Conclusions and Implications

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Resilience is a highly complex and interactive process that entails the adolescent as well as his family environment. Present study validated the relevance of various factors predicting the adolescent resilience including the negative life events, coping styles, personality dimensions, parenting bonding and interpersonal reactivity.

The study also confirmed the role of newer psychological constructs like trait emotional intelligence in predicting the adolescent resilience. Some of the major facets of emotional intelligence like sociability, emotion regulation, preventive coping, ability to control impulses and positive affective states are instrumental in predicting the resilient outcomes. It can be said with marked affirmation that resilient adolescents have great repertoire of emotional abilities which equip them to deal effectively with the negative life events and other stressors.

The second important construct which seem highly significant in resilience is the coping skills of adolescents. Coping skills can focus on gaining primary control by altering one’s circumstances, or on gaining secondary control, by learning to accept one’s circumstances. Both of these components of coping overlap with the dimensions of resilience including the personal competence and acceptance of self and life. Infact, the construct of resilience and coping are so closely related that sometimes resilience is viewed as outcome of adaptive coping.

While all personal level factors have their relevance, but familial bonding as traditionally highlighted in developmental research hold importance in present day as well. Adequate balance of parental care and parental overprotection are requisite for healthy adolescent development. The outcomes of parental attachment are highly abstract and complex in the way the parental attachment shapes the overall psychic makeup of adolescent. Though the attachment theorists have largely highlighted the role of maternal attachment in development, however, the paternal attachment has its own significance. The relationship between a father and his children has been found to have a major impact on a child’s development, especially on a male child’s development.
The study emphasizes the need to develop mechanisms wherein adolescents develop a positive vision for future using a new approach of coping where they see risks and demands as opportunities rather than obstacles. The need is goal management rather than risk management. These mechanisms can be developed in light of appropriate parenting with adequate balance of care and overprotection. At the same time, the emotions can be utilized as an effective tool in this journey. Emotional skills like effective emotional regulation, sociability and empathy are to be bolstered in adolescents. It is important for parents, teachers and the community to build upon the specific positive behaviors and coping techniques to deal with adversities and capitalize on and nurture such capacities.

This piece of research also supports the notion of resilience as determined by a complex interaction between various individual, family and environmental factors. However, researches limited to explaining or confirming to such interactive models does not fulfill the requirement of today’s scenario. One has to look beyond models and mathematical derivations by conducting more longitudinal (multi-level) studies with larger sample sizes. While developing an understanding on sensitive issues like major life trauma and resilience in its aftermath, one must integrate the quantitative as well as qualitative methods of studying. Till date, the science of psychology has made great strides in understanding what goes wrong in individuals, families, groups, and institutions, however, what is required is to study what is right with people. It can be achieved by paying considerable attention to positive constructs like self esteem, happiness, wisdom, spirituality, altruism, forgiveness, excellence and creativity etc.

And lastly, no researcher can work in isolation, in view of the recent developments in the genetic, developmental, neurobiological, and psychological underpinnings of resilience, it can be stated that greater avenues for broader understanding of resilience is opening up. Present investigation and the earlier investigations into the field of adolescent resilience indicate a cumulating evidence to be confirmed & extended with a multi-dimensional model. Future research beckons on an era of collaborative endeavor in further analysis, appraisal and understanding of resilience in terms of a neuro-psycho-social development model.