

PROMOTING WELL- BEING : ROLE OF RESILIENCE FOR STUDENTS

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ABSTRACT

An important aim of education is the preparation for future life. Education should prepare the learner to face the financial as well as the social, mental and adjustment problem of life. Important concepts such as purpose, character, values, passion, virtue, compassion, well-being are often neglected or abandoned from education. Integration of psycho-social dynamics of well-being with other subjects in teaching learning process is highly essential to make the society much happier. In the present study researcher has made an effort to find the ways which are essential for the future adjustment of the learner.

KEYWORDS: Well-being, Psycho-social dynamics, Positive Psychology, Resilience.

INTRODUCTION

An important aim of education is the preparation for future life. Education should prepare the learner to face the financial as well as social, mental and adjustment problems of life. Education should enable the learner to solve the problems of life. Important concepts such as purpose, character, values, altruism, compassion, well-being are often neglected or abandoned from education. In India, since ancient times, the need of physical and mental health have been highlighted for the betterment of society. Mental health has been regarded as the essential factor for the development of any society.

WELL-BEING

Tchiki David (2019) has observed well-being as, “it is the experience of health, happiness and prosperity. It includes possessing good mental health, high life satisfaction, a sense of meaning or purpose and ability to manage stress”. It is a type of condition when a person is able to perform in his full capacity. It refers to a number of positive feeling and things like happiness, health, social connection, and purpose in a life. Well-being may be of many types as emotional well-being, physical well-being, social well-being, workplace well-being, and societal well-being. If a person is resilient and can manage his stressors effectively it is his emotional well-being. Being resilient is very important for a person’s well-being. Resilient people are able to manage sources in tough conditions and can make worst conditions favorable for them.

CONCEPT OF RESILIENCE

The word ‘resilience’ has been retrieved from the Latin word ‘resilio’ which means ‘to bounce back’ or retaliate. Masten (1994) defined the term as, “Resilience in an individual refers to successful adaptation despite risk and adversity.” The term refers to the adaptations of the developmental milestones and as ‘good outcomes in spite of serious threats to adaptations or development’. Resilience is an ‘inferential and contextual

construct’ that requires two judgement; (i) Threat side of the inference- the individual has been unprotected to significant stressors or adversity, (ii) Quality of adaptation is good- the individual has attained at least typical or normal developmental outcomes (Masten, 2001). Resilience enables human mind to make passage through the obstacles of life. Resilience is a dynamic concept (Ungar, 2018), refers to one’s ability to comeback or recover from extreme of trauma, stress or the adverse conditions of life (Shastri, 2013). It enables the person for positive adaptation despite ‘adverse life experiences’. Resilience is psychological immunity and an important factor in child development. Two institutions, family and school play a key protective role in building resilience (Shastri, 2013). Resilience refers to the long-term positive effects involving achievement, well-being and health, sustaining positive relationship and financial freedom (Masten, 2013). The quality of resilience is not special or rare but ordinary (Bonanno, 2008).

SOME EXAMPLES OF RESILIENT PEOPLE

Those people who master resilience are able to survive at risk in diverse ways- socio-economic crisis, emotional emergencies, tragic life events, relationship problems, and so on that combine these different type of risk factors (Masten, 2001). Resilient people take failure as stepping stone towards success. According to Nelson Mandela, “The greatest glory in living lies not in never falling, but in rising every time we fall.” There are many examples of resilient people who failed badly most times in their effort but they never give up. It was their resilience which enabled them to more attuned to their goals that they wanted out of life. Here is a list of some resilient people who have been got through failure but were able to ‘bounce-back’ effectively (Adams, 2016);

1. Thomas Edison- Thomas Edison, who invented electric bulb, the telegraph and the motion picture, is well-known scientist of 20th century. Before the right invention of light bulb, he failed thousand times. But what was the

thing/skill that did not let him to give up. It was his resilience. His resilience has given this world many amazing inventions of last century.

2. J K Rowling is a well-known writer. Before the publication of Harry Potter series, she suffered a lot of financial as well as career issues. She was refused several times by the publishers. But she did not give up.

3. Charlie Chaplin, an all-time favorite comedian had a tragic personal life. He was a great comedian on stage but in his personal life he suffered a lot. At the age of ten he faced his father’s early death, mother’s madness, poverty, hardship but never lost sight of his ultimate goal to become an actor.

4. Helen Keller, blind by birth is a famous name in literature and education.

5. Aung San Suu Kyi, politician and diplomate of Burma is an eminent example of resilient personality.

6. Padma Shree, Arjuna Award and Rajiv Gandhi Khel Ratna award winner Deepa Malik is the first Indian woman athlete who won a silver medal from her wheel chair in Paralympic 2016 in the shot put and gold medal in F-53/54 Javelin event at the para athlete grand Prix held in Dubai in 2018. In 1999, she was diagnosed with a spinal tumor and left paralyzed below the

waist. **“The darkest night brought the best sunrise of my life,”** said Deepa Malik and she proved that strong courage and sheer will power can defeat all barriers.

7. G H Nagarajgowda a Paralympic high jumper was born with a disability in his left leg. His disability could not be a barrier for him and he won silver medal in 2012 summer Paralympic games in men’s high jump.

8. Resilience has got its full meaning in the name of Paulami Patel. At the age of 12, Paulami had a terrible accident and with an amputated arm her 75-80 % of body burnt. After 45 surgeries and struggle of sixteen years, now Paulami runs her family business and living a happy married life. Accident scattered her body but not her resilience. In her own words, “there were two choices- either give up and down myself in

self-pity or make peace with the situation and face it with a smile. I started seeing everything as an opportunity rather than a hindrance.”

