

# RESILIENCE AMONG HSC AND SSLC SCHOOL STUDENTS – A SPECIAL REFERENCE TO VIRUDHUNAGAR

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**Abstract :** The present study sought to know the level of resilience, social support and the relationship between the both among the HSC and SSLC school students of Virudhunagar. In addition to this, the resilience and its significant association with socio-demographic profile and the respondents' belief in God also have been tested. The study only focused only on resilience and perceived social support among them to check their mental health as they are in crucial phase of academic life. Resilience helps them to cope up with the circumstances either success or failure which shows their coping style and level. The empirical study on resilience among 61 HSC and SSLC school students clearly shows that only their parents' types of occupation had the association with their level of resilience and HSC and SSLC students had significant difference towards their resilience.

**Keywords – Resilience, Coping, mental health, social support.**

## I. INTRODUCTION

Bouncing back is one of the most essential skills required among the people in the fast and modern world than the academic and other professional qualifications. Occurrences of many suicidal as well as emotional crimes are the evidences of lack of resilience, mental health and the increased level of stress in day-to-day life. People are required to emphasize and monitor their level of resilience at various phases of their life. In the competitive society, individuals need to revitalize themselves to be more competitive and learn how to balance their emotions in order to cope up with the reality. Many factors influence the level of resilience such as family background, level of education, societal factors, emotional intelligence, past experiences and so on. The concept of resilience has been academically studied for approximately 30 years when pioneers started examining it from a psychopathological perspective. Across the years the approach has moved from the premise of resistance to a growth perspective [1].

Resilience is the backbone and also the life blood for humans to survive and to attain the life's expectation and desires. Not only adults, children of the society also have to develop the skill with a view to face the challenges and barriers efficiently. Resilience helps people to be strong and struggle back in various situations such as encountering the academic failures, bemused of something, placed in mismatch jobs, and bereft of love, friendship or any intimate relationship. The role of education has been transformed from knowledge driven into score focused and the parents are in the place to force their children to gain more marks rather than learn more skills for both career and life. Unfortunately, the education system make the children more of bibliophile and they become lacking in life skills such as parenting, social relationship, work life balance, stress management and maintenance of mental and physical health. Resilience is a developmental and psychosocial process through which individuals exposed to sustained adversity or potentially traumatic events experience positive psychological adaptation over time. Resilience is developmental, both in the sense that childhood and adolescence are critical periods to lay foundations for functioning in adulthood and that individuals change and grow throughout life [2].

Resilience is the ability to survive and persevere during difficult times. Resilient people also thrive after overcoming adversity. Adolescents have many developmental tasks to overcome in their quest to becoming adults. Difficulty with these tasks can lead to academic and personal failures. Adolescents with low resilience often struggle with low self-esteem. If students are identified early as having lower levels of resilience, professional school counselors have an opportunity to provide resilience-enhancing activities [3]. Nuclear family system, single parenting culture, adverse role of social media networks, penetration of western culture and many other factors hinders the level of resilience among the present generation especially the school going children which make them more self-centered and poor in empathy. Besides, they become too sensitive to unfavorable circumstances and their decision making pattern would be more emotional rather than ethical and rationale.

Academic resilience as one of the important components of social emotional learning. It is the students' ability to compete and get success in environment where they face adverse conditions. These adverse conditions include poverty or abuse etc. Academic resilience has numerous components, for example ability to motivate him, ability to understand stress, and ability to manage stress while facing adverse conditions which includes the level of confidence of the students [4]. Across countries, boys and girls differ in academic resilience and academic achievement. In the conservative as well as developing and under developed countries, One of the biggest obstacles for female students may be the familial and social cultural obligations such as domestic chores which place undue pressure on females, and, consequently, on their academic resilience and achievement [5].

The coping styles and social support plays a vital role in determining the level of resilience among students, which indicates that the necessity of good parenting and social support for the growth of mental health among children [6]. Resilience is a student's ability to handle the academic pressure, stress and difficulties in the academic or school life e.g. less marks or grades, exam pressure

and stress, difficult school work etc. Broadly, academic resilience is a child's ability to maintain academic performance in the face of life [7]. The school children especially, HSC and SSLC students undergoes a lot of pressure to gain more marks as our education system requires them to score high cut off marks to get enrolled in educational institutions which provides engineering, medical and other technical and professional courses. Lack of confidence, support from family members, resilience, coping and adjustments become the factors leads to occurrences of suicidal incidents and psychological problems among the students of primary as well as secondary school students. With this view, the present study is an endeavor to know the level of resilience among HSC and SSLC school students of Virudhunagar and also sought to know the relationship of resilience with socio-demographic and other factors.

