10	10	5	5	15	5
	None	51	51	59	59	110	55
	Any others	19	19	16	16	35	16
Age at Marriage	10-20	13	13	15	15	28	14
	21-30	66	66	61	61	127	63.5
	31-40	18	18	22	22	40	20
	Above 40	3	3	2	2	5	2.5

Table 3 shows that highest percentage of fathers (50%) and mothers (56%) were having qualifications below HSLC. Twenty four percent of fathers and 22% of mothers passed HSLC and 15% of fathers and 9% of mothers were found to be HSSLC passed. There were 8% graduate fathers against 6% graduate mothers. Only 1% of mothers completed post graduation. As far as occupation was concerned highest percentage of fathers (64%) belong to business category and majority of mothers (69%) were home makers. Only 11% of fathers and 5% of mothers were service holders. Providentially it is observed from the table that more than half of the parents (55%) were totally fit and fine reporting none of the ailments. Only 13% were suffering from allergy, 7% from sinusitis and 5% of the parents were sufferings from asthma. As far as parent's age at the time of marriage was concerned highest percentage of parents (father-66% and mother-61%) got married within the age range of 21-30 years followed by 18% of fathers and 22% of mothers within the range of 31- 40 years of age respectively. It was observed

from the table that 13% of fathers and 15% of mothers entered marriage at the age of 10 to 20 years and only 3% of father and 2% of mother entered into married after 40 years.

Being a parent is although a rewarding experience, yet stress may be caused by the pressure placed on them in relation to their children as well as family responsibility. Typical events like moving to a new place on job demand, unexpected events like losing a job, substance abuse or traumatic experiences, relationship problems or feeling of loneliness, environmental conditions like natural disasters cause stress to the parents. How parents respond to these problems is much more important than the problem itself. Moreover, availability and quality of social connectedness is also an important aspect in the lives of parents. Relationship with family members, friends, and neighbors engender mutual trust and respect which help them to positively deal with problem situations and thereby become resilient. Therefore, considering all these aspects certain other information was collected from the parents which are shown in Table 4.

Table 4: Other information relevant to parental resilience

Other information about the parents	Response	Parents N-200				Total	
		Father N-100		Mother N-100		N-200	
Parent's feelings of closeness with their parental family member	Mother	37	37	32	32	69	34.5
	Father	32	32	40	40	72	36
	Relatives	1	1	1	1	2	1
	Others	5	5	1	1	6	3
Feeling of Trust and respect towards others	Yes	90	90	86	86	176	88
	No	10	10	14	14	24	12
Can easily Change plan as per need	Yes	89	89	82	82	171	85.5
	No	11	11	18	18	29	14.5
Change of place on job demand	Yes	7	7	2	2	9	4.5
	No	93	93	98	98	191	95.5
Death of parent's parental family member	Yes	18	18	23	23	41	20.5
	No	82	82	77	77	159	79.5

Having Close friends	Yes	49	49	52	52	101	50.5
	No	51	51	48	48	99	49.5
Feeling of Loneliness	Yes	31	31	34	34	65	32.5
	No	69	69	66	66	135	67.5
Facing Natural calamities	Yes	29	29	25	25	54	27
	No	71	71	75	75	146	73
Parent's feeling of being exploited by others	Yes	4	4	18	18	22	11
	No	96	96	82	82	178	89

Collected data were analyzed and found that almost equal percentages (34.5% and 36%) of parents were close with their mother and father respectively. It was observed that 88% of parents had trust in outside world. Majority of the parents (85.5%) used to change their plans as and when need arises. Again, it was apparent that a very few parents (4.5%) had changed their place on job demand during last two years and 20.5% of the parents suffered from the tragedy of death of their parental family member in last two years. Accordingly 50.5% of parents were observed to be having close friends with whom they can mingle with. Consequently 67.5% of the parents never felt lonely in their day to day life. However, it was observed that majority of the parents (73%) were not faced with natural calamities in last two years and 89% of the respondent parents felt that they were not exploited by anyone else in their life. From the informal interview with parents it was observed that they were confident enough to face challenges whatever comes on their way.

