

## A Psychological Study on Resilience among Mal Paharia Adolescents of Dumka District

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### ABSTRACT

Psychological resilience is the ability to mentally or emotionally cope with a crisis or to return to pre-crisis status quickly. The objective of this study is to know the Impact of Gender and Place of Residence on Resilience of Mal Paharia Adolescents of Dumka District. Subjects were selected on Stratified Random Sample techniques. The data were collected with the help of PDQ and Resilience Scale of Dr. Vijaya Lakshmi & Dr. Shruti Narain. In this study it was found that Gender and Place of Residence had significant impact on Resilience of Mal Paharia Adolescents of Dumka District.

*Keywords: Resilience, Male, Female, Urban and Rural*

**R**esilience  
Psychological resilience is the ability to mentally or emotionally cope with a crisis or to return to pre-crisis status quickly. Resilience exists when the person uses "mental processes and behaviors in promoting personal assets and protecting self from the potential negative effects of stressors".

It's not possible to protect our children from the ups and downs of life. Raising resilient children, however, is possible and can provide them with the tools they need to respond to the challenges of adolescence and young adulthood and to navigate successfully in adulthood. Despite our best efforts, we cannot prevent adversity and daily stress; but we can learn to be more resilient by changing how we think about challenges and adversities.

Today's families, especially our children, are under tremendous stress with the potential to damage both physical health and psychological well-being.

The stress comes from families who are always on the go, who are overscheduled with extracurricular activities, and ever-present peer pressure. In the teen years, the anxiety and pressure are related to getting into "the" college.

In today's environment, children and teens need to develop strengths, acquire skills to cope, recover from hardships, and be prepared for future challenges. They need to be resilient in

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Received: March 24, 2024; Revision Received: March 28, 2024; Accepted: March 31, 2024

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order to succeed in life. Kenneth Ginsburg, M.D., MS Ed, FAAP, a pediatrician specializing in adolescent medicine at The Children's Hospital of Philadelphia (CHOP), has joined forces with the American Academy of Pediatrics (AAP) to author *A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings*. The new book provides a dynamic resource to help parents and caregivers build resilience in children, teens, and young adults. Dr. Ginsburg has identified seven "C"s of resilience, recognizing that "resilience isn't a simple, one-part entity." Parents can use these guidelines to help their children recognize their abilities and inner resources.

### *Relationship of the Resilience*

A question worth considering is the relationship between thinking and learning. Primarily, is it thinking that fosters learning, or learning that fosters thinking? Consideration of this would expose an interesting relationship. It is possible to conceive of thinking that has no impact on learning, thinking that is ineffective perhaps circuitous, thinking that has no effect on strengthening or altering World View, Beliefs, Values, Attitudes, and Behaviors. On the other hand, it is very difficult to conceive of a situation where learning has occurred in the absence of thinking. It could be argued that a rote learning situation, where facts are repeated and re-written multiple times is such a situation. However, the eye cannot read, the ear cannot hear and the hand cannot write Without some form of active thought. So even in the rote learning situation that targets retention, there is still some form of active thought taking place with these-forest tribal. This reclusive tribe is found primarily in East Singhbhum district in Jharkhand and in Midnapore District of West Bengal.

### *Types of Resilience*

The word resilience is often used on its own to represent overall adaptability and coping, but it can be broken down into categories or types:

- Psychological resilience
- Emotional resilience
- Physical resilience
- Community resilience

- **Psychological Resilience**

Researchers define psychological resilience as the ability to mentally cope with or adapt to uncertainty, challenges, and adversity. It is sometimes referred to as "mental fortitude." People who exhibit psychological resilience develop coping strategies and skills that enable them to remain calm and focused during a crisis and move on without long-term negative consequences, including distress and anxiety.

- **Emotional Resilience**

How people cope emotionally with stress and adversity varies from person to person, according to the Children's Society. Some people are, by nature, more or less sensitive to change. A situation can trigger a flood of emotions in some people and not in others. Emotionally resilient people understand what they're feeling and why. They tap into realistic optimism, even when dealing with a crisis, and are proactive in using both internal and external resources to get through. They are able to manage external stressors and their own emotions in a healthy, positive way.

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### • Physical Resilience

Physical resilience refers to the body's ability to adapt to challenges, maintain stamina and strength, and recover quickly and efficiently. It's a person's ability to function and recover when faced with illness, accidents, or other physical demands. Research shows that physical resilience plays an important role in healthy aging, as people encounter medical issues and physical stressors. Healthy lifestyle choices, connections with friends and neighbors, deep breathing, time well spent to rest and recover and engagement in enjoyable activities all play a role in physical resilience.

### • Community Resilience

Community resilience refers to the ability of groups of people to respond to and recover from adverse situations, such as natural disasters, acts of violence, economic hardship, and other challenges to the group as a whole.

## REVIEW OF LITERATURE

Lebel et al. (2006), indicate that building resilience of an ecosystem requires including marginalized groups that use it in management, promoting social justice, and proving accountability at all levels. But to be related is not to be identical: more resilience with respect to social justice may still mean less for the ecosystem. Like natural resources, human resources are limited, and difficult decisions about what we most value, what we most want sustained, must still be faced, and made. One not only needs to answer the questions "Resilience of what?" and "Resilience to what?", but also "Resilience for whom?"

Newman and Dale (2005) study the diversity of types of links in social networks and its impact on proactive resilience building. Nelson et al. (2011) study aspects of social diversity, manifested in material style and social conformity that influence the resilience of SESs over the long term using an archaeological case study from the US southwest.

