

A Comparative Study of Resilience Level among Midlife Male and Female Adults

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Abstract

Aim: The purpose of the study was to compare resilience level among male and female midlife adults. **Materials and Methods:** Total subjects 62 (31 male and 31 female adults) were taken for study of resilience data has taken through online goggle form of 35 to 50 years midlife adults. Total 62 responses were received. Further analysis of data SPSS used for interpretation of data .t test for comparison of resilience level among male and female adults. This is a short assessment aimed at identifying one's ability to cope with hard times or stress. **Results:** Mean \pm .SD of resilience level in male and female subjects were 3.22 \pm .390 and 2.88 \pm .580. For comparing the means of selected resilience, descriptive analysis and independent t-test were applied at 0.05 level of significant. The results of the study revealed that there was significant difference in resilience among the male and female. **Conclusion:** This study shows male resilience higher than female adults. This study assesses the ability to bounce back or recover from hard times. There are 6-items half of which are positively focused and half negatively focused with regard to being able to bounce back after hard time experiences. Understanding resilience and assessing resilience is very important so that individuals with low resilience can be identified and suitable mediations applied to help them overcome specific challenges (e.g., anxiety, depression) or the daily challenges (e.g., problem during little bit stressful event).

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Introduction

Resilience is a *lively process including positive adaptation within the context of significant harsh conditions*. Inherent within this notion are two serious conditions: revelation to significant danger or severe hardship; and the getting of optimistic adaptation in spite of major stabbings on the developing process (Garmezy, 1990, Werner and Smith, 1992). Resilience represents the individual abilities that allow one to prosper in the face of hardship. Research over the last 20 years has established that resilience is a multidimensional typical that varies with age, con-text, gender, time and cultural foundation, as well as within an individual subjected to different life conditions (Garmezy, 1985; Garmezy and Rutter, 1985, Seligman and Csikszentmihalyi, 2000). Resilience may be observed as a degree of stress managing ability and, as such, could be an important goal of