Parental Resilience

The concept of parental resilience has been considered as a critical element of well-functioning family systems. It can be identified in the context of meaningful everyday activities of family life. But the significance of parental resilience for providing quality parenting has been less investigated. Hence, this study makes an attempt to assess the extent of parental resilience as a whole as well as in the light of its various components. At first the data collected on parental resilience from 200 parents (100 mothers and 100 fathers) were analyzed to categorize parents under high, average and poor category. Results thus obtained are discussed in reference to the demographic details of these parents. Association of various demographic characteristics with parental resilience was calculated to give a clear picture of the nature of resilience the parents possess. While executing their resilience, the specific aspect of resilience they mostly rely on was analyzed through calculation of weighted means. Based on these analysis conclusions drawn are discussed below under the following heads-

- Extent of parental resilience.
- Relationship of parental resilience and Demographic characteristics
- Hierarchical pattern of importance for four aspect of parental resilience.

Extent of parental resilience

Results of the extent of parental resilience indicated that the majority of the parents (78%) possess average level of parental resilience while 10.5% and 11.5% possess high and low level of resilience respectively (Table 5). The demography of the parents selected for the present study revealed homogeneity in the aspects of education, income, occupation and type of family. It was observed that almost 80% of the parents were at HSLC level and most of them were doing business such as small shop at village level, namely vegetable seller, tailor, running beauty parlours,

barber shop, auto rickshaw driver as their occupation. Almost 70% of the people were earning below 10,000/- per month and 25% of the parents were earning between Rs 10,000/- to Rs 30,000/- per month (Table 2) which is not at all sufficient to run a family of 3-5 members in these days of price hike. Chi square test conducted also proved statistically significant association between education, income and occupation with parental resilience. These parents are usually preoccupied with the thoughts of managing their household with limited income; planning about saving for future is their distant dream. Sometimes to meet up all the expenditure they used to take loan from friends and could not repay on time. Such parents are unable to put analytical logic for their problems and maintain a cool and calm approach towards life. Research also supports that lower SES was associated with less health consciousness (thinking about things to do to keep healthy), stronger beliefs in the influence of chance on health, less thinking about the future, and lower life expectancies (Wardle and Steptoe, 2003). All these factors had an impact on their poor health habits, limited celebration during festival, avoidance for reunion of old friends and family member, unwillingness to learn new skills and finding opportunities from hard experiences. The adverse life events experienced by these parents are almost of similar kind which resulted in average level of resilience in majority of the sample while a small portion developed poor resilience. The concept of resilience is a complex one. In reality, resilience is more likely to exist on a continuum that may present itself in differing degree across multiple domains of life (Southwick *et al.*, 2014).

Within the sample a meager percentage (10%) of parents were found to possess high level of resilience. High resiliency may be an inherited potential nurtured by conducive immediate surroundings. Resilience is enhanced by factors like family and support systems, which are considered under environmental factors (Connor *et al.*, 2003) ^[4]. Highly resilient individuals usually possess qualities such as good social networking, self care skills, positive image of self, helping others, adaptability to change. Such qualities are learnt from interaction with immediate surroundings, from exposure to media, from diverse social connections emerging from one's educational and occupational environment. Therefore, the reasons for possessing high level of resilience by this small section of sample may be attributed to their educational level, occupational status, social connectedness and their motivation for self development for adapting to the adverse situations they face in life. Past researches highlighted that less attention has been paid to the resilience of parents, while resilience research has focused almost absolutely on children's well-being, and family resilience (Gardner *et al.*, 2002; Hill *et al.*, 2007; Kalil *et al.*, 2003) ^[9, 12, 13]. This result of the present study may be due to less concern about parental resilience concept and its magnificent effect on quality parenting. This less attention resulted in unawareness among the parents about the importance of inculcating qualities to build up one's resilience.

