CHAPTER IV

OVERVIEW, OBJECTIVES, AND HYPOTHESES

Keeping in view the gaps and limitations cited in the review of literature, the present research puts forward the following salient features:

To begin with, resilience is not isolated as a single trait or a process (Masten & Obradovic, 2006; Richardson, 2002), but studied as an integration of both the concepts, thereby bringing these two different views closer towards merger in a unified resilience theory (Mancini & Bonanno, 2010). As a trait outcome, the term resilience here connotes emotional stamina, courage, and adaptability in the wake of life’s misfortunes (Wagnild & Young, 1993); and as a process, it encompasses dynamic mechanism of reduction of risk by altering appraisal of risk, meaning of risk, and mitigation of risk through optimal use of personal and social resources (Luthar et al., 2000; Masten & Powell, 2003; Rutter, 1987, 1990).

With a growing awareness of the need to situate the research questions in the dynamics of context (Ungar, 2005), the present study employs and integrates quantitative and qualitative investigations to inquire into the phenomenological expressions of resilience (Ungar, 2010, 2013). Mixed methods designs attempts to fit together the insights provided by qualitative and quantitative research into a workable ‘pragmatic’ solution (Hoshmand, 2003; Ungar et al., 2005). While the quantitative method allows for ease of assigning numerals, economy of statistical analysis and context-free generalizations, qualitative work animates people’s narratives and their meaning of resilience that would otherwise remain invisible (Creswell, 2013). By offsetting the weaknesses and by drawing on the strengths of both quantitative and qualitative methods, mixed methods research design obtains different but complementary data on the same topic to best understand the research problem (Bryman, 2006; Creswell & Plano-Clark, 2011) and thereby, allows for greater validity that is needed to address the research problem.

The field of resilience has been limited largely to children and childhood or elderly in the industrialized, minority world (e.g., Garmezy, 1971, 1991, 1994; Masten, 2007; Werner, 1993). The present research investigation aims to study
resilience in adults such that internal and social causality of resilience in adults is the core of the present study.

Given the lack of knowledge in resilience among at-risk civilian populations, especially forcibly displaced persons (Wald et al., 2006), a sample of Kashmiri migrants is investigated in the context of trauma of forced exodus and associated stressors like poor living conditions, discrimination, and post-displacement difficulties (Aroian et al., 1998; Yeh et al., 2003). As the literature search revealed a relative lack of unanimous results on gender specific foundations of resilience (Boerner & Jopp, 2010) and absence of marked appreciation of stressors during and after resettlement among displaced persons, the present investigation aims to study resilience in Kashmiri migrants with reference to gender and effects of post-displacement living conditions.

**Objectives**

To meet the primary aim of studying psychological factors in resilience of Kashmiri migrants, following objectives were laid down:

1. To find out the relationship of resilience with perceived stress and coping in various groups, viz. total sample of Kashmiri migrants, male Kashmiri migrants, female Kashmiri migrants, camp Kashmiri migrants, non-camp Kashmiri migrants, male camp Kashmiri migrants, female camp Kashmiri migrants, male non-camp Kashmiri migrants, and female non-camp Kashmiri migrants.

2. To find out the relationship of resilience with physical and psychological health in various groups, viz. total sample of Kashmiri migrants, male Kashmiri migrants, female Kashmiri migrants, camp Kashmiri migrants, non-camp Kashmiri migrants, male camp Kashmiri migrants, female camp Kashmiri migrants, male non-camp Kashmiri migrants, and female non-camp Kashmiri migrants.

3. To find out the relationship of resilience with different forms of social support in various groups, viz. total sample of Kashmiri migrants, male Kashmiri migrants, female Kashmiri migrants, camp Kashmiri migrants, non-camp Kashmiri migrants.
Kashmiri migrants, male camp Kashmiri migrants, female camp Kashmiri migrants, male non-camp Kashmiri migrants, and female non-camp Kashmiri migrants.

4. To find out the relationship of resilience with positive affect and negative affect, in various groups, viz. total sample of Kashmiri migrants, male Kashmiri migrants, female Kashmiri migrants, camp Kashmiri migrants, non-camp Kashmiri migrants, male camp Kashmiri migrants, female camp Kashmiri migrants, male non-camp Kashmiri migrants, and female non-camp Kashmiri migrants.

5. To find out the relationship of resilience with satisfaction with life in various groups, viz. total sample of Kashmiri migrants, male Kashmiri migrants, female Kashmiri migrants, camp Kashmiri migrants, non-camp Kashmiri migrants, male camp Kashmiri migrants, female camp Kashmiri migrants, male non-camp Kashmiri migrants, and female non-camp Kashmiri migrants.

6. To find out the relationship of resilience with meaning in life in various groups, viz. total sample of Kashmiri migrants, male Kashmiri migrants, female Kashmiri migrants, camp Kashmiri migrants, non-camp Kashmiri migrants, male camp Kashmiri migrants, female camp Kashmiri migrants, male non-camp Kashmiri migrants, and female non-camp Kashmiri migrants.