## II. OBJECTIVES OF THE STUDY

The following are the core objectives of the study;

1. To know the socio-demographic profile and economic background of the respondents of the study.
2. To measure the level of resilience among the respondents.
3. To measure the level of social support among the respondents.
4. To identify the factors associating with resilience among the respondents.
5. To know the relationship between respondents' level of resilience and their level of social support.

## III. SCOPE OF THE STUDY

The present study confined only to the HSC and SSLC school students who are studying in schools located across Virudhunagar town. The current study attempted to measure their level of resilience and its relationship with the respondents' socio-demographic profile and their belief in God. The level of social support retrieved and the relationship between resilience and the respondents' social support are also taken as the core research problems of this study. Although the educational resilience is the key problem, factors relating to academics and the schools are not included.

## IV. METHODOLOGY

Descriptive research design was adopted. Both primary and secondary sources are used to collect the relevant data for the study. Interview schedule was used to collect primary data from the school students. Resilience and social support scales were adopted in order to design the well-structured interview schedule. The researcher adopted stratified proportionate random sampling as the sampling method. By using the lottery method, 61 HSC and SSLC students were selected for the study. Percentage analysis, T-test, ANOVA, chi-square and correlation are the statistical tools used in the present study in order to interpret the primary data collected with the aid of SPSS version 20.0.

## V. RESULTS AND DISCUSSION

**Table 1.1: Socio-demographic and Economic background of the respondents**

Particulars		No. of Responses	Percentage
Gender	Male	20	32.8
	Female	41	67.2
Class studying	10 <sup>th</sup>	32	52.5
	12 <sup>th</sup>	29	47.5
Domicile	Rural	38	62.3
	Urban	23	37.7
Religion	Hindu	31	50.8
	Christian	30	49.2
Caste	SC/ ST	19	31.1
	MBC	9	14.8
	BC	33	54.1
Family Type	Joint Family	14	23.0
	Nuclear	47	77.0
Father's Educational Qualification	Illiterate	12	19.7
	1-5	20	32.8
	6-8	12	19.7
	9-10	8	13.1
	11-12	2	3.3
Mother's	above 12	7	11.5
	Illiterate	13	21.3

<b>Educational Qualification</b>	1-5	18	29.5
	6-8	15	24.6
	9-10	10	16.4
	11-12	1	1.6
	above 12	4	6.6
<b>Occupation of Father</b>	Daily wages	30	49.2
	Private	17	27.9
	Government	2	3.3
	Agriculture	6	9.8
	House Husband	6	9.8
<b>Occupation of Mother</b>	Daily wages	21	34.4
	Private	9	14.8
	Government	2	3.3
	Agriculture	2	3.3
	House Wife	27	44.3
<b>Belief in God</b>	Much	37	60.7
	Few	21	34.4
	Never	3	4.9
<b>Total</b>		<b>61</b>	<b>100</b>

Source: Primary Data

Table 1.2: Level of Resilience among the respondents

Level	No. of Responses	Percentage
Low	2	3.3
Medium	39	63.9
High	20	32.8
Total	61	100

From the above table, it is very transparent that out of 61 respondents, more than half of them i.e. 39 (63.9%) have medium level and 20 (32.8%) have high level of resilience. A very meagre number of respondents i.e. only two (3.3%) have low level of resilience.

Table 1.3: Level of social support among the respondents

Level	No. of Responses	Percentage
Low	8	13.1
Medium	46	75.4
High	7	11.5
Total	61	100

From the above table, it is very transparent that out of 61 respondents, most of them i.e. 46 (75.4%) have derived medium level of social support. 8 (13.1%) and 7 (11.5%) of them of the present study have low and high level of social support respectively.

**Table 1.4: Correlation Test result**

**H<sub>01</sub>:** There is no significant relationship between respondents' level of resilience and the level of social support

		<b>Resilience</b>	<b>Social Support</b>
<b>Resilience</b>	Pearson Correlation	<b>1</b>	.264*
	Sig. (2-tailed)		<b>.040</b>
	N	61	61
<b>Social Support</b>	Pearson Correlation	.264*	<b>1</b>
	Sig. (2-tailed)	<b>.040</b>	
	N	61	61

\*. Correlation is significant at the 0.05 level (2-tailed).

The null hypothesis is rejected as the  $p(.040) < .05$  ( $r = .264$ ). The correlation test result shows that there is a positive correlation between respondents' level of resilience and the level of social support in their life. It further reveals that the level of resilience increases when the respondents' social support increase.

