



## Relationship between Sense of Coherence and Resilience among University Students

<sup>1</sup>Pooja Varma, <sup>2</sup>Dr.Prof.Poonam Devdutt

<sup>1</sup>Research associate, <sup>2</sup>Head of department

<sup>1,2</sup>Centre for Psychology and Human Behavior,  
Shobhit University, Meerut, India

**Abstract :** Sense of Coherence (SoC) is the capability to adapt to the changing environment and consists of three components: 'Comprehensibility', 'Manageability' and 'Meaningfulness'. Resilience is the ability to regain and sustain well-being during or after the occurrence of adverse events. The aim of the study was to assess the relationship between the positive components like Sense of Coherence and Resilience among university students. For this research, 100 university students participated in the age group of 18 – 25 years. The tools used were the Brief Resilience Scale (BRS-6) and Orientation to Life Questionnaire (QOL-Q). The data was analyzed using SPSS version 22.0. The result suggests that comprehensibility was significantly associated with Resilience. In addition, Manageability and Meaningfulness have no significant relationship with Resilience.

**IndexTerms - Salutogenesis, Sense of Coherence, Comprehensibility, Manageability, Meaning, Resilience**

### INTRODUCTION

Traditionally, the description of health is seen in a continuum from the presence of dis-ease to the complete absence of illness. However, with the changing dynamics of the world, health is not limited to the pathogenic view of well-being. Aaron Antonovsky described his perception of the world in his second book 'Unravelling the Mystery of Health' (1987). He viewed human life as a never-ending interaction with the environment with changes and chaos in day-to-day experience. According to Aaron Antonovsky, health is movement on a continuum of ease and dis-ease (Antonovsky, 1993b). Aaron Antonovsky coined the term Salutogenesis where 'Saluto' means 'health' and 'genesis' meaning 'the origin' with a vision to study health rather than illness (Antonovsky, 1979). The salutogenic view of health is a paradigm to identify the origin of health rather than seeking mechanisms underlying disease or condition. The salutogenic perspective is based on the premise that stress and strain are integral parts of human existence and Sense of Coherence is the stress handling resource. The core purpose of Salutogenic theory is to provide a systematic orientation toward health promotion. Aaron Antonovsky developed the idea of a Sense of Coherence (SoC) as the critical concept of Salutogenesis.

A SoC is the ability to assess and understand life's events, the capacity to use the available resources and find meaning in life to move in a health-promoting direction. In Antonovsky's own terms, Sense of Coherence is Comprehensibility, Meaningfulness, and Manageability. Comprehensibility is the ability to make sense of inner and outer stimuli in terms of being structured, ordered, clear, and cohesive. Manageability is the capacity to utilize the resources to meet the demands of internal or external stimuli. Meaningfulness is the motivational factor that depends on the healthy perception of the difficult situation rather than a burden.

### Resilience

The term Resilience refers to the ability to regain and sustain wellness after the occurrence of adverse events. This positive adaptation strengthens the capability to cope with stressors and promotes Post-traumatic growth. In simple words, Resilience means a person's ability to bounce back from a traumatic experience.

Resilience offers a healthy adaptation followed by strengthening human character and moderates flourishing under the challenging atmosphere. During infancy and childhood, the presence of supportive and sensitive caregiving and the absence of an abusive neglecting environment nurture the capability to develop Resilience in adulthood.

The dynamic heterostatic nature of human life including major changes in life like shifting from school to college can be a potential stressor for students. Both, SoC and Resilience overlaps when they focus on the ability of humans to adapt and cope with adverse events and also elaborate on the challenges in maintaining and enhancing mental, physical, social, and spiritual health.

### Acronyms

Soc – Sense of Coherence

### Theoretical framework

Variables are the person, place, thing or phenomena that can change or vary. This study contains university students as dependent variable. Sense of Coherence and Resilience are the independent variable used from the over-all health model of salutogenesis. Salutogenesis is based on the reality principle that struggles and stress is the truth of life and there are components that can help to ease suffering.

Antonovsky (1987) defined SoC as ‘a global orientation that expresses the extent to which one has a pervasive, enduring though dynamic feeling of confidence that (1) the stimuli from one’s internal and external environments in the course of living are structured, predictable, and explicable; (2) the resources are available to one to meet the demands posed by these stimuli; and (3) these demands are challenges, worthy of investment and engagement.’

According to Antonovsky, SoC is an orientation to life that leads to engendered, improved, and sustained health. It is clearly stated by Antonovsky (1987, 1993) that the degree of SoC is dependent on all three components, and therefore; should not measure the three components separately. Kortokov in his book ‘The sense of coherence: making sense out of chaos’ (1998, p.64) mentioned that SoC and the ability to adapt and cope with pathogenic factors and difficult life situations is strengthened by “consistent, load-balanced, and individual choice-making experiences”.

Luthar et al. (2000) consider Resilience as ‘a dynamic process encompassing positive adaptation within the context of significant adversity’. Resilience can also be described as the ability to tolerate stressful conditions and gain strength from adversity. (Fletcher and Sarkar, 2013, Secades et al., 2016). Resilience has also been conceptualized as a personality trait and a contextual or circumstantial disposition (Stanley et al., 2018). Resilient people are able to facilitate their sentiments with flexibility and rational thought process even after a catastrophic experience. They also show hardiness, sense of control, emotional intelligence, optimism, hope, self-efficacy, persistence, and an ability to appraise ‘problems’ as challenges (Grant and Kinman, 2014).