WHY RESILIENCE IS IMPORTANT

All we know that life is not a bed of roses. It is full of ups and downs. We all experience twist and turns, different types of adversity in life such as financial crisis, illness, accidents, bullying, failure, loss of love one, workplace problem etc at various stages of life. At present, student life is has become very competitive. This competitive world has pressurised the students to perform better. Some parents want that their wards must attain high score or clear particular exam and if the ward is not able to do that he may stuck at that point.

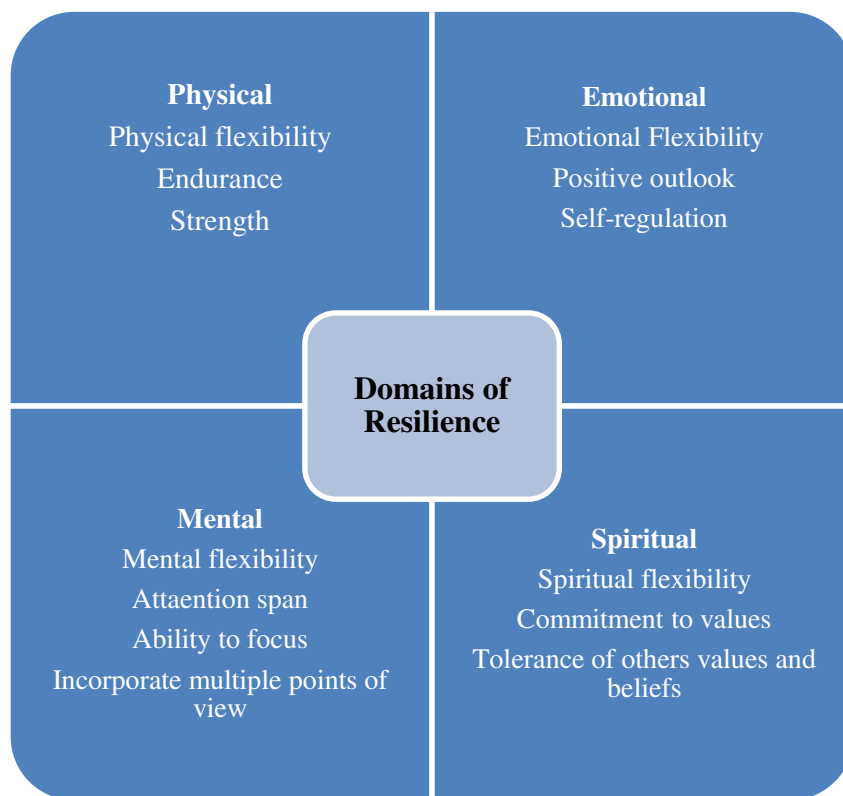
In such condition resilience works. It enables the person to cope with the situation, learn from the past and move forward. For students it is important to rebuilt and grow from adversity. Resilience is a life skill that a person needs to lead a happy life and successful career.

Joshua Miles has presented various reasons of having resilience;

- “Greater resilience leads to improved learning and academic achievement (Padmashri, 2018).
- Resilience is related to lower absences from work or school due to sickness.
- It contributes to reduced risk-taking behaviours including excessive drinking, smoking, and use of drugs.
- Those with greater resilience tend to be more involved in the community or family activities.
- Higher resilience is related to a lower rate of mortality and increased physical health (2015).”

FACTORS THAT CONTRIBUTE TO RESILIENCE

Resilient people possess three main elements (Kobasa Susan) that are;



- (i) Challenge
- (ii) Commitment
- (iii) Control

Resilience is not rare but it is common (Bonanno, 2008) and this characteristic is not just inborn trait that is found in some selected individuals. It can also be learnt to become more resilient. Positive attitude, good family relationship, strong social support, possessing realistic views, emotional control, good communication skills, self-confidence, optimism are the factors associated with resilience. Good communication skills and problem-solving skills also contributes to the resilience.

HOW TO CULTIVATE RESILIENCE AMONG CHILDREN/STUDENTS

Self-reflection should be promoted through literary essays and discussions within their group.

- Children should be encouraged to reflect themselves through personal essays.
- Failure story of successful persons should be presented before them.
- Supportive relationship should be built with students.
- Teacher should encourage the students to discuss about human resilience in the classroom.
- Students-teacher-parents communication should be maintained.

Conclusion:

In an individual or in a community, resilience is a process that is influenced by the interaction of the ecological system (Das, 2010) p1. Resilience plays a significant role in one's life. Resilience is a life skill that a person needs to lead a peaceful life and a successful career. Our 41 % population is under 20 year (census, 2011). With a large population of youth India is a young country. The economic survey has revealed that India's average age is 34 years and in next two decades India will continue to have a young population. Maximum of this population, youth are students and are struggling for their career and future. They need to be fit and healthy from the both points- physically as well as psychologically. Physical health of the member of a society determines its material progress while psycho-social health of the members of a society determines its cultural health. Being healthy does not mean the absence of illness or disease but it is a state of complete physical, mental and social well-being. In their transition period from school to college and from college to society they face a lot of challenges and may have stressful life situations like pressure of good academic performance, right decision for career, coping with new atmosphere, tolerating day to day hassles etc. Resilience plays a significant role to foster and enhance individual's well-being (Vinayak 2018, Sonika et al 2019). Thus, the art of being resilient and counselling for that should be focused (Padmashri,

2018) and educational training centered on resilience should be a part of our teaching learning process (Sonika et al, 2019). It is needed to enhance the potential of Resilience of students because the students of today becomes the resource of tomorrow.

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