

A PROGRAMME TO FOSTERING ACADEMIC RESILIENCE AMONG LOW SOCIOECONOMIC COLLEGE STUDENTS IN RURAL REGION IN INDIA

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Resilience

- Resilience connotes the capacity or ability of an individual to spring back or bouncing back in the face of adversity, stress and catastrophe.
- Academic resilience is defined as the “high levels of achievement motivation and performance despite the presence of stressful events and conditions that place individuals at risk of doing poorly in school and ultimately dropping out of school” (Alva, 1991).

The Present Study

- Enhancing academic resilience among college students at risk.
- Low socioeconomic condition of a community exposes a student to adversities including impoverished environment thwarting academic achievement.
- Based on the socio-ecological perspective the psychological factors contributing to resilience in academic context were identified and utilized to formulating the intervention programme.

Participants

- 300 students including male and female.
- Age Group : 18 to 21 years.
- Drawn equally from two Arts and Science Colleges situated in Coimbatore and the Nilgiri Districts, Tamil Nadu, India.
- Inclusion Criterion : Student belonging to low socioeconomic background.

Distribution of Subjects based on Gender

Gender	Experimental Group		Control Group	
	Frequency	Percentage	Frequency	Percentage
Male	84	57.9	76	52.4
Female	61	42.1	61	42.1

Distribution of Subjects based on Father's Education

Educational attainment of the father	Experimental Group		Control Group	
	Frequency	Percentage	Frequency	Percentage
Illiterate	11	7.6	13	9.5
Elementary/Middle school level	69	47.6	47	34.3
SSLC or equivalent	42	29.0	49	35.8
Higher Secondary or equivalent	21	14.5	21	15.3
Graduation or equivalent	02	1.4	07	5.1

Distribution of Subjects based on Father's Occupation

Occupation of the father	Experimental Group		Control Group	
	Frequency	Percentage	Frequency	Percentage
Unemployed	3	2.1	5	3.6
Laborer	122	84.1	47	34.3
Semi-skilled worker	5	3.4	45	32.8
Skilled worker	9	6.2	12	8.8
White collar jobs	2	1.4	7	5.1
Professional	4	2.8	18	13.1
Not alive	0	0	3	2.2

Distribution of Subjects based on Community

Community	Experimental Group		Control Group	
	Frequency	Percentage	Frequency	Percentage
ST	1	0.7	2	1.4
SC	101	69.7	46	31.7
BC	25	17.2	50	34.5
MBC	10	6.9	8	5.5
FC	6	4.1	0	0
OC	2	1.4	31	21.4

Measures

- Attitude Towards Education Scale (Chopra, 2006).
- Level of Aspiration Performance Tasks (Bhargava & Shah, 1987).
- Academic Locus of Control Scale (Trice, 1985).
- Academic Self Concept Scale (ASCS) (Reynolds, 1988).
- The Study Skills Questionnaire.
- Wallach and Kogan Battery of Creativity Tasks (Paramesh, 1972).
- The Big Five Inventory (Oliver & Martinez, 1998).

- Academic Performance Indicator (Marks obtained in college end semester exams)

The Intervention Programme

- Aimed at improving the cognitive, motivational and personality characteristics.
- Specifically, the intervention was focused on improving academic attitude, aspiration, self-concept, locus of control, study skills, creativity, and conscientiousness.

Duration of Intervention

- Spread over 14 sessions.
- Each session was of one hour duration.
- Duration of the program - 3 months and a half.

Focus of the Intervention

- Building Positive Academic Attitude
- Improving Aspiration
- Inculcating Academic Locus of Control
- Reinforcing Academic Self-Concept
- Improving Study Skills
- Enhancing Conscientiousness
- Improving Creativity (Divergent Thinking)

Experimental Paradigm and Statistical Analysis

- Two group Pre-Post test Design
- Analysis of Covariance was used to compare the psychological status of the Experimental Group and the Control Group after intervention using empirical measures

The Findings

- Intervention enhanced academic resilience in the participants
 - Improved Positive Attitude towards Education
 - Improved Divergent Thinking
 - Improved Study Skills
 - Improved Academic Self-Concept
 - Improved Conscientiousness
- Participants had improved academic achievement which may be due to the plethora of changes effected by the intervention.
- Thanks to the intervention the participants had enhanced academic performance despite continuing to facing the adversities attributable to their low socioeconomic condition.