### T -Test

The T-test has been applied in order to know the difference between the independent variables regarding the level of resilience among the respondents in the present study. Based on this view, the following hypotheses are formulated;

**H<sub>02</sub>:** There is no difference between male and female respondents towards their level of resilience.

**H<sub>03</sub>:** There is no difference between HSC and SSLC respondents towards their level of resilience.

**H<sub>04</sub>:** There is no difference between rural and urban respondents towards their level of resilience.

**H<sub>05</sub>:** There is no difference between Hindu and Christian respondents towards their level of resilience.

**H<sub>06</sub>:** There is no difference between respondents belongs to joint and nuclear families towards their level of resilience.

**Table 1.5: T-Test results**

**Table 5.20: T-Test- Difference between respondents level of resilience regarding their socio-demographic variables**

Independent Variables		Mean	Std. Deviation	t value	P value	Sig. level
Gender	Male	2.3000	.47016	.050	.960	$p > 0.05$
	Female	2.2927	.55874			
Class	SSLC	2.4375	.50402	2.293	.025	$p < 0.05$
	HSC	2.1379	.51576			
Domicile	Rural	2.2368	.54198	1.111	.271	$p > 0.05$
	Urban	2.3913	.49901			
Religion	Hindu	2.2581	.51431	.554	.582	$p > 0.05$
	Christian	2.3333	.54667			
Family Type	Joint Family	2.4286	.64621	1.080	.284	$p > 0.05$
	Nuclear	2.2553	.48759			

From the above table it is very apparent that respondents' level of resilience had no difference on the basis of their gender ( $p = .960$ ), domicile ( $p = .271$ ), religion ( $p = .582$ ) and family type ( $p = .284$ ). Interestingly, respondents who belongs to HSC and SSLC classes ( $p = .025$ ) have significant differences towards their level of resilience. Except the third hypothesis, other null hypotheses are accepted that there is no significant difference between level of resilience among the respondents on the basis of their gender, domicile, religion and family type. The third hypothesis is rejected hence there is a significant difference between HSC and SSLC students towards their level of resilience.

### ANOVA

The one way ANOVA test has been applied in the current study in order to know there is any significant difference among different group of respondents' categorized by their caste and belief in god regarding their level of resilience. Based on this view, the following hypotheses are formulated;

**H<sub>07</sub>:** There is no significant difference among respondents' level of resilience on the basis of their caste.

**H<sub>08</sub>:** There is no significant difference among respondents' level of resilience on the basis of their belief in god.

**Table 1.6: ANOVA Test results:**

**Significant difference among respondents' level of resilience with respect to their caste and belief in God**

Independent Variables		F value	P value	Sig. level
Caste	SC/ST	2.119	.129	$(p > 0.05)$
	MBC			
	BC			

Belief in God	Much	.624	.540	(p>0.05)
	Few			
	Never			

The ANOVA test results clearly showed that there are no differences among respondents' level of resilience on the basis of their caste ( $p=.129$ ) and belief in god ( $p=.540$ ). Thus both the hypotheses is accepted. Hence, respondents who belongs to SC/ST, MBC and BC caste category have similar level of resilience and also they have no significant difference towards level of resilience irrespective of their belief level in God.

#### Chi-Square Test

The Chi-square test has been applied in the current study to know the relationship between the respondents' level of resilience and their parents' education level and occupation. The hypotheses are as follows;

**H<sub>09</sub>:** There is no significant relationship between respondents' level of resilience on their parents' education level.

**H<sub>010</sub>:** There is no significant relationship between respondents' level of resilience on their parents' occupation level.

**Table 1.7: Chi-Square Test results: Significant relationship between respondents' level of resilience and their parents' education and occupation level**

Independent Variables	df	P value	Sig. Level
Education of Father	10	.690	$p<0.05$
Education of Mother	10	.083	$p<0.05$
Occupation of Father	8	.005	$p>0.05$
Occupation of Mother	8	.010	$p>0.05$

The above table consists of Chi-square results clearly indicates that the level of resilience had no relationship with the parents' education level of the respondents of the study while their occupation had significant relationship. Hence, the null hypothesis proposed that there is no significant relationship between respondents' level of resilience on their parents' education level is accepted as the p value of father's education level (.690) and mother's education level (.083) are greater than 0.05. As the p value of father's occupation level (.005) and mother's occupation level (.010) regarding the respondents' level of resilience are lower than 0.05, the null hypothesis is rejected. Thus, there is a significant relationship between respondents' level of resilience on their parents' occupation level.

#### VI. CONCLUSION

The mental health, psychological well-being and positive psychology are the quite common concepts people used to discuss and curious to know its underlying facts irrespective of their age, economic background and life style as many suffer from depression and stress. Physical and mental problems urge them to maintain a balanced work life and keep them emotionally intelligent. In the present life, children of this society undergo stress in schools and family life which leads to depression, insomnia, unhealthy diet, addiction to deadly online games, social media and other health as well as the mental illnesses. This study is about the resilience among HSC and SSLC school students of Virudhunagar and the factors associating with it.

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