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A study of the level of resilience among adolescents in Kanpur city

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Abstract

In the life of an adolescent, resilience is crucial. The idea of resilience makes it possible for someone to deal with life's obstacles in any situation and aids in overcoming personal obstacles. This study explores "A study the level of resilience among adolescents" involved 120 adolescents from Kanpur, Uttar Pradesh, aged 15 to 18, both boys and girls. Respondents were chosen by simple random sampling. Dr. Vijaya Lakshmi and Shruti Narain's standardised Scale which is intended to measure the "level of resilience among adolescents" was used. Data analyzed through frequency, percentage mean, standard deviation, and test significance. Four characteristics of resilience were examined in this study i. e. faith, self-reliance, composure, and perseverance. No significant difference was found according to age and gender. According to the study boys were more resilient than girls. It was revealed that girls score higher on perseverance, self-reliance, and faith, while boys score higher on composure.

Keywords: Resilience, adolescents, adversity, self-reliance, perseverance

Introduction

The process of successfully navigating, adapting to, or managing significant sources of stress or trauma are referred to as resilience. The capacity to adapt and "come back" in the face of adversity is facilitated by resources and assets found within the individual, their life, and their environment. The experience of resilience will change throughout life. People can rely on their mental reserves of strength to see them through difficult situations without losing their composure. Resilient people, according to psychologists, are better able to handle adversity and rebuild their lives after a setback.

The term "resilience" describes a dynamic process that includes constructive adaptation in the face of significant adversity. Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress, such as family and relationship issues, serious health issues, or workplace and financial stressors (WHO). Resilience is the ability to overcome adversity and develop a variety of protective mechanisms (American Psychological Association).

Adolescents with high levels of resilience also find strategies to lessen the negative impacts of stress on their lives, such as exercising frequently, abstaining from drugs, and using relaxation techniques. Adolescents' resilience can be enhanced through social and problem-solving skills taught in school-or community-based programmes. The

teenage years are considered a crucial time in a person's life. It may be referred to as a time of transition in one's life. It is a moment of confusion as much as of discovery. Previous studies discovered that regarding forgiveness between high and low resilience, as well as between males and females, males were found to be more resilient than females. High resilience had fewer negative and greater positive responses towards the offender than the less resilient. Both high and low resilience had the same likelihood of forgiving the adversary. Resilience and gender did not interact on forgiveness with regard to the absence of negative responses and the presence of positive responses to the offender, as well as the likelihood of forgiving (Narayanan Annalakshmi *et al.*, 2020) [3].

It was found that bifactorial distribution, resistant personality, resources, and control affect resilience. Females, older individuals, and those who attend primary education showed higher resilience levels than males, younger people, and children in early childhood education (Zagalaz *et al.* 2020) [11]. The present study was conducted to determine the resilience among students and to identify differences in demographic factors (gender, age, and classes of students) across the dependent variable (resilience) among students. It also assesses the effect of background characteristics on the level of resilience among adolescents in Kanpur city.

Objective

- To ascertain the background characteristics of selected respondents.
- To assess the level of Resilience among adolescents.

Methodology

A total sample of 120 students including both the sexes were randomly selected from Kanpur city, whose age was between 15 to 18 years. For the study only those students were selected who were living with their parents. Adolescent resilience was assessed using the a standardize resilience scale created by Dr. Vijaya Lakshmi and Shruti

Narain, while demographic information was gathered using a self-made questionnaire.

Descriptive research design was chosen for examination of different study factors. Perseverance, composure, self-reliance, and faith were the dependent variables of the current study and the respondents age, gender, and class were the independent variables. The data were examined using SPSS along with appropriate statistical methods, such as frequency, percentage, mean, standard deviation, and t-test for statistical significance.

Results and Discussion

Table 1: Distribution of respondents according to their background characteristics

Variables	Gender of the student		Total
	Boy	Girls	
Total respondents	73 (60.8%)	47 (39.2%)	120 (100%)
Age			
15-16	41 (60.29%)	27 (39.70%)	68 (56.66%)
17-18	32 (61.53%)	20 (38.46%)	52 (43.33%)
Class			
9-10 th	33 (62.26%)	20 (37.73%)	53(44.16%)
11-12 th	40 (59.70%)	27 (40.29%)	67(55.83%)

The table 1 indicates that there was total 120 respondents in which 73 (60.8%) were boys and 47 (39.2%) were girls. There were 68 (56.66%) respondents whose age were 15-16 years, in which 41 (60.29%) were boys and 27 (39.70%) were girls. It was also found that there were 52 (43.33%) whose age were 17-18 years, in which 32 (61.53%) were

boys and 20 (38.46%) were girls. Among 120 students there were 53 (44.16%) respondents were from class 9-10th in which 33 (62.26%) were boys and 20 (37.73%) were girls. Same study concluded that 67 (55.83%) respondents were from class 11-12th in which 40 (59.70%) boys and 27 (40.29%) girls.

Table 2: Comparison of gender of the respondents and different component of resilience

Domain of Resilience	Gender of the respondents	Mean	Std. Deviation	t	Level of Significance
Perseverance	Boy	30.8630	4.22070	-.036	.971
	Girls	30.8936	4.98796		
Composure	Boy	35.4110	4.84721	1.292	.199
	Girls	34.1702	5.55729		
Self-reliance	Boy	26.1507	4.16890	-.519	.604
	Girls	26.5319	3.50683		
Faith	Boy	24.3014	4.21533	-.773	.441
	Girls	24.8723	3.48673		
Total score of Resilience	Boy	132.0411	130.0315	.821	.413
	Girls	116.4043	12.62961		

The table 2 indicates that girls (30.8936±4.98) achieve higher level of perseverance than the boys (30.8630±4.22). The table also indicates that the boys scores higher scores in composure (35.4110±4.84) than the girls (34.1702±5.55). The table also shows that the girls (26.5319±3.50) exceed the boys (26.1507±4.48) in self-reliance. The finding

revealed that the girls (24.8723±3.48) perform better in Faith than the boys (24.3014±4.21). Final score of resilience shows that boys scores (132.0411±130.03) better than girls (116.4043±12.62). All the differences on the basis of gender were not statically significant.

