

Resilience and Gender Differences

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Abstract

Resilience is an ability of an individual to withstand any setback or mental plight that he/she bears in life. Resilience holds considerable significance in one's life and provides strength to bounce back. There exists a good many piece of research that elucidate the concept of resilience and types of resilience and its impact. There were no significant numbers of researches that could unveil how gender discrepancy is related with the degree of resilience. This piece of research aims to study 'Degree of resilience between males and females. Thereby, carrying out an intense literature review and data analysis of the parameters considered. The major objectives of this piece of research involve: To draw an understanding on how both the genders react to a setback. To study the reasons for discrepancy between both genders and to analyze the effect of resilience on males and females. The targeted sample comprises males and females between the age range of 20-30 years. Our findings indicate that there exists no significant difference in degree of resilience in males and females.

Keywords: Resilience, Research, Setback, Mental Plight, Males and Females.

Introduction

Resilience alludes to the capability to deal with, confront and overcome the few challenges and obstructions which we embrace in our daily lives. A few people are wrecked by difficulties but when they return they make efforts to ameliorate and see themselves growing as opposed to being stuck there itself. Stronger people like them do not allow any challenges or obstacles to impede their growth. We call these people resilient. Resilience has a clout to turn down every disaster. A resilient individual works through by utilizing individual assets, qualities, and other positive limits of mental capital like hope, optimism and self worth.

An examination was led to reveal the impact of appreciating positive encounters and higher resilience on bliss and prosperity, an example of 164 more older adults were arbitrarily chosen from different public venues in encompassing regions. Information was gathered through and surveys results were gathered and analyzed. It was inferred that capacity to enjoy positive encounters and higher flexibility prompts more noteworthy joy and further lessens the likelihood of depression and upgrades fulfillment in life. (Smith, J. L., and Hollinger-Smith, L., 2015). There are various types of resilience that can be enlisted like family resilience, community resilience, emotional resilience and Physical resilience.

Resilient V/S Non-Resilient People

Resilient people:

- Display positivity and optimism in every phase of life.
- Possess effective coping strategies.
- Experience positive emotions like affection, love, gratitude etc.
- Capable of maintaining balance in every aspect of life.
- Are usually expressive and friendly.
- Have experience and make wise decisions.
- Maintain balance or boundaries.

Non resilient people:

- Display poor job performance.
- Are more vulnerable and predisposed towards developing psychological disorders.
- Possess ineffective coping strategies.
- Feel stressed and overwhelmed
- Experience negative states of mind like sadness, panic, frustration etc.

An examination conducted with an effort to propound the definition of family resilience. Family flexibility is a moderately new concept that depicts how families adjust to pressure and ricochet over from difficulty. Writing

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relating to strength as a family-level variable is evaluated. An outline of the formative psychopathology writing managing individual flexibility is likewise introduced. Suggestions for expanding the investigation of family strength drawn from an investigation about individual strength are talked about and a meaning of family versatility is proposed. (Hawley, D. R., & DeHaan, L., 1996) An examination was driven to investigate the relationship of adaptability to character attributes, adjusting styles, and psychological symptoms. in an example of students, 132 people taken as sample. Connor–Davidson Resilience Scale, NEO Five Factor Inventory, Coping Inventory for Stressful Situations and Brief Symptom Inventory were used as tools for investigation..It was revealed that Flexibility have a negative relation with neuroticism, and resilient people are high on extraversion and conscientiousness. It was additionally discovered that individuals occupied with emotion focused adapting were less resilient (Campbell-Iedges et al., 2006)

Research was conducted to assess how the L'Aquila tremor (Italy) impacted resilience and coping was also affected 2 years after the earthquake. 324 male and female students who were victimised and 147 who were not affected by seismic tremor have been evaluated with the Resilience Scale for Adolescents (READ) And Brief COPE. The results were further analyzed by the two way ANOVAs for sexual orientation. The results indicated noteworthy interactions with guys exposed to the tremor revealing reliably high READ factor scores.. (Stratta, P., Capanna, C., Patriarca, S., de Cataldo, S., Bonanni, R. L., Riccardi, I., & Rossi, A., 2013)

An examination was conducted to explore sexual contrasts in ways of life and patterns of coping after release of patients with injuries in china. Cross sectional survey design and purposive sampling were utilised in this investigation for which 92 subjects including 56 guys and 36 females were selected from a clinical setting in China. Personal satisfaction was estimated by Burn Specific Health scale -BRIEF and patterns of coping were estimated with Coping With Burns questionnaire (CBQ) AND segment information was gathered. The results were analyzed by an independent t test and bivariate correlation design. the examinations results demonstrated noteworthy contrasts in quality of life among males and females and discrepancies in patterns of coping were also observed.. (Ying, W. L., Pertrini, M. A., & Xin, L. L., 2013)

An examination was conducted to decide the distinction in the degrees of resilience qualities among male and female dignitaries inside a state college framework. This quantitative examination used the review, personal resilience questionnaire (PRQ). Responses were noted from 35 members, 16 guys and 19 females. The outcomes indicated that female dignitaries had a more significant level of resilience. (Isaacs, A. J., 2014)

Balgiu (2017) carried out an investigation with a purpose to investigate the relationship between self

esteem, personality and resilience. the sample consisted of 192 adults. Correlation and regression analyses showed a significant positive correlation between resilience and optimism suggesting that self esteem can be considered as a predictor of resilience.

