

THE ROLE OF RESILIENCE ON LIFE SATISFACTION AMONG THE ADOLESCENTS

Dr. Rashmi Chaturvedi

Assistant Professor, Institute of Education and Research,
Shri Ramswaroop Memorial University, Barabanki

Abstract

Adolescence is the most accelerated phase of human development. Adolescence is a time when young people may swing between extremes, have significant biological and physical changes. According to Stanley Haall, "Adolescence is a period of storm and stress". In Present time, life becomes stressful, full of pressure, tension, strain, tightness, complex and problems. So, for a quality and happy life, it is vital that people have happiness, well being and abilities to cope with stress, Anxiety, sadness, problems and able to find solutions to their problems. These abilities are helpful to increase individual resilience and Life Satisfaction. These are the two most important concepts which are essential for a better and happy life. In the present study, the researcher examined the relation between Resilience and Life Satisfaction and its effect on Adolescents. The overall aim of this article was to gain knowledge of – (i) The concept of Resilience and Life Satisfaction (ii) Factors influencing resilience and life satisfaction (iii) Importance of Resilience & Life satisfaction for Adolescents (iv) Techniques to increase and develop Resilience.

Keywords: Adolescence, Resilience and Life Satisfaction.

Introduction

Adolescence begins around the age of 10 years and ends between the ages of 20 and 24 years. This period is divided into early adolescence (10 to 13 years), middle adolescence (14 to 17 years), and late adolescence (18 to 24 years). In all culture's adolescence is a time for growing up and preparing for the future and for moving from the immaturity of childhood into the maturity of adulthood (Call et al, 2002). During Adolescence, many problems and issues are evident like emotional separation from parents, physical, biological and psychological transition, social constraints, isolation, stress, loneliness, deviance etc. Resilience affects the life satisfaction of Adolescents in all life domains. As numerous previous studies

indicate, life satisfaction is a crucial indicator of the quality of life. For example, people with higher degrees of life satisfaction achieve happiness, good academic achievement, good self-esteem, better life outcomes, financial success, self-efficacy, supportive relationships, good mental health, and even physical health etc. In the present scenario, adolescents are not able to cope with the life situation, problems and difficulties of life and take the wrong step such as suicide etc. So, resilience is vital for Adolescents to be able to adapt and bounce back difficulties and face a bad time of life.

Objectives

This study goes through with the following objectives:

- To study the importance of Resilience for Adolescents.
- To investigate the factors affecting the Resilience of Adolescents.
- To study the importance of Life Satisfaction for Adolescents.
- To investigate the factors affecting Life satisfaction of Adolescents.
- To study the Importance of Resilience for life satisfaction of Adolescents
- To investigate the Techniques for the increase and development of Resilience.

Resilience

"Resilience is a positive adaptation in response to adversity (Waller, 2001)". Resilience in psychology refers to an individual's capability to subsist with anxiety, misfortune and hardship. This endure may result in the individual "bouncing back" to a previous state of normal functioning or experience the exposure of adversity to supply a "steeling effect" and performance better than expected. Resilience can specify inability to resist a pointy decline in functioning although an individual temporarily appears to induce worse [Masten, 2009].

Resilience could be a two-dimensional construct which is worried with the exposure of adversity and therefore the positive adjustment outcomes of that adversity. It's different from strengths or developmental assets which are a characteristic of a complete population, irrespective of the amount of adversity they face under adversity, assets function differently sorts of a good school, or parental monitoring, have a more influence within the life from a poorly resourced background than one from a wealthy home with other options for support, recreation, and self-esteem (Luther& Cicchetti, 2000).

In very simple words Resilience could be a psychological strength to deal with anxiety, stress, difficulties, problems, bad time and hardship of life. A Resilient people can subsist, handling and pass-through from problems, stress and challenges of life ex- job loss, economic problems, health issues, natural disasters, divorce, widow or the death of a love. People who lack this resilience they'll linger over

difficulties and use wrong mechanisms to deal and deal with life's challenges. Disappointment, Sadness, Regret, Sorrow or Failure might push them to dangerous and unpredictable behaviors.

So, on the basis of literature review, resilience is a capability of – Problem solving, communication, recover quickly from difficulties, depression, adversity, illness, toughness and capacity to manage our emotion, feeling, impulses and ability to come back into shape and return to the original position after being bent, stress etc.

Factor affecting Resilience

Many factors influence the Resilience of Adolescence as – Family Environment, Relationship, Economic Status, Stress, Anxiety, Optimism, Empathy, Self-Steem, Determination, Perseverance, Motivation, Problem-Solving Skill, Positive Outlook, Adoptability Self-Confidence, Health, Temperament etc.

Life Satisfaction

Life Satisfaction could be a Latin word which means to form or do enough. Satisfaction with one's life implies contentment with or acceptances or the fulfillment of one's wants and desire for one's life as an entire. In essence, life satisfaction is a subjective assessment of the quality of one's life, because it is inherently an evaluation judgment of life satisfaction. Life satisfaction has a large cognitive component (Sousa & Lyubomirsky, 2001).