## RESEARCH METHODOLOGY

### *Objectives of the Study:*

The main objective of the present study is:

- To know the Impact of Gender and Place of Residence on Resilience of Mal Paharia Adolescents of Dumka District.

### *Research Question:*

The main Research Question of the present study is:

- What will be the Impact of Gender and Place of Residence on Resilience of Mal Paharia Adolescents of Dumka District.

### *Sample*

The stratified random sampling techniques were used to select the sample from different blocks in Dumka district. Altogether 240 adolescents were selected from different blocks in Dumka district. Sample units are presented in Table-1.

*Table-1: Sample Design*

Group	Urban		Rural	
	Male	Female	Male	Female
Total	60	60	60	60
G. Total	240			

**Tools**

- **Personal Data Questionnaire (PDQ)**

This questionnaire will be prepared by the Research Scholar, to know about the name, age, religion, gender and place of residence etc.

- **Resilience**

Resilience characteristics will be measured with the help of this questionnaire constructed and developed by Dr. Vijaya Lakshmi & Dr. Shruti Narain. This scale helps to assess an individual’s ability to successfully adapt to recover, and strengthened from stressful circumstances and negative emotional experiences. It consists of 30 items and four dimensions- perseverance, composure, self-reliance and faith and is meant for individuals from 14 years and above of age. It is a Five-point Likert type scale. The scale was administered on 650 individuals ranging from students of class VI to adults and scores were obtained. It has a high degree of reliability and validity. Grade norms have been developed.

**Procedure of data collection**

After taking the necessary permission from the principals of the participating schools, the questionnaires were administering on all the participants. Personal information schedule, Resilience Scale were used for data collection. The questionnaires were administered separately on all participants.

**Statistical Analysis**

- Graphical representation done where ever needed.
- Analysis done by using SPSS.

**ANALYSIS AND RESULT**

**Impact of Place of Residence and Gender on Resilience among Mal Paharia adolescents of Dumka District**

The sample of the present study was selected from male and female in rural & urban areas of Dumka district. The mean scores, SD and t- values of various sample groups on Mal Paharia are presented in Table 2. The mean scores shown in Figure 1. The following results emerged out of the figures presented in Tables -2 and Figure-1.

**Table-2: Mean Scores, S.D. and t values showing the impact of Gender and Place of Residence on resilience among Mal Paharia adolescents of Dumka district**

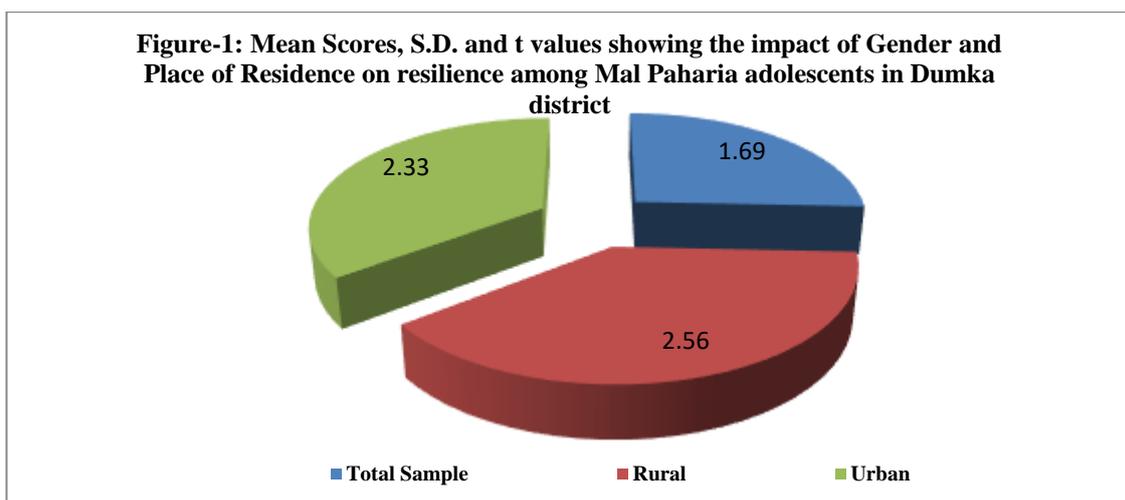
Total Sample and Sample Groups	Male			Female			t-value
	N	M	SD	N	M	SD	
Total Sample	120	1.69	3.00	120	2.66	2.46	3.09**
Rural	60	2.56	3.66	60	3.11	2.96	3.23**
Urban	60	2.33	2.15	60	1.06	2.28	1.22 <sup>NS</sup>

\*: Statistically significant at 0.05level

\*\* : Statistically significant at 0.01level

NS: Not Significant

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The following main trends are observed:

- In the total sample, the mean score of male tribes on Mal Paharia was 1.69 and the mean score of female tribes was 2.66. The t-value was 3.09, which was statistically significant at 0.01 level. This indicated that female tribes had significantly more Male resilience among Mal Paharia adolescents in Dumka District.
- The mean score of rural male tribes Mal Paharia was 2.56 and the mean score of female tribes was 3.11. The t-value was 3.26, which was statistically significant at 0.01 level. This indicated that female tribes had significantly more Male resilience among Mal Paharia adolescents in Dumka District.

### CONCLUSION

Gender and Place of Residence had significant impact on Resilience of Mal Paharia Adolescents of Dumka District.

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### Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### Conflict of Interest

The author(s) declared no conflict of interest.

**How to cite this article:** Baitha, B. & Hassan, M.P. (2024). A Psychological Study on Resilience among Mal Paharia Adolescents of Dumka District. *International Journal of Indian Psychology*, 12(1), 2703-2707. DIP:18.01.249.20241201, DOI:10.25215/1201.249