Conclusion

- Even though the condition of the risk of being exposed to low socioeconomic background confronting the college students can hardly be instantly removed, duly substituting specific psychological intervention relevant to the context can invoke resilience in them and enhance their their performance in academic functioning.
- Resilience is ordinarily inherent in every one as a natural human characteristic and can be kindled and vitalized by psychological intervention.

Update on Resilience Research @ Bharathiar University, Tamil Nadu, India

Author	Title	Reference	Variabl es	Sample	Findings
Anna lakshmi (2007)	Resilience in relation to Extraversion- Introversion, Psychoticism , and Neuroticism.	Indian Journal of Psychometry & Education, Vol.38 (1), 51- 55.	Resilien ce and Eysenc k Persona lity Dimens ions	186 post- graduate students, both males and females, between 21- 23 years of age	Resilient were Low on Psychoticism, High on Extraversion and Low on Neuroticism
Anna lakshmi (2007)	Probabilistic orientation and resilience.	Journal of the Indian Academy of Applied Psychology, 33, 2, 267- 272.	Resilien ce and Probabi listic Orientat ion	60 scientists (28yrs to 50yrs) and 65 graduates (21yrs to 24yrs)	Resilience was positively related to probabilistic orientation among student sample

Author	Title	Reference	Variables	Sample	Findings
Anna lakshmi (2008)	Effect of Creativity and Risk Taking on Resilience.	Behavioural Scientist. 9 (1): 15-22	Resilience, Creativity and Risk Taking	181 young adult studying in post graduate programs	Resilience was positively related to creativity but negatively related to risk taking.
Anna lakshmi (2008)	The Resilient Individual - A Personality Analysis.	Journal of the Indian Academy of Applied Psychology. Vol. 34, Special Issue, 110- 118.444- 460.	Resilience and Psychologic al Needs	155 young adult graduates (20-25yrs)	High on Affiliation, Cognitive Structure, Dominance, Endurance, Exhibition, Nurturance and Understanding, And low on Impulsivity.

Author	Title	Reference	Variables	Sample	Findings
Anna lakshmi (2009)	Causal attributions and Resilience	Paper presented at the NAOP conference held at IIT, Gawahati in 2009.	Resilience and Causal Attributions	120 students studying in 11 th grade	Resilience was found to be positively related to Personal Control dimension of causality. Resilience was found to be unrelated to Locus of Causality, Stability and External Control dimensions of Causal Attributions.
Anna lakshmi (2010)	Stereotype, Prejudice and Psychological Resilience.	Paper presented at 45 th National and 14 th International conference of the Indian Academy of Applied Psychology (IAAP) On Quality of Life and Globalization: Effective Self Care Interventions held at Andhra University from 18 th to 20 th February, 2010.	Resilience, Stereotype about women and Authoritarian Personality	200 teachers in the age group 25 to 50 years of age drawn from one high school and 6 higher secondary schools run by the government	Resilient have culturally approved stereotype about women. Resilient and less resilient were not different from each other with regard to authoritarian personality.

Author	Title	Reference	Variables	Sample	Findings
Annalaks hmi (2010)	Resilience, Metacognitions and Complexity.	© Journal of the Indian Academy of Applied Psychology October 2009, Vol. 35, Special Issue, 112-118.	Resilience and Attributional Complexity	114 high school students in the age group 15-16 years	The highly resilient had higher preference for complex rather than simple explanations for explaining human behavior and used metacognition concerning explanations more than those who had low resilience.
Annalak shmi (2010)	Motivational Systems and Resilience.	Paper presented at at the XIX Annual Conference of National Academy of Psychology held at Bangalore during 6-9 March 2010.	Resilience, BIS and BAS	220 students studying in an engineering college in Coimbatore	Resilience was found to be negatively related to less reward responsiveness and positively related to behaviour inhibition.