## RESEARCH METHODOLOGY

Research methodology is the process selected in order to select, analyze and interpret the data collected. Here, the methods and techniques used were -

### Data

For the study, primary data has been collected using questionnaire method. Structured questionnaires were given to 100 university students (50 male, 50 female) in the age group of 18-25 years with their consent. The participants were instructed to read all questions and tick the response that suited them the best. No question was to be left unanswered. These students were educated and have at least passed class 12th. The students filled primary sheet that consisted the details of participants’ names, ages, gender, and educational qualification followed by filling the Brief Resilience Scale (BRS) created by Bruce W. Smith in 2008 and Orientation to Life Questionnaire created by Aaron Antonovsky (2009)

### Research and Statistical tools

To find the relationship and difference between variable Comprehensibility, Manageability, Meaning, and Resilience among university students the study assesses scores by the correlational method using SPSS 22.0 version.

### Tools Used

Research tools that were used in this study were –

Preliminary data sheet - The preliminary information data sheet was made to ask for participants' names, ages, gender, and educational qualification.

The Brief Resilience Scale (2008) - The Brief Resilience Scale (BRS) created by Bruce W. Smith is a 6-item scale to assess the ability to bounce back or recover from stress.

Orientation to Life Questionnaire (2009) - The Orientation to Life Questionnaire created by Aaron Antonovsky is 13 items scale to measure the dimensions of Sense of Coherence.

## IV. RESULTS AND DISCUSSION

### 4.1 Results of Statics of Study Variables

Table 1: Shows the correlational analysis between Comprehensibility and Resilience among university students.

		Comprehensibility	Resilience
Comprehensibility	Pearson Correlation	1	.242*
	Sig. (2-tailed)	100	.015
	N		100
Resilience	Pearson Correlation	.242*	1
	Sig. (2-tailed)	.015	100
	N	100	

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

#### Interpretation

The obtained value of Pearson  $r$  was .24 which suggests that there is a significant relationship between Comprehensibility and Resilience among university students. Hence, the alternate hypothesis (H1) was accepted and the null hypothesis (H01) was rejected. This result reveals the positive relationship in the understanding and narrative of life among university students to resilience which can be use significantly in developing resilience-training, nursing, positive psychology and other health care branches.

Table 2: Shows the correlational analysis between Manageability and Resilience among university students.

		Manageability	Resilience
Manageability	Pearson Correlation	1	.161
	Sig. (2-tailed)		.110
	N	100	100
Resilience	Pearson Correlation	.161	1
	Sig. (2-tailed)	.110	
	N	100	100

#### Interpretation

The obtained value of Pearson  $r$  was .161 which doesn't reach a 0.5 level of significance. Hence, there is no significant relationship between Manageability and Resilience among university students. Hence, the alternate hypothesis (H2) was rejected and the null hypothesis (H02) was accepted. Manageability requires structure and planning, and Resilience is assessed better after an adverse situation.

Table 3: Shows the correlational analysis between Meaning and Resilience among university students.

		Meaningfulness	Resilience
Meaningfulness	Pearson Correlation	1	-.101
	Sig. (2-tailed)		.315
	N	100	100
Resilience	Pearson Correlation	-.101	1
	Sig. (2-tailed)	.315	
	N	100	100

### Interpretation

The obtained value of Pearson  $r$  was  $-.101$  which doesn't reach the 0.5 level of significance. Hence, there is no significant relationship between Meaningfulness and Resilience among university students. Hence, the alternate hypothesis (H3) was rejected and the null hypothesis (H03) was accepted. that Resilience is the quality that is triggered after traumatic experiences, and Meaning requires challenges and engagement in a task. University students might lack the experience/s that are required to nurture Meaning and Resilience in life. The result is also supported by a study done by Markus Streb et al. (2014) on PTSD in Paramedics where results showed that Sense of Coherence was a better predictor than Resilience for PTSD severity, as it accounted for more unique variance.

### Findings of the study

Salutogenesis is an approach to human health that examines the factors contributing to the promotion and maintenance of physical and mental well-being. Sense of Coherence, the key concept of Salutogenesis, is defined as the ability to comprehend, manage and find meaning in the changing world. Resilience refers to the capacity to recover quickly from difficulties. It means to bounce back at life after facing adverse and major problems and setbacks in life. Resilient people adapt well to change and keep going or choose to give up in the face of adversity so that they emerge stronger, wiser, and more able to live a quality life. Taking in view the above perspectives about Sense of Coherence and Resilience among university students, the present research studies the relation between the Sense of Coherence and Resilience among university students.

The first hypothesis (H1) stated that there will be a significant relationship between Comprehensibility and Resilience. The result indicated that the aforementioned hypothesis is accepted. This means that there is a significant association between Comprehensibility and Resilience among university students.

The second hypothesis (H2) stated that there will be a significant relationship between Manageability and Resilience. The result indicated that the aforementioned hypothesis is rejected.

The third hypothesis (H3) stated that there will be a significant relationship between Meaning and Resilience. The result indicated that the aforementioned hypothesis is rejected.

### Conclusion

The present study aimed to find out the relation between Sense of Coherence and Resilience among university students. The outcome affirms that the Comprehensibility component of Sense of Coherence is significantly associated with Resilience among university students. In addition, Manageability and Meaningfulness have no significant relationship with Resilience among university students. The study of the above literature and the result of this research conclude that Sense of Coherence and Resilience is more relevant to the adversity experienced rather than day-to-day stressors in life.

### Future Implication and Recommendations

Multiple studies from a single data will be done to find the gender difference in Sense of Coherence and Resilience among University students.

A similar study can also be done to find an association between Sense of Coherence and Resilience among people facing adverse challenges as compared to day-to-day stressors.

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