Table 5: Distribution of parents according to the extent of parental resilience

Respondent	Mean	SD	Extent of parental resilience					
			High		Medium		Low	
			f	p	f	p	f	p
Mother and father (200)	159.77	19.31505	21	10.5	156	78	23	11.5

Relationship of parental resilience and demographic characteristics

Table 6: Association of parental resilience and demographic characteristics

Demographic characteristic	N	Calculated value	df	Critical value
Education				
Illiterate	9	19.7*	10	18.31
Below HSLC	106			
HSLC pass	46			
HSSLC pass	24			
Graduate	14			
Post graduate	1			
Number of family member				
3-5	162	6.32	4	9.49
5-7	32			
7-9	6			
Family type				
Nuclear	172	5.84	4	9.49
Joint	26			
Extended	2			
Occupation				
Service	16	10.2*	4	9.49
Business	90			
Others	94			
Family income / month				
Less than 10,000	136	13.1*	6	12.59
10,000-30.000	55			
30000-50000	7			
50000 & above	2			

*Calculated value of chi square
 Significant level=0.05,
 df: Degree of freedom

Demographic characteristics have a significant role in determining the way one exhibits behavior in their every day dealings. An attempt has been made to observe whether Demographic characteristics have any relationship with parental resilience. Chi-Square test of Independence was calculated for five demographic variables namely education, number of family member, family type, occupation and income of the respondents. As evident from the Table 6, the calculated value of Chi square for Education, occupation and Income of parents were 19.7*, 10.2* and 13.1* respectively which were greater than the critical value of chi square 18.3, 9.49 and 12.59 respectively at alpha-.05 in accordance with chi square distribution table. Findings reveal significant association of the demographic variables -education, occupation and income with parental resilience. This shows that education is imperative to have a equitable society for better way of living. This also emboldens the idea of universalisation of education. Various social scientists from time to time have been giving stress upon this issue. Education can bring maximum changes in human behavior. Educational experiences promote the intellectual openness, flexibility and breadth of perspective essential for positively directed behavior in parenting approach (Kohn *et al.*, 1983) [15]. However, this does not necessarily imply that without education one would not have any knowledge of solving problem creatively and positive attitude towards life at all, because positivity is a matter of how one perceive the world.

But one must acknowledge the fact that education makes a difference to it.

Occupation contributes to family’s income and facilitates a greater exposure which opens up new dimension for learning. Occupation has a relationship with parental resilience as per the findings. Occupational satisfaction gives peace of mind that ultimately reflects in person’s abilities and behavior in day to day’s dealings. Personality of female is largely affected by occupational outcome (Ham *et al.*, 2009) which is also found from the results. This was as rightly pointed by Schwarz and Rubel in 2005 that income level makes most of the differences in one’s life. Higher the income level less will be the need to restrict one’s impulses and reduces security threats. Therefore, higher income may promote positive thinking and problem solving abilities, socialization of a person. In unison Income also showed relationship with parental resilience. This finding was also in alignment with the finding that the predictors of parents’ resilience were financial status, parents’ gender, fathers’ employment status, and children's gender (Habibpour *et al.*, 2019) [10]. From the table it is also evident that calculated value of chi square for number of family members and type of family were 6.32* and 5.82* respectively which were lesser than the critical value of chi square 9.49 in both the cases at .05 significant level in accordance with chi square distribution table. This depicted that there were no relationship with numbers of family members, type of the family and parental resilience.

Table 7: Relationship of parental resilience and other related information

Other related information	N	Calculated value	df	Critical value
Feeling of Trust and respect towards others				
Yes	176	3.46	2	5.99
No	24			
Can easily Change plan as per need				
Yes	171	6.12*	2	5.99
No	29			
Change of place on job demand				
Yes	9	4.51	2	5.99
No	191			
Having Close friends				
Yes	101	2.97	2	5.99
No	99			
Feeling of Loneliness				
Yes	65	6.90*	2	5.99
No	135			
Facing Natural calamities				
Yes	54	6.51*	2	5.99
No	146			
Parent’s feeling of being exploited by others				
Yes	22	2.68	2	5.99
No	178			

*Calculated value of chi square test of Independence, Significant level=0.05, df: Degree of freedom.

