CHAPTER VIII
SUMMARY

The aim of the present study was to investigate psychological factors in resilience of Kashmiri migrants. It focused on the relationship of resilience with perceived stress, coping, physical and psychological health, social support, positive and negative affect, satisfaction with life, meaning in life, and 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. It also aimed to compare males and females, and camp and non-camp Kashmiri migrants on resilience and its correlates. Furthermore, the study aimed 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 deriving a complete picture of resilience in the context of 1989 insurgency.

With a need to situate the research objectives in the dynamics of context, the present study employed a convergent mixed method research design, comprising of two independent and parallel phases of quantitative and qualitative strands.

Phase I, comprising of quantitative strand, employed a cross-sectional correlation design wherein role of perceived stress, coping, health, social support, positive and negative affect, satisfaction with life, meaning in life, and generalized self-efficacy was investigated in relation to resilience. The study also adopted a group comparison design in order to compare resilience and its correlates across gender and groups, viz. camp and non-camp migrants. Following self-report measures were used to elicit quantifiable information on various variables: Resilience Scale (Wagnild & Young, 1993), Perceived Stress Scale (Cohen et al., 1983), Coping Strategies Inventory (Tobin et al., 1989), Adult Health Checklist (Forgays & Forgays, 1993), General Health Questionnaire (Goldberg & Williams, 1988), Interpersonal Support Evaluation Scale (Cohen et al., 1985), Positive Affect and Negative Affect Scales (Watson et al., 1988), Satisfaction with Life Scale (Diener et al., 1985), Meaning in
Life Questionnaire (Steger & Frazier, 2006), and Generalized Self-Efficacy Scale (Jerusalem & Schwarzer, 1979). Data was collected from a stratified random sample of 300 adult Kashmiri migrants (150 camp migrants and 150 non-camp migrants) in the age range of 40 to 60 years. 150 camp Kashmiri migrants were further subdivided into two groups i.e., 75 male camp Kashmiri migrants and 75 female camp Kashmiri migrants, and 150 non-camp Kashmiri migrants were further subdivided into two groups i.e., 75 male non-camp Kashmiri migrants and 75 female non-camp Kashmiri migrants. t-ratios and Analysis of Variance (ANOVA) were calculated for investigating the effects of gender and groups, viz. camp and non-camp migrants on resilience and it’s correlates. Inter-correlation analysis was carried out to explore the relationship between various variables and step-wise regression analysis was used to identify the salient predictors of resilience.

Phase II, comprising of qualitative strand, focused on identifying core themes of resilience among Kashmiri migrants. In-depth and open-ended interviews were conducted to collect information from a purposive sample of 27 Kashmiri migrants (13 males and 14 females in the age range of 40 to 60 years) selected from the total sample of Kashmiri migrants, and inductive analysis approach was used to identify underlying themes and subthemes of resilience.

Different analysis revealed the following results:

For the total sample of Kashmiri migrants, resilience was found to be positively related with problem solving coping, cognitive restructuring coping, express emotion coping, and social support coping, appraisal social support, self-esteem social support, belongingness social support, positive affect, satisfaction with life, meaning in life-presence, and generalized self-efficacy, and negatively related with perceived stress, problem avoidance coping, wishful thinking coping, self-criticism coping, social withdrawal coping, physical health symptoms, psychological health symptoms, negative affect, and meaning in life-search.

For male Kashmiri migrants, resilience was found to be positively related with problem solving coping, cognitive restructuring coping, express emotion coping, social support coping, appraisal social support, self-esteem social support, belongingness social support, positive affect, satisfaction with life, meaning in life-presence, and generalized self-efficacy, and negatively related with perceived stress.
problem avoidance coping, self-criticism coping, social withdrawal coping, physical health symptoms, psychological health symptoms, negative affect, and meaning in life-search.

For female Kashmiri migrants, resilience was found to have positive correlations with problem solving coping, cognitive restructuring coping, express emotion coping, social support coping, appraisal social support, self-esteem social support, belongingness social support, positive affect, meaning in life-presence, and generalized self-efficacy, and negative correlations with perceived stress, problem avoidance coping, wishful thinking coping, social withdrawal coping, physical health symptoms, negative affect, and meaning in life-search.

For camp Kashmiri migrants, resilience showed positive correlations with problem solving coping, cognitive restructuring coping, express emotion coping, social support coping, appraisal social support, self-esteem social support, belongingness social support, positive affect, satisfaction with life, meaning in life-presence, and generalized self-efficacy, and negative correlations with perceived stress, problem avoidance coping, self-criticism coping, social withdrawal coping, physical health symptoms, negative affect, and meaning in life-search.

