SUMMARY

The main aim of the present investigation was to study adolescent resilience in relation to Emotional Intelligence, Negative Life Events, Coping Styles, Parental Bonding dimensions, Eysenckian dimensions of Personality, and Interpersonal reactivity. Another aim of the study was to measure gender differences on Resilience, Emotional Intelligence, Negative Life Events, Coping styles, Parental Bonding dimensions, Eysenckian dimensions of Personality, and Interpersonal Reactivity.

The sample comprised of 300 adolescents, (150 males and 150 females), selected randomly from schools in Chandigarh.

To measure Resilience, The Resilience scale (Wagnild and Young, 1993) was used which measures total Resilience and two sub scales of resilience viz. Personal Competence and Acceptance of Self and Life.

Trait Emotional intelligence was assessed using Trait Emotional Intelligence Questionnaire Adolescent Form (Trait El Que AFF) (Petrides, 2001) which gives Global Trait Emotional Intelligence score along with scores on 15 facets and 4 factors of Emotional Intelligence.

Negative Life Events Inventory by Wills, Cleary, Filer, Shinar, Mariani and Spera (2001) was used to measure the Individual and Family Negative Events.

The Coping Styles were assessed using The Proactive Coping Inventory (Greenglass, 1999) which assess seven dimensions of proactive approach to coping viz. Proactive Coping Scale, Reflective Coping Scale, Strategic Planning, Preventive Coping, Instrumental Support Seeking, Emotional Support Seeking and Avoidance Coping.

Parental Bonding was measured by Parental Bonding Instrument by Parker et al., (1979). It has two dimensions viz. Perceived Parental Care and Perceived Parental Overprotection.
To measure dimensions of Personality, Eysenck's Personality Questionnaire – Revised (Eysenck, Eysenck and Barrett, 1985) was used to get scores on Extraversion/Introversion, Psychoticism, Neuroticism and Social Desirability.

Interpersonal Reactivity Index (Davis, 1980) was used as a measure for Interpersonal Reactivity. This instrument measures empathy in four dimensions viz. Perspective Taking, Fantasy Scale, Empathic Concern and Personal Distress.

The raw scores were analyzed using appropriate statistical analyses viz. Descriptive statistics, t-test, Intercorrelations and Regression analysis.

INTERCORRELATIONAL ANALYSIS

Resilience (total) and its correlates

Adaptability, Assertiveness, Well Being, Self Control, Emotionality and Sociability.

Significant correlations emerged among the Resilience (total) and subscales of Interpersonal reactivity. The Resilience (total) correlated positively with Fantasy Scale, Empathic Concern and Perspective Taking in total adolescent sample and male adolescent sample. In female adolescent sample significant positive correlations emerged among Resilience (total) and Empathic Concern and Perspective Taking. Significant negative correlations emerged between the Resilience (total) and Personal Distress in total adolescent sample and female adolescent sample.

There were significant positive correlations among Resilience (total) and Proactive Coping, Reflective Coping, Strategic Planning, Preventive Coping and Emotional Support Seeking for total adolescent sample, male adolescent sample and female adolescent sample.

The result of intercorrelations revealed that Resilience (total) correlated positively with two dimensions of Parental Bonding viz. Perceived Maternal Care and Perceived Paternal Care for total adolescent sample and male adolescent sample. The Resilience (total) correlated negatively Perceived Paternal Overprotection in total adolescent sample and male adolescent sample. None of the dimensions of Parental Bonding emerged as a significant correlates of Resilience (total) in the female adolescent sample.

The Resilience (total) showed significant positive correlation with Extraversion for total adolescent sample and female adolescent sample. The Resilience (total) correlated positively with Social Desirability in total adolescent sample only. Significant negative correlation emerged between Resilience (total) and Psychoticism in total adolescent sample and male adolescent sample.
Personal Competence and its correlates


Personal competence correlated positively with Proactive Coping, Reflective Coping, Strategic Planning, Preventive Coping and Emotional Support Seeking for total adolescent sample and male adolescent sample.
While in female adolescent sample Personal Competence correlated positively with Proactive Coping, Reflective Coping, Strategic Planning, Preventive Coping, Instrumental Support Seeking, Emotional Support Seeking and Avoidance Coping.

The result of intercorrelations revealed that Personal Competence, correlated positively with Perceived Maternal Care only in male adolescent sample. The Personal Competence correlated negatively with two dimensions of Parental Bonding viz. Perceived Maternal Overprotection and Perceived Paternal Overprotection in total adolescent sample and male adolescent sample. None of the dimensions of Parental Bonding correlated with Personal Competence in female adolescent sample.

Personal competence correlated negatively with Psychoticism in total adolescent sample and male adolescent sample. There was significant positive correlation between Personal Competence and Social Desirability for total adolescent sample and male adolescent sample.