7. To find out the relationship of resilience with generalized self-efficacy in various groups, viz. total sample of Kashmiri migrants, male Kashmiri migrants, female Kashmiri migrants, camp Kashmiri migrants, non-camp Kashmiri migrants, male camp Kashmiri migrants, female camp Kashmiri migrants, male non-camp Kashmiri migrants, and female non-camp Kashmiri migrants.

8. To identify the predictors of resilience across all the groups.

9. To study gender differences in resilience and its correlates.

10. To compare camp and non-camp Kashmiri migrants on resilience and its correlates.

11. To explore the themes of resilience among Kashmiri migrants via qualitative analysis.
In addition to the above mentioned objectives of the study, an attempt was made to merge the quantitative and qualitative data, so that comparison based on convergence and divergence can be made for the purpose of corroboration and validation.

**Hypotheses**

Based on the review of literature, the following hypotheses were proposed:

**A. Resilience and its correlates**

1. Resilience was expected to be negatively related with perceived stress, problem avoidance coping, wishful thinking coping, self-criticism coping, and social withdrawal coping in various groups, viz. male Kashmiri migrants, female Kashmiri migrants, camp Kashmiri migrants, non-camp Kashmiri migrants, male camp Kashmiri migrants, female camp Kashmiri migrants, male non-camp Kashmiri migrants, and female non-camp Kashmiri migrants.

2. Resilience was expected to be positively related with problem solving coping, cognitive restructuring coping, express emotion coping and social contact coping in various groups, viz. male Kashmiri migrants, female Kashmiri migrants, camp Kashmiri migrants, non-camp Kashmiri migrants, male camp Kashmiri migrants, female camp Kashmiri migrants, male non-camp Kashmiri migrants, and female non-camp Kashmiri migrants.

3. Resilience was expected to be negatively related with physical and psychological health symptoms in various groups, viz. male Kashmiri migrants, female Kashmiri migrants, camp Kashmiri migrants, non-camp Kashmiri migrants, male camp Kashmiri migrants, female camp Kashmiri migrants, male non-camp Kashmiri migrants, and female non-camp Kashmiri migrants.

4. Resilience was expected to be positively related with appraisal social support, self-esteem social support, and belongingness social support in various groups, viz. male Kashmiri migrants, female Kashmiri migrants, camp Kashmiri migrants, non-camp Kashmiri migrants, male camp Kashmiri migrants, female camp Kashmiri migrants, male non-camp Kashmiri migrants, and female non-camp Kashmiri migrants.
5. Resilience was expected to be positively related with positive affect and negatively related with negative affect in various groups, viz. male Kashmiri migrants, female Kashmiri migrants, camp Kashmiri migrants, non-camp Kashmiri migrants, male camp Kashmiri migrants, female camp Kashmiri migrants, male non-camp Kashmiri migrants, and female non-camp Kashmiri migrants.

6. Resilience was expected to be positively related with satisfaction with life in various groups, viz. male Kashmiri migrants, female Kashmiri migrants, camp Kashmiri migrants, non-camp Kashmiri migrants, male camp Kashmiri migrants, female camp Kashmiri migrants, male non-camp Kashmiri migrants, and female non-camp Kashmiri migrants.

7. Resilience was expected to be positively related with meaning in life-presence and negatively related with meaning in life-search in various groups, viz. male Kashmiri migrants, female Kashmiri migrants, camp Kashmiri migrants, non-camp Kashmiri migrants, male camp Kashmiri migrants, female camp Kashmiri migrants, male non-camp Kashmiri migrants, and female non-camp Kashmiri migrants.

8. Resilience was expected to be positively related with generalized self-efficacy in various groups, viz. male Kashmiri migrants, female Kashmiri migrants, camp Kashmiri migrants, non-camp Kashmiri migrants, male camp Kashmiri migrants, female camp Kashmiri migrants, male non-camp Kashmiri migrants, and female non-camp Kashmiri migrants.

B. **Gender differences**

It was expected that as compared to females, males would be

9. higher on resilience, problem solving coping, cognitive restructuring coping, problem avoidance coping, wishful thinking, appraisal social support, self-esteem social support, belongingness social support, positive affect, satisfaction with life, meaning in life-presence and generalized self-efficacy in different groups.
10. power on perceived stress, express emotion coping, social support coping, self-criticism coping, social withdrawal coping, physical health symptoms, psychological health symptoms, negative affect, and meaning in life-search in different groups.

C. Group differences

11. It was expected that camp and non-camp Kashmiri migrants would differ on resilience, perceived stress, problem solving coping, cognitive restructuring coping, express emotion coping, social support coping, problem avoidance coping, wishful thinking coping, self-criticism coping, social withdrawal coping, physical health symptoms, psychological health symptoms, appraisal social support, self-esteem social support, belongingness social support, positive affect, negative affect, satisfaction with life, meaning in life-presence, meaning in life-search, and generalized self-efficacy.