April E Pooley et al. (2018) conducted a research with the aim of studying PTSD effect in relation to sex difference. A simple pre test post test 2x2 study design was used on male and female rats. The tools administered to male and female rats were acoustic startle response and dexamethasone suppression test to determine the effects of PTSD. It was found that females were more resilient towards the effects of traumatic effects than males according to the tools used in the study though results could vary if other tools were used.

Objectives of Study

After going through review of literatures researcher reached to the conclusion that no such researches are conducted earlier. Hence, following objectives are framed:

- To study the difference in degree of resilience in males and females
- To study the effect of resilience amongst males and females

Methodology

Sample: This research aims to study the sample of people pertaining to the age group of 20-30.

- Sample size: 185 people
- The sampling technique opted for this research is convenient sampling.

Research Design: The design of this research stands to be comparative research. Having the design being comparative this piece of research aims to compare the degree of resilience in males and females

Tools Description: The tool that is used for computing resilience is CD-RISC 10. The tool is developed by Kathryn M. Connor and Jonathan R.T. Davidson. The test possesses 10 items. The 10 item CD-RISC scale demonstrated good internal consistency (Cronbach's $\alpha = 0.88$) and test retest reliability ($r = 0.89$ for a six week interval)

Scoring of each item is carried out considering LIKERT SCALE i.e.

- 0- not at all true
- 1- Rarely true
- 2- Sometimes true
- 3- Often true
- 4- true nearly all the time

Scoring of the scale is dependent on the aggregate of all the items

For CD RISC 10

The total score varies from 0-40. Higher score indicates higher resilience

Procedure: Initially a comprehensive google form was prepared by taking CD-RISC into consideration. Various social media platforms like whatsapp, instagram and facebook were conducive to approach the potential sample. In the form it was clearly drafted on who is eligible to respond to this form. Moreover, appropriate instructions to guide the respondents were provided in the google form. The responses were recorded in a tabular form for further computations and respondent's inputs were acclaimed by providing a thanks note.

Hypothesis: There exists no significant difference in degree of resilience between males and females

Results

Table 1: It depicts the descriptive statistics of research

Variables	Ns	Min	Max	Mean	Sds
RESILIENCE	186	15.00	100.00	68.31	12.49
MALES	77	10.00	46.00	26.64	6.89
FEMALES	109	10.00	47.00	24.02	7.30

Table: 2 It gives mean comparison of males and females on resilience

GROUPING	N	MEAN	Sd	tvalue
MALE	77	26.25	8.4	.975
FEMALE	109	25.16	6.7	

Above table gives a mean comparison of both males and females on resilience. If we see the mean score of Males ($M=26.25, SD=8.4$). While for females the score is ($M=25.16, SD=6.7$). Thus if we see the difference it's not too much. If we see the tvalue it stands out to be insignificant therefore hypothesis seems to be accepted

Discussion

Resilience alludes to the capability to deal with, confront and overcome the few challenges and obstructions which we embrace in our daily lives. Resilient people make efforts to ameliorate and do not allow any obstacle to impede their growth.

According to above research various types of resilience can be propounded namely academic resilience, family resilience, resilience related to psychological attributes, physical resilience, community resilience and psychological resilience. The researchers also reveal significance of being resilient. Resilient people utilize their assets, qualities and abilities to beat through

difficulties and work through challenges and mishaps. Individuals who are less resilient are bound to feel vulnerable and depend on undesirable adapting procedures avoidance, seclusion or drug abuse etc.

Resilient people display positivity and optimism in every phase of life, possess effective coping strategies, experience positive emotions like affection, love, gratitude etc., capable of maintaining balance in every aspect of life, Are usually expressive and friendly, Have experience and take wise decisions and Maintain balance or boundaries.

T Test Analysis

The results indicate that there is no significant discrepancy in degree of resilience between males and females. The t value in resilience score analysis came out to be **.975** as seen in table above which is way lesser than the t value for the alpha value of **0.05 at 184 degrees of freedom**, thereby implying a null hypothesis. I.e. **There is no significant difference in degree of resilience in males and females.**

Conclusion

In the culmination after having applied the requisite knowledge it is made possible to draw an understanding on the definition of resilience, and various types of resilience. Positive effects of being resilient are discovered after analysing various other researches and literature reviews.

The objective of the study was to analyse the discrepancy in degree of resilience in males and females.

Hypotheses

The following hypotheses was formulated for the purpose of study:

There is no significant difference in degree of resilience between males and females.

The findings of the study can be summarised as:

- The analysis of current research suggests that there is no significant difference in degree of resilience between both the genders.
- The resilience in women can be attributed to exposure to various challenges in every sphere of life be it at the workplace, home etc.. These factors can be considered as contributing factors in improved strength in ladies.
- Males are conditioned since birth in society which might be a contributing factor in resilience in males. Males are known to possess a versatile defensive component which would eventually allow them to recoup from a distressing occasion.

- Resilience has a clout to turn down every disaster. A resilient individual works through by utilizing individual assets, qualities, and other positive limits of mental capital like hope, optimism and self worth

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