Acceptance of Self and Life and its correlates


Acceptance of Self and Life correlated positively with three subscales of Interpersonal Reactivity viz. Fantasy Scale, Empathetic Concern and Perspective Taking in total adolescent sample. There was significant positive correlation between Acceptance of Self and Life and Fantasy Scale in male adolescent sample. There were no significant correlations between Acceptance of Self and Life and Interpersonal Reactivity in female adolescent sample.


Acceptance of Self and Life, one of the sub scales of Resilience, correlated positively with Perceived Maternal Care in total adolescent sample, male adolescent sample as well as female adolescent sample. There was positive correlation between Acceptance of Self and Life and Perceived Paternal Care in total adolescent sample and male adolescent sample.

Acceptance of Self and Life correlated positively with Extraversion for total adolescent sample and female adolescent sample. No significant correlations emerged between Acceptance of Self and Life and other Eysenckian Personality dimensions.

Regression Analysis

Resilience (total) and its predictors

The stepwise regression analysis with Resilience (total) as criterion variable and Perceived Maternal Care, Perceived Maternal Overprotection,
Perceived Paternal Care, Perceived Paternal Overprotection, Negative Family Events, Negative Individual Events, Psychoticism, Neuroticism, Extraversion, Social Desirability, Proactive Coping, Reflective Coping, Strategic Planning, Preventive Coping, Instrumental Support Seeking, Emotional Support Seeking, Avoidance Coping, Fantasy Scale, Empathetic Concern, Perspective Taking, Personal Distress, Self Esteem, Emotion Expression, Self Motivation, Emotion Regulation, Happiness, Empathy, Social Awareness, Impulsiveness (Low), Emotion Perception, Stress Management, Emotion Management, Optimism, Relationships, Adaptability, Assertiveness, Well Being, Self Control, Emotionality and Sociability as common predictors was run for total adolescent sample as well as male and female adolescent sample. Six variables turned out to be significant predictors in the total sample. They were Reflective Coping, Sociability, Emotion Regulation, Preventive Coping, Impulsiveness (low) and Happiness. The significant predictors for male adolescent sample were Sociability, Preventive Coping, Perceived Paternal Overprotection and Empathy. Three significant predictors emerged in female sample viz. Reflective Coping, Sociability and Emotion Regulation.

**Personal competence and its predictors**

The stepwise regression was done with Personal Competence as a criterion variable and aforementioned variables as independent variables. There were five variables that emerged as significant predictors for total sample. They were Reflective Coping, Sociability, Emotion Regulation, Proactive Coping and Negative Family Events. The significant predictors of Personal Competence in male adolescent sample were Sociability, Preventive Coping, Proactive Coping, Empathy and Perceived Paternal Overprotection. In female adolescent sample, the predictors which emerged significant were Reflective Coping, Sociability, Emotional Regulation, Emotional Expression, Emotional Perception and Negative Family Events.

**Acceptance of Self and Life and its predictors**

The stepwise regression analysis with Acceptance of Self and Life as criterion variable revealed that there were seven significant predictors for total
adolescent sample. They were Sociability, Avoidance Coping, Reflective Coping, Happiness, Negative Family Events, Perceived Maternal Care and Perceived Maternal Overprotection. In male adolescent sample, the significant predictors were Sociability, Avoidance Coping, Well Being and Negative Life Events. The significant predictors of acceptance of self and life in female sample were Reflective Coping, Emotional Support Seeking and Social Awareness.

**Gender differences on Resilience and its correlates**

$t$-ratios were computed to analyze gender differences in Resilience and its correlates. Females scored significantly higher than males on Negative Family Events, Neuroticism, Extraversion, Instrumental Support Seeking, Emotional Support Seeking, Fantasy Scale, Empathic Concern and Perspective Taking. The male adolescents scored higher than female adolescents on Psychoticism, Emotional Regulation, Impulsiveness (Low), Stress Management, Emotional Management, Assertiveness, Self Control and Sociability.

Not all the children and adolescents who are exposed to negative life events develop behavioral and mental health problems. For that matter, resilience appears to be a general rule of adaptation. However, nobody is born resilient. Resilience is a highly complex and interactive process that entails the adolescent, his family environment. Present study investigated the relevance of stress during adolescence and found out important factors in resilience, emotional intelligence, coping styles, personality dimensions and parental bonding which might be helpful in successful transition of adolescents into highly competent adults. The study implicates the need to develop mechanisms wherein adolescents develop a positive vision for future using a novice approach of coping win which 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 same time, the emotions can be utilized as 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.

The value of this study of adolescent resilience is in terms of additional evidence favoring a multidimensional model of its definition, dynamics and development.