



## A Study of Resilience among College Students

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### Abstract

*Objectives of the study find out the difference between male and female on resilience and to study the level of resilience among Arts and Science streams college students. The sample of study is drawn from the population of 100 subjects from Jalna district of Maharashtra state of India. In sample 50 male college students and 50 female college students are included. Again both male and female groups included equals number of subject from arts and science streams. For the data collection used resilience scale developed by Dr. Vijaya Lakshmi and Dr. Shruti Narain. The independents variable of the study is gender and streams. For this study 2x2 factorial research design is used. Study concluded that the there is significant difference between Male and Female college students on their resilience. The female college student's level of resilience is better than the male college students. There is significant difference between arts and science streams college students on their resilience. The arts streams college student's level of resilience is better than the science stream college students.*

### Introduction:

The term resilience derives from the Latin verb *resilire* which means to rebound or "leap back." Resilience is a term used in many fields originally coming from ecology; with resilience denoting the ability of an ecosystem to recover or avert damage when disturbed. Commonly now the term resilience connotes a psychological meaning. Even though there remains a lack of consensus regarding how resilience is best defined, conceptualized and operationalized recent reviews have sought to identify the commonalities apparent in the definition of resilience. As highlighted above although there is no agreed definition and conceptualization of resilience; the majority of definitions of resilience are comprised of adversity or risk paired with positive outcomes. Fletcher and Sarkar highlight that most researchers agree that a definition of resilience is contingent upon both of these elements. Thus for an individual to be said to be resilient they must be resilient against some form of adversity or risk. Resilience is defined in details by the American Psychological Association. Resilience is a process of adjusting of the sources of stress like that the hardship, socks, pain, hazards. Resilience means emotionally, mentally and behavioral life experience accepted as a challenges. Life hard experiences accepted and their outcomes are successfully adopting. Now current psychological research shows that the resources, flexibility, control on demand and different skills related to the positive outcomes and resilience.

Resilience is the ability to adapt, recover, and bounce back from adversity, stress, trauma, or challenges. It involves a combination of psychological, emotional, and behavioral processes that enable individuals to maintain or regain mental health and well-being in the face of difficulties. Resilience is not a fixed trait but can be developed and



strengthened over time through experiences, coping skills, and supportive environments. It plays a crucial role in mental health, recovery from trauma, and overall life satisfaction.

Gender differences in resilience refer to the ways in which males and females may differ in their ability to adapt and recover from adversity, stress, or trauma. These differences can be influenced by biological, psychological, social, and cultural factors. Here are some key points: Hormonal variations, such as estrogen and testosterone, may influence stress responses and emotional regulation. - Brain structure and function differences can affect coping mechanisms. Females often exhibit higher emotional awareness and expressive coping strategies. - Males may tend to engage more in problem-focused coping or suppression. Societal expectations can shape gender roles, impacting how individuals perceive and respond to stress. - Women may have greater social support networks, which can enhance resilience. - Men might be encouraged to display strength and stoicism, affecting their help-seeking behavior.

Some studies suggest women are more likely to seek social support and express emotions, which can promote resilience. - Others indicate men may demonstrate resilience through risk-taking or problem-solving strategies. - The context of adversity (e.g., war, natural disasters, and personal loss) can influence gendered responses. Gender is a complex construct influenced by culture, identity, and individual differences. - Resilience is multifaceted, and individual variability often surpasses gender-based trends. Understanding these differences can help tailor interventions and support systems to enhance resilience across genders.

#### Objective:

1. To study the level of resilience among Male and Female college students.
2. To study the level of resilience among Arts and Science streams college students.
3. To study the interaction effect of Gender and Streams on resilience among college students

#### Hypothesis:

4. There would be significant difference between Male and Female college students on their resilience.
5. There would be significant difference between Arts and Science streams college students on their resilience.
6. There would be significant interaction effect of Gender and Streams on resilience.

#### Sample:

A sample is a portion of a population which is selected for the purpose of study or investigation. The sample of the present study were consist of 100 college student from Jalna districts various educational institute in with the age group between 19 to 25 years. In the total sample included both male and female students in equal number. Again both male and female groups included equals number of subject from arts and science streams. The random sampling techniques were used for the selection of the sample.

#### Sample Distribution

Streams	Gender		Total Sample
	Male	Female	
Arts	n-25	n-25	50
Science	n-25	n-25	50
Grand Total			N= 100



### 3.6.3 Design of the study:

For conducting any research it becomes inevitable to select the appropriate research method. Depending upon the aim, objectives and hypothesis of the study the descriptive experiment factorial research method of research deemed appropriate and suitable and was used in the study. Hence  $2 \times 2$  factorial design was used for the research.

(B) Streams	(A) Gender	
	A1- Male	A2 – Female
B1 Arts	a1 b1	a2 b1
B2 Science	a1 b2	a2 b2

### 3.6.4 Variables:

In the present study three variables have been studied i.e. resilience is a dependent variable and independent variable of the study is Gender i.e. Male and Female, and streams also consider as independent variables, the two types of the variable i.e. arts and science.

#### Tools:

##### Resilience Scale:

Resilience scale by Dr. Vijaya Laxmi and Dr. Shruti Narain – this scale helps to assess an individual's ability to successfully adapt, to recover and strengthened from stressful circumstance and negative emotional experiences. The scale consists 30 items and four dimensions- perseverance, composure, self-reliance and faith. This scale is a five point Likert type scale and it is applicable on individual from 14 years to above age. It has high degree of reliability and validity. The test re-test reliability was calculated and was found to be 0.87 and the split-half reliability was found to be 0.84. All reliability coefficients were significant at 0.01 level. Resilience scale was validated against the Connor-Davidson Resilience scale. The concurrent validity was found to be 0.86 which was significant. The scoring of positive items of Resilience Scale was done by giving a score 5, 4, 3, 2 or 1 for 'Strongly Agree', 'Agree', 'Neutral', 'Disagree' and 'Strongly Disagree' respectively and negative items were scored as 1, 2, 3, 4 and 5 respectively. Scores earned were added together to yield total score.