Accordingly, to the individual's overall life satisfaction reports are based upon personal comparisons between self-determined criteria and perceived life circumstances. Similarly, life satisfaction refers to a person's subjective evaluation of the degree to which his/her most important needs, goals and wishes have been fulfilled (Frisch, 1998).

Life-satisfaction is that the degree to which someone positively evaluates the general quality of life-as-a-whole. In other words, what proportion the person likes the life that they lead? Life-satisfaction is one among the indications of 'apparent' quality of life. Along with indicators of mental and physical health, it indicates how well people thrive. High satisfaction suggests that the standard of life, within the population concerned, is good. Low satisfaction marks severe shortcomings with life means that something is wrong (Beethoven, 1984).

Life satisfaction is a personal judgment about how satisfied an individual is with his/her current life compared to his/her standard, a standard not imposed by any external sources (Denier, Emmons, Larsen, and Griffin 1985).

Factors affecting Life Satisfaction

Many factors affecting Life Satisfaction are as follows - Personality, self-esteem, the outlook of life, Age, life experience, life effect, value, cultural, family, career etc.

Importance of Resilience for life satisfaction of Adolescents

Resilience is crucial for a good and happy life. It is beneficial for dealing with life challenges, hardship, sadness etc. If a person has resilience, who also has high life satisfaction, will have control over her/his emotions. By resilience, we can be able to work and improve self-esteem and will be able to regulate our emotions. So, Resilience techniques can offer people the resources needed to help them adapt and improve their quality of life.

Life satisfaction is very essential as if an individual is satisfied with his/her life he remains mentally, physically and emotionally healthy and will be able to achieve success in life. Resilience is one of the critical factors which is useful for better life satisfaction. By Resilience an individual easily deals with all problem and never lose hope in life. Every other daily newspaper is full of news like children committing suicide due to failure in examinations, his friend not liking him, teacher and parents scolded him etc. This type of news proves that the young generation has no resilience towards the circumstances and problems of life. This is why resilience ability is essential for this generation because resilient people are empathetic and compassionate have a concrete goal, a positive and constructive image of the future and a craving to achieve those goals. They never think themselves as victim or waste time worrying about what other people say and think and focus their time and energy in changing things and improving life. Resilience brings about a significant difference in people and transforms their lives. People who possess the quality of resilience can –

- Have a positive attitude towards life.
- Ready for all hardships of life.
- Always be healthier.
- Live longer and happier life.
- More successful in work.
- Less likely to get depressed.
- Able to achieve all thing in life.
- Have good relationships with family, friends, colleagues and society.

Technique for the increase and development of Resilience

Building and developing better resilience takes time, patience, effort and commitment. It is not a magic and will not just happen overnight. It's a continuous process that will take months and years to develop. Resilience is a skill that you can be built, developed and enhanced with learning, understanding, patience and

training. Every individual does not react in the same way to life traumatic problem and stress etc. The various strategies to develop resilience among adolescents are as follows:

- Develop a positive self-image and confidence in one's knowledge, strengths and abilities.
- Being able to regularly make realistic plans, and then being able to regularly carry out the plans.
- Able to manage feelings and impulses healthily and effectively.
- Build good communication, problem-solving skills and develop ethical and harmonious relationships with others.
- Spend time with the family member, colleagues and friends, and make a secure support network around, it is a valuable component of building better resilience.
- Take care of self and always pay attention to one's happiness, needs and feelings.
- Do what you want and those activities that you enjoy and find relaxing.
- Regular Yoga, Meditation and Exercise can help to control and manage problems, anxiety and stress efficiently.
- Develop a favorable view of oneself. Believe in one's ability to solve problems.
- Trusting one's instincts is helpful to build resilience.
- Believe in God & oneself will ensure that good things happen in life.
- Try visualizing what one wants, rather than worrying about what one's fear.
- Go forward and take necessary action to deal with the problems and meet the demands of daily life.
- Spending time with loved ones to gain support and encouragement, and also nurturing oneself.
- Trust on others, and also trust yourself.
- Always be empathetic with yourself and realize all the ways misfortune, bad luck, difficulties have made you strong.
- Don't fear, feel sorry and shamefaced, acknowledge that your grapple is rational, no matter what you're facing. Never wait for the circumstances to fasten itself.
- Take a mental break and spend some time in your favorite work as – reading book, listening music, dancing, outing with friends, Watching TV & Movies etc.
- Be aware of your power, brawniness and strengths and use them.
- Be positive, think positive and try to acquire the knowledge from the mistakes and inaccuracy you make.
- Parents must give lots of hugs, love, smiles, attention and care to their child. When children are suffering from stress, fear, face problem, sadness, struggle, hurt, frightened, anger etc listen with interest and care to your children's feelings, show

empathy to them and helps them to feel as they are not alone. This makes your children feel secure, loved and accepted.

- Schools and colleges are also conducive to increase resilience. They can teach protective personal skills to all students which help them bounce back from life problems, hardships, stress, downfalls and frustrations etc.
- Self-help groups and NGOs can help for those people who have to suffer from life struggle by sharing Strong Man / Women life struggle story, life journey, life information, ideas, thinking, emotions and make him relief, confident and hope that they are not only in experiencing difficulty in life.

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