Table 3: Comparison of respondent on the basis of age on different component of resilience

Domain of Resilience	Age of the respondent	Mean	Std. Deviation	t	Level of Significance
Perseverance	15-16	31.0441	4.20175	.468	.641
	17-18	30.6538	4.93044		
Composure	15-16	35.2500	4.64364	.789	.432
	17-18	34.5000	5.76501		
Self-reliance	15-16	26.2794	3.66853	-.066	.948
	17-18	26.3269	4.24597		
Faith	15-16	24.2206	3.75299	-.967	.335
	17-18	24.9231	4.17671		
Total score of Resilience	15-16	116.7794	12.34679	-1.126	.262
	17-18	137.8654	153.9292		

The table 3 indicates that there no significant difference between the resilience and its domains on the basis of age. The respondents who were 15-16 years achieve higher in perseverance (31.0441±4.201) and composure (35.2500±5.76) than the respondents of 17-18 years. On the other hand, the respondents who are 17-18 years they achieve higher in self-reliance (26.3269±4.24) and faith (24.9231±4.17) and total resilience scores (137.86±153.92) than the respondents of 15-16 years.

Table 4: Frequency distribution of respondents according to level of Resilience across gender

Gender of the student	Total score of Resilience level			Total
	High	Average	Low	
Boy	34 (46.57%)	38 (52.05%)	1 (1.36%)	73 (60.8%)
Girls	17 (36.17%)	30 (63.82%)	0	47 (39.2%)

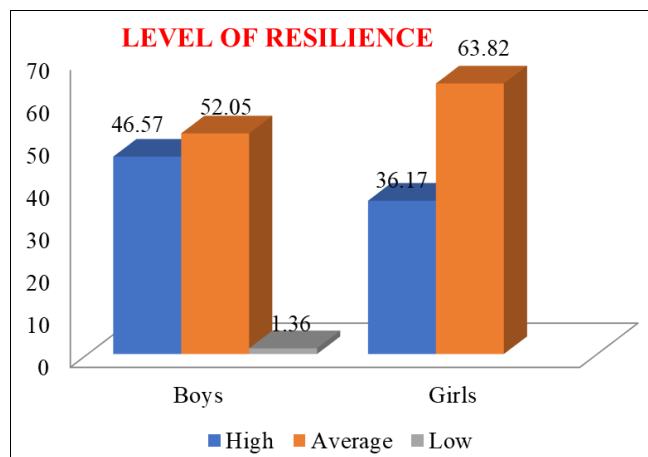


Fig 1: Distribution of respondents on level of resilience across gender

The table 4 indicates there were three category of resilience which was high, average and low. 34 (46.57%) boys had higher resilience, 38 (52.05%) boys had average level of resilience and 1 (1.36%) had lower level of resilience. While 17 (36.17%) girls had higher resilience, 30 (63.82%) girls had average level of resilience.

The research finding proves that there was no significant difference in resilience on the basis of age and gender. Despite of these boys have higher level of resilience than the girls. This result is also similar with the previous studies which proven that age and gender did not cause any significance impact on psychological resilience. When we talk about the dimension of the resilience among the students, it was found that girl score higher in perseverance, self-reliance and faith than the boys while the boys score higher in composure than the girls. Although the difference was minimum and have no significant impact It was found due to families believe on their children and their upbringing which was completely gender base discrimination free. The another affecting factor was age which was also not significantly affect the resilience of the respondents. As the respondents were divided into two age groups, 15-16 and the 17-18, it was found that the respondents of 17-18 years score higher level of resilience than the respondents of 15-16 years. In the same manner 17-18 years respondents score higher in self-reliance and faith while the 15-16 years respondents score higher in

perseverance and composure. Finding also proves that there were most of the girls and boys both score high and average level of resilience. The main reason behind the no specific deference between girls and boys are that nowadays girls and boys have equal opportunity, family support, sibling care, higher education etc. which maintain their confidence and believe and directly positively affect their resilience level. This the reason that most of the students score high and average level of resilience in spite of their gender. Previous studies declares that healthy contextual components cause higher level of resilience among the students (Sadguna Anasuri *et al.*, 2018) [1].

Conclusion

Resilience plays a pivotal role in the lives of adolescents by equipping them with the ability to confront life’s challenges across various domains of resilience. The present study concluded that the boys have higher level of resilience than the girls. It was also concluded that the increasing age also promotes resilience. Positive home environment and parents’ behaviour develop resilience and its different dimensions among their children. Although age and gender both did not significantly affect the resilience level. It can be said that a happy and supportive family culture can easily develop an average and higher level of resilience among the students.

Recommendations and Suggestions

- First and foremost, there should be a focus on changing the mindset of families towards their children and their parenting style.
- Education and awareness are very necessary among families.
- Parents should place emphasis on building and maintaining a transparent and friendly relationship with their children.
- Parents should also maintain a clear vision of their perspective and demands so that no identity or role conflict develops among the adolescents.

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