Anticipating that some other factors related to parent’s personal life may have some association with parental resilience, chi- square test of independence was carried out for some related information like feeling of trust and respect towards others, change of plan as per need, change of place on job demand, having close friends, feeling of loneliness, facing natural calamities and parents’ feeling of being exploited by others. Table 7 showed that calculated value of Chi square for changing of plan as per need, feeling of loneliness, facing natural calamities by parents were 6.12*, 6.90* and 6.51* respectively which were greater than the critical value of chi square 5.99 at alpha or significant level - .05 in accordance with chi square distribution table. Findings reveal that other related information of parental characteristics namely changing of plan as per need, feeling of loneliness, facing natural calamities proved significant association with parental resilience. Changing of plan as per need reflects flexibility which may lead to a dynamic personality and

hence, showing an association with parental resilience. Loneliness is an unhappy condition rising out of social isolation. Loneliness has a significant impact on overall health, sometimes it is only an indicator of underlying poor mental health condition. Resilience is the capacity of an individual to recover quickly from an adverse situation, both the constructs loneliness and resilience are seems to be opposite of each other. This may be the reason for the result of chi square test that feeling of loneliness has an association with resilience. Experiencing natural calamities may leave a life changing impact on the victim. Depending on the intensity of loss, victim may suffer from emotional instability, anxiety, trauma, stress reaction which may have impact on person’s resilience.

Hierarchical pattern of importance for four aspect of parental resilience

Table 8: Hierarchical pattern of importance for four aspect of parental resilience

Variables of parental resilience	Mean	SD	Weighted mean	Percentage shared
Seeking help	34.2	5.40	.283	28.3
Trusting relationship	39.7	5.50	.246	24.6
Problem solving	51.5	8.20	.243	24.3
Positive attitude	34.4	6.14	.227	22.7

In the present study parental resilience was studied in terms of four specific aspects namely problem solving, trusting relationship, positive attitude and seeking help. An attempt has been made to measure the importance of all the four aspects of parental resilience in parenting approach. It has been noted that the aspect of seeking help at the time of need has gained the 1st rank in importance of parental resilience construct with weighted mean of .283 followed by Trusting relationship with weighted mean of .246. The hierarchical pattern of importance, problem solving and positive attitude aspects come after trusting relationship with weightage mean .243 and .227 respectively. Problems are the part and partial

of human life. When need arises, as a natural instinct every individual look for help from others irrespective of institution and individuals. Even if the needs are under their control, parents feel satisfied when some outside entity is involved in the process. This may be the reason that seeking help at the time of need gained utmost importance in parenting approach. This may be the reason that seeking help at the time of need aspect of parental resilience has gained utmost importance in parenting approach. Simultaneously another window has been opened to study the situation as this section deals with the aspects like use of internet, utilization of Government schemes, benefits of self help group and student concession,

which are the most concerned topics of contemporary world. In recent time people are willingly or unwillingly participated in a rat race to become beneficiaries of Government schemes and due to the fast transition towards digital world people are keener to acquire the knowledge from internet. During the Covid-19 pandemic situation also teaching learning process has turned up- side down and moving towards online approach from offline class room teaching situation that may be one of the reasons for growing interest of internet. In rural areas, microfinance private companies created a fast growing network which trapped most of the rural population belonging to poor financial status. The sample under study were from rural areas mainly and hence they were also not set free from all those microfinance loan, which might created urge for concession and debt free opportunities. All these reasons might put the seeking help aspect of parental resilience in the 1st position of importance in the hierarchical pattern. In the section of positive attitude topic like inner happiness, spirituality, faith in God, learning new thing, acquiring positive things from bad experiences were included. The section of people who were buried in the chaos of their minimum income, livelihood cannot approach to farfetched notions like spirituality, inner happiness, positivity and all. This may the reason that positive attitude aspect of parental resilience constructs hold 4th position in importance.