Author	Title	Reference	Variables	Sample	Findings
Annalaks hmi & Bibin Chand (2010)	Resilience And Vulnerability among Adolescents Living In High-Altitude.	Paper presented at the 97 th Indian Science Congress hosted by Indian Space Research Organisation (ISRO) and held at University of Kerala, Trivandrum from 3-7 Jan and the University of Kerala,2010.	Resilience and Vulnerability among Adolescents living in high altitude	100 adolescents living in Leh, Jammu and Kashmir and 150 adolescents living in Thiruvanthapura m, Kerala	Adolescents living at high-altitude were lower on resilience and higher on vulnerability compared to sea-level residents. Sense of Relatedness was a strong predictor of resilience and Emotional Reactivity was strong predictor of vulnerability among individuals living in high-altitude environment.
Sreenath & Annalaks hmi (2009)	Resilience, Perceived Stress and Quality of Work Life among textile employees	Journal of psychological researches.	Resilience, Perceived Stress and Quality of Work Life	75 textile employees (25 clerical staff, 25 permanent skilled workers & 25 casual skilled workers)	Significant relationship between Resilience and Quality of work life: high group on resilience had significantly higher level of quality of work life as compared to the low group on resilience.

Author	Title	Reference	Variables	Sample	Findings
Anna lakshmi & Sreenath (2010)	Parental Involvement, Parental Warmth and Resilience among Adolescent Students	Presented as co-author in 45 th National and 14 th International Conference of the IAAP held at Andra Univ from 18-20, Feb 2010	Parental Involvement, Parental Warmth and Resilience	120 adolescents (11 th grade to first year of graduation).	Resilient perceived their parents to receive greater involvement in them and show more warmth compared to their less resilient counterpart. Perception regarding receiving support for autonomy from the parents has no significant influence on resilience.
Anna lakshmi & Tony.P. Jose (2010)	Influence Of Spiritual Intelligence On Resilience Among Christian Youth In Kerala	Science of Anthropology and Behavioral Science, Indian Science Congress held at Trivandrum, Kerala.	Spiritual Intelligence and Resilience	200 Christian adolescents Age group 16 to 19 yr.	Resilient was positively related to consciousness, graceful living in alignment with the sacred, sense of meaning in life and transcendence, and truthful living that was reflected in open acceptance, forgiveness, curiosity and love for all creation.

Author	Title	Reference	Variables	Sample	Findings
Annalaks hmi & Mohammed Abeer K. C (2010)	Effect Of Islamic Worldview And Religious Personality On Resilience Among Muslim Adolescent Students	Paper presented at Indian Science Congress held at Trivandrum, Kerala.	Resilience, Islamic Worldview And Religious Personality.	204 adolescent students belonging to Muslim religion Age group 15 to 18 years	The highly resilient were higher on Islamic rituals (religious practice and ritual behavior indicative of the manifestation of one's religious worldview) and on Mu'amalat (religiously guided behaviors towards one's family, fellow human beings and the rest of creation including animals and the natural environment).
Annalaks hmi & Lijo.K.J (2010)	Forgiveness And Resilience Among College Students	Paper presented at Indian Science Congress held at Trivandrum, Kerala.	Forgiveness And Resilience	200 graduate students in the age group 17 yrs to 20 yrs	Resilience was relate to Presence of positive thoughts, feelings, and behavior towards the wrong doer, and willingness to forgive

Author	Title	Reference	Variables	Sample	Findings
Annalakshmi & Lijo.K.J. (2010)	Effect Of Gratitude On Resilience	Paper presented at the 36th NAIACP held at NIMHANS, Bangalore from 1-3 Feb 2010.	Gratitude and Resilience	202 students in the age group of 17 to 20 years.	Gratitude at lower and middle levels does not contribute to resilience; the high level of gratitude contributes to resilience. A threshold level seems to exist to enable gratitude to contribute to resilience.
Annalaks hmi & Ragitha Radhakrishnan (2010)	