

## 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

dealing in depression, stress and anxiety responses. We define a new rating scale to measure resilience. The Connor-Davidson Resilience scale (CD-RISC) includes of 25 items each evaluated on a 5-point scale (0–4), with higher scores reproducing greater resilience. The scale was managed to subjects in the following groups: public sample, primary care out patients, general psychiatric casualties, clinical trial of generalized anxiety disorder, and two scientific trials of PTSD (Connor, and Davidson, 2003). During the past year, resilience has progressively become a focus of research in the behavioral and medical disciplines (Carney, 2004; Masten, 2001).The origin for the English word “resilience” is the word “resile,” which means to bounce or spring back (Agnes, 2005). Resilience has been well-defined in a diversity of ways, comprising the capability to recover from stress or quickly bounce back to adapt to stressful situations, to not become ill in spite of substantial harsh conditions and to function above the norm in spite of stress or difficulty. it may be valuable to use different words for confrontation to disorder, adaptation to anxiety, and functioning above the standard in spite of stress. (Carver, 1998) providing a clear difference between “resilience” as returning to the previous level of working e.g., recovery and flourishing as moving to a greater level of working following a stressful event. In stress adaptation could be used for shifting to adjust to a new situation. Early studies of harshly disordered patients were focused chiefly on understanding mal adaptive behavior, and the subsection of patients who presented relatively adaptive patterns were measured a typical and afforded little attention. By the 1970s, investigators had exposed that schizophrenics with the least severe courses of disorder were considered by a premorbid history of comparative competence at social relations, work, marriage, and ability to fulfill own responsibility or manage daily task. (Garmezy, 1970). Various studies have been conducted on resilience. However, the number of resilience studies is very less. Hence, this study was taken to find out the difference of resilience level among male and female adults.

**Materials & Methods**

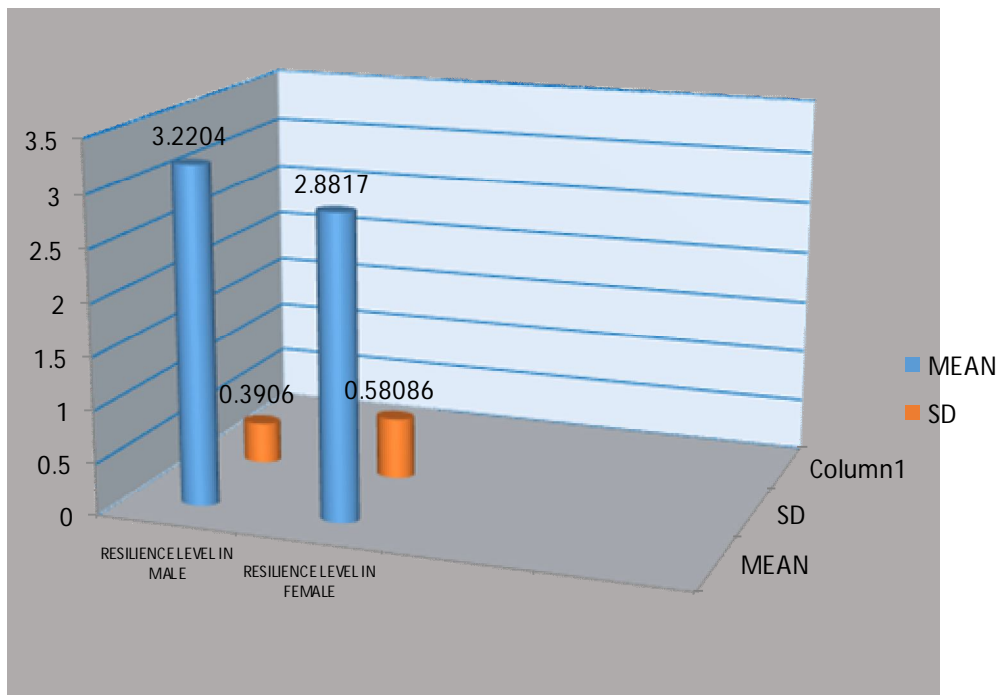
Total subjects 62 (31 male and 31 female adults) were taken for study of resilience data has taken through online goggle form of 35 to 50 years midlife adults. Total 62 responses were received. The six items of the brief resilience scale (BRS) are presented items 1, 3, and 5 are positively worded, and items 2, 4, and 6 are negatively worded. The BRS is scored by reverse coding items2, 4, and 6 and finding the mean of the six items. The following instructions are used to administer the scale: Indicate the extent to which you agree with each of the following statements by using the following scale: 1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, 5 = strongly agree. Further analysis of data SPSS used for interpretation of data. T test for comparison of resilience level among male and female midlife adults.Brief Resilience Scale (BRS) 2008 used to measure resilience level among adults. (Smith et.al 2008)

**Results**

Table 1 shows that the mean±.SD of resilience level in male and female subjects were 3.22±.390 and 2.88±.580. There was a significant difference between Resilience Level in Male and Female.

**Table 1. Mean± SD of Resilience Level in Male and Female Adults**

	<b>Group Name</b>	<b>N</b>	<b>Mean</b>	<b>Std. Deviation</b>	<b>‘t’</b>	<b>P Value</b>
<b>Resilience</b>	<b>Male</b>	<b>31</b>	<b>3.2204</b>	<b>.39060</b>	<b>2.694</b>	<b>0.37</b>
	<b>Female</b>	<b>31</b>	<b>2.8817</b>	<b>.58086</b>		



**Figure1. Mean and SD of resilience level among midlife Male and female adults**

**Discussion**

This is a comparative study of resilience among midlife male and female adults. This study shows midlife male resilience higher than females. The purpose of this study was to measure the ability to bounce back or recover from stress. The BRS is a consistent means of evaluating resilience as the ability to recover or bounce back from stress and may offer exclusive and significant information about people coping with hard times. The BRS is measure that specifically evaluates resilience in its unique and most basic meaning: to recover or bounce back from stress (Agnes, 2005). This study exclusively connected to health when monitoring for preceding resilience measures and measures of individual resilience resources (e.g., and social support and hopefulness). Since the Brief resilience scale is framed with regard to undesirable events (hard times, stressful events, set-backs difficult times), it is not amazing that its exclusive effects were specific to dropping negative results (Depression, negative effect, physical symptoms, anxiety). Resilience resources suggest it may mediate the effects of resilience resources on health results. Resources such as active coping, optimism, social support and the range of those measured by previous resilience measures may facilitate the ability to recover from adversity. The ability to bounce back itself may have a straighter connection with health outcomes. Finally, these studies have limitations that keep the foundation for future studies. In addition, the BRS needs to be likened with biological pointers of recovery from illness and stress (Charney, 2004).

### Conclusion

This is a comparative study of resilience among male and female adults. The mean $\pm$ SD of Resilience Level in Male and Female subjects were 3.22 $\pm$ .390 and 2.88 $\pm$ .580. This study shows male resilience higher than female adults. So that there was significant difference in resilience among the male and female. 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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Conflict of Interest: None declared