Conclusion

Parents undoubtedly are the primary agent to influence overall subjective sense of personal worth or value in children. Capacity of parents to behave efficiently in the face of significant risk and adverse circumstances in daily life, influence their children. Parental resilience is concerned with adaptation and outcomes, environmental interaction and coping with threat and adversity. Lack of resilience perspective in parenting research has resulted in an unbalanced focus on parents' capacities and deficits. Parents' capabilities, talents and competences of facing various state of affairs foster self confidence that allows parents to view themselves as active agents in their own journey and by implication their child's journey too. From the present study following conclusions can be drawn

- Demographic characteristics like education, occupation and income showed significant association with parental resilience.
- Parental characteristics namely changing of plan as per need, feeling of loneliness, facing natural calamities proved significant association with parental resilience.
- In the hierarchical pattern of importance, the aspect of seeking help at the time of need has been identified as most important aspect by the parents.
- Majority of the fathers(79%) and mothers(75%) were possessing average level of resilience

References

1. Becvar DS. In: Handbook of family resilience. Springer, New York, 2013.
2. Bronfenbrenner U. The bioecological theory of human development. In: Making human beings human. Bioecological perspectives in human development. Bronfenbrenner, U. (ed.). Sage Publications, Thousand Oaks, CA, 2005.
3. Bhattacharjee R. Effect of parental resilience on self esteem of adolescents. Doctor of Philosophy (Community Science), A Thesis submitted to Assam Agricultural University, Jorhat, Assam, 2022.
4. Connor KM, Davidson JR. Development of a new resilience scale: the Connor-Davidson resilience scale (CD-RISC) *Depress Anxiety*. 2003;18:76-82.
5. Connor-Davidson Resilience Scale (CD-RISC) - 11-06-2013 by Melissa Moran - Statistics Solutions - <http://www.statisticssolutions.com>
6. Connor-Davidson Resilience Scale (CD-RISC) by Melissa Moran.
7. Connor-Davidson Resilience Scale From Wikipedia, the free encyclopedia.
8. Ellingsen R, Baker BL, Blacher J, Crnic K. Resilient parenting of preschool children at developmental risk. *J. Intellect. Disabil. Res.* 2014;58(7):664-678.
9. Gardner J, Harmon T. Exploring resilience from a parent's perspective: A qualitative study of six resilient mothers of children with an intellectual disability. *Australian Social Work*. 2002;55(1):60-68.
10. Habibpour Z, Mahmoudi H, Nir MS, Areshtanab HN. Resilience and its Predictors among the Parents of Children with Cancer: A Descriptive-Correlational Study. *Indian J. Palliat. Care*. 2019;25(1):79-83.
11. Hamidreza Zakeria FF, Jowkara B, Razmjoeb M. Parenting styles and resilience. *Procedia Soc. Behav. Sci.* 2010;5:1067-1070.
12. Hill M, Stafford A, Seamen P, Ross S, Daniel B. Parenting and Resilience. York Publishing Services Ltd., Hallfield Road, York, 2007.
13. Kalil A, Toman R, Rosen D, Gruber G. Domestic violence and children's behavior in low-income families. *J Emotional Abuse*. 2003;3(1-2):75-101.
14. Kathryn M, Connor MD, Jonathan Davidson RT. Development of a new resilience scale: The connor-davidson resilience scale (CD-RISC). *Depres. Anxiety*. 2003;18:76-82.
15. Kohn ML, Schooler C. Work and personality. Ablex Publications, Norwood, New Jersey, 1983.
16. Landau JL. Family and community resilience relative to the experience of mass trauma. In: Handbook of family resilience. : Becvar, D. S. (ed.). Springer, New York, 2013, 459-480.
17. McCay E, Langley J, Beanlands H, Cooper L, Mudachi N, Harris A, Miner S. Mental health challenges and strengths of street-involved youth: The need for a multi-determined approach. *Canadian J Nurs. Res. (CJNR)*. 2010;42(3):30-49.
18. Rutter M. Resilience, competence, and coping. *Child Abuse and Neglect*. 2007;31:205-209.
19. Schwartz SH, Rubel T. Sex differences in value priorities: Cross-cultural and multi-method studies. *J. Person. Soc. Psychol.* 2005;89(6):1010-1028.
20. Walsh F. Family resilience: A framework for clinical practice. *Family Process*. 2003;42(1):1-18.
21. Walsh F. Community-based practice applications of a family resilience framework. In: Handbook of family resilience. Becvar, D. S. (ed.). Springer, New York, 2013, 65-82.
22. Walsh F. In: Strengthening family resilience (3rd ed.). Guilford Press, New York, 2016.