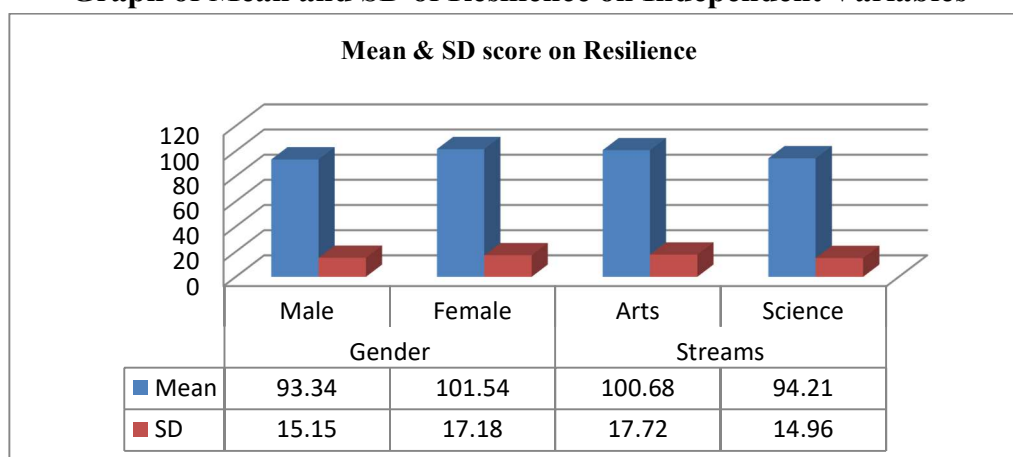
#### Statistical Analysis:

Statistical analysis and results are described as per objectives and hypothesis mentioned in this study. First step descriptive analysis mean and SD are calculated and then analysis of variance is calculated.

**Table of Mean and SD of Resilience on Independent Variables**

Independent Variable	Levels	Mean	SD	N
Gender	Male	93.34	15.15	50
	Female	101.54	17.18	50
Streams	Arts	100.68	17.72	50
	Science	94.21	14.96	50

**Graph of Mean and SD of Resilience on Independent Variables**



Above table and graph shows that the descriptive statistical according to dependent variables is resilience mentioned. Table and Figure shows that the mean and SD value of independent variable is gender on the resilience. Mean value of male college students on resilience is (Mean = 93.34) and SD value is (SD = 15.15). Mean value of female college students on resilience is (Mean = 101.54) and SD value is (SD = 17.18). Mean value on resilience between male and female college students are different.

Above table and Figure also shows that the mean and SD value of independent variable is streams on the resilience. Mean value of arts streams college students on resilience is (Mean = 100.68) and SD value is (SD = 17.72). Mean value of science streams college students on resilience is (Mean = 94.21) and SD value is (SD = 14.96). Mean value on resilience between arts and science streams college students are different.

**ANOVA summary of Resilience of college students**

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Gender	1681.00	1	1681.00	6.94	0.01
Streams	1049.76	1	1049.76	4.34	0.05
Gender * Streams	1459.24	1	1459.24	6.03	0.01
Error	23222.64	96	241.90		
Corrected Total	27412.64	99			

Above table indicate that the summary of ANOVA. The summary of ANOVA for independent variable gender on resilience. F ratio for independent variable gender on resilience of college students is  $F = 6.94$  ( $df = 1$  and  $96$ ) which is significant at the 0.01 level of confidence. Hence there is significant difference between male and female college student on resilience. The result revealed that there is significant different between male and female college students on resilience. F ratio and Mean are concluded the female college student's level of resilience is better than the male college students. Hence Hypothesis No. 1 "There would be significant difference between Male and Female college students on their resilience" is accepted. F ratio for independent variable streams on resilience of college students is  $F = 4.34$  ( $df = 1$  and  $96$ ) which is significant at the 0.01 level of confidence. Hence there is significant difference between arts and science streams college



student on resilience. The result revealed that there is significant difference between arts and science streams college students on resilience. F ratio and Mean are concluded the arts streams college student's level of resilience is better than the science stream college students. Hence Hypothesis No. 2, "There would be significant difference between arts and science streams college students on their resilience" is accepted. F ratio for resilience with regards to of gender and streams is  $F = 06.03$  which is significant both the level of significant. It means that significant interaction effect exists between gender and streams on resilience. Thus hypothesis no 3 is "There would be significant interaction effect of Gender and Streams on resilience" is accepted.

Previous study done by the Daniya Hasan Umm E Rubab Kazmi & Kanzal Jawahir (2020), Erdogan, Emine & Ozdogan, Oznur & Erdogan, Mehmet. (2015) and Biswas Abhijit (2021) concluded that the significant gender difference of resilience among college students. Arts students may rely more on creativity, emotional expression, and subjective interpretation, which can influence their resilience differently, often emphasizing emotional and social coping strategies. Arts students might draw resilience from emotional intelligence, social support, and expressive outlets, which are more emphasized in co-curriculum and extension activities. Research supports that the differences in academic focus, stressors, coping mechanisms, and personality traits between arts and science students contribute to significant variations in resilience levels.

### Conclusion:

There is significant difference between Male and Female college students on their resilience. The female college student's level of resilience is better than the male college students. There is significant difference between arts and science streams college students on their resilience. The arts streams college student's level of resilience is better than the science stream college students.

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