Positive correlations were reported between resilience and problem solving coping, cognitive restructuring coping, express emotion coping, social support coping, appraisal social support, self-esteem social support, belongingness social support, positive affect, meaning in life-presence, and generalized self-efficacy among non-camp Kashmiri migrants. On the other hand, negative correlations were reported between resilience and problem avoidance coping, wishful thinking coping, social withdrawal coping, physical health symptoms, and negative affect in this group.

Resilience was reported to have positive correlations with problem solving coping, cognitive restructuring coping, express emotion coping, social support coping, appraisal social support, self-esteem social support, belongingness social support, positive affect, satisfaction with life, meaning in life-presence, and generalized self-efficacy among male camp Kashmiri migrants. However, it was found to have negative correlations with perceived stress, problem avoidance coping, self-criticism coping, social withdrawal coping, physical health symptoms, psychological health symptoms, negative affect, and meaning in life-search in this group.
In case of female camp Kashmiri migrants, resilience showed positive relationship with problem solving coping, cognitive restructuring coping, express emotion coping, social support coping, appraisal social support, self-esteem social support, belongingness social support, positive affect, satisfaction with life, meaning in life-presence, and generalized self-efficacy, and negative relationship with problem avoidance coping, self-criticism coping, social withdrawal coping, physical health symptoms, and negative affect.

Positive correlations were reported between resilience and problem solving coping, cognitive restructuring coping, express emotion coping, social support coping, appraisal social support, self-esteem social support, belongingness social support, positive affect, and satisfaction with life among male non-camp Kashmiri migrants. However, negative correlations were reported between resilience and problem avoidance coping, self-criticism coping, social withdrawal coping, physical health symptoms, and meaning in life-presence among male non-camp Kashmiri migrants.

For female non-camp Kashmiri migrants, resilience was found to have positive correlations with problem solving coping, cognitive restructuring coping, social support coping, belongingness social support, positive affect, meaning in life-presence, and generalized self-efficacy, and negative correlations with problem avoidance coping, social withdrawal coping, physical health symptoms, and negative affect.

One of the objectives of the present study was to derive regression equations to delineate the significant predictors for the criterion variable of resilience. Hence, with resilience as the criterion, regression equations were run for all the aforementioned groups and the following variables were entered as the predictors viz. perceived stress, problem solving coping, cognitive restructuring coping, express emotion coping, social contact coping, problem avoidance coping, wishful thinking coping, self-criticism coping, social withdrawal coping, appraisal social support, self-esteem social support, belongingness social support, physical health symptoms, psychological health symptoms, positive affect, negative affect, satisfaction with life, meaning in life-search, meaning in life-presence, and generalized self-efficacy.

For the total sample of Kashmiri migrants, nine variables turned out to be relevant and were retained as predictors. These predictors were belongingness social...
support, positive affect, problem avoidance coping, social withdrawal coping, negative affect, perceived stress, satisfaction with life, generalized self-efficacy, and social support coping.

For male Kashmiri migrants, five variables turned out to be relevant and were retained as predictors. These predictors were perceived stress, self-esteem social support, positive affect, generalized self-efficacy, and physical health symptoms.

For female Kashmiri migrants, seven variables turned out to be relevant and were retained as predictors. These predictors were belongingness social support, positive affect, problem avoidance coping, self-esteem social support, physical health symptoms, negative affect, and problem solving coping.

For camp Kashmiri migrants, five variables turned out to be significant and were retained as predictors. These predictors were belongingness social support, positive affect, generalized self-efficacy, social withdrawal coping, and wishful thinking coping.

For non-camp Kashmiri migrants, seven variables turned out to be relevant and were retained as predictors. These predictors were physical health symptoms, problem solving coping, problem avoidance coping, positive affect, satisfaction with life, social withdrawal coping, and belongingness social support.

For male camp Kashmiri migrants, three variables turned out to be relevant and were retained as predictors. These predictors were generalized self-efficacy, positive affect, and perceived stress.

For female camp Kashmiri migrants, four variables turned out to be relevant and were retained as predictors. These predictors were belongingness social support, positive affect, problem avoidance coping, and self-criticism coping.

For male non-camp Kashmiri migrants, eight variables turned out to be relevant and were retained as predictors. These predictors were social withdrawal coping, physical health symptoms, cognitive restructuring coping, problem avoidance coping, meaning in life-presence, problem solving coping, generalized self-efficacy, and appraisal social support.

For female non-camp Kashmiri migrants, six variables turned out to be relevant and were retained as predictors. These predictors were problem avoidance
coping, positive affect, physical health symptoms, problem solving coping, satisfaction with life, and meaning in life-presence.

Main effect of gender was found to be significant for perceived stress, problem solving coping, cognitive restructuring coping, express emotion coping, social support coping, wishful thinking coping, physical health symptoms, psychological health symptoms, appraisal social support, self-esteem social support, positive affect, satisfaction with life, and generalized self-efficacy.

As compared to female Kashmiri migrants, male Kashmiri migrants scored higher on resilience, positive affect, appraisal social support, generalized self-efficacy, problem-solving coping, and cognitive restructuring coping, and scored lower on satisfaction with life, perceived stress, physical health symptoms, self-esteem social support, express emotion coping, social support coping, wishful coping, and psychological health symptoms.

While male camp Kashmiri migrants scored higher on appraisal social support, belongingness social support, and cognitive restructuring coping, female camp Kashmiri migrants scored higher on satisfaction with life, perceived stress scale, physical health symptoms, social support coping, and psychological health symptoms.

Furthermore, while male non-camp Kashmiri migrants scored higher on resilience, positive affect, generalized self-efficacy, cognitive restructuring coping, and social withdrawal coping, female non-camp Kashmiri migrants scored higher on perceived stress, physical health symptoms, social support coping, wishful thinking coping, and psychological health symptoms.

Main effect of groups viz. camp and non-camp Kashmiri migrants was found to be significant for resilience, perceived stress, social support coping, problem avoidance coping, social withdrawal coping, physical health symptoms, psychological health symptoms, social support, belongingness social support, negative affect, and generalized self-efficacy.

As compared to non-camp Kashmiri migrants, camp Kashmiri migrants scored higher on negative affect, perceived stress, physical health symptoms, problem avoidance coping, social withdrawal coping, and psychological health symptoms, and scored lower on resilience, appraisal social support, belongingness social support, generalized self-efficacy, and social support coping.
While male camp Kashmiri migrants scored higher on negative affect, perceived stress, physical health symptoms, problem avoidance coping, and psychological health symptoms, male non-camp Kashmiri migrants scored higher on resilience, positive affect, appraisal social support, generalized self-efficacy, and social support coping.

Further, while female camp Kashmiri migrants scored higher on negative affect, perceived stress, physical health symptoms, problem avoidance coping, social withdrawal coping, and psychological health symptoms, female non-camp Kashmiri migrants scored higher on resilience, appraisal social support, and belongingness social support.

Interaction effect emerged to be significant for resilience, perceived stress, and psychological health symptoms.

The qualitative analysis also revealed five underlying themes of resilience. They are presented in the order of their prevalence as follows: positive engagement coping, social support, meaning in life, positive emotional regulation, and passive avoidance coping.

Finally, the convergent mixed method design offered some divergence and convergence in relation to findings from quantitative and qualitative strands.

While results of the quantitative strand revealed significant positive association between resilience and different forms of social support (appraisal, belongingness, and self-esteem), the qualitative findings expanded upon it by elaborating upon the sources of support (e.g., supportive relations within the family including family love and cohesion, support from significant others) and various pathways of support seeking (e.g., being an integral part of Kashmiri migrant community).

Further presence of meaning in life emerged as a predictor of resilience and also as a major theme of resilience in Kashmiri migrants. While quantitative analysis provided information about directional relationship between resilience and meaning in life, qualitative analysis elaborated upon its sources like religious guiding and faith, compassion, and self as an agency of discovery of meaning.

Results of the quantitative strand of the study revealed that resilience was positively related with positive affect and negatively related with negative affect:
qualitative analysis revealed that participants who exhibited resilience reported practicing positive affect, countering negative emotions, and positive emotion regulation through use of humor, optimism and relaxation.

Lastly, results of the quantitative and qualitative strands provided some convergence and divergence with respect to coping. On one hand, problem solving and other engagement coping strategies emerged as important factors leading to resilient recovery, reported use of avoidance and other disengagement coping to overcome stress provided divergence from the findings of quantitative strand. It was revealed that both engagement and disengagement coping were present in the subjects with greater dependence on engagement coping. Disengagement coping was used during the early phase of resettlement or when the stressors were believed to be beyond personal control.

Hence, within the ‘risk and protective factors’ paradigm, the convergent mixed method design of the present study obtained different but complementary data on the subject of resilience among Kashmiri migrants. By drawing on the strengths of both quantitative and qualitative methods, the present study offered some divergence and convergence in the findings, which might contribute to the understanding of psychological resources leading to positive outcomes especially in the context of forced migration with reference to gender specificity and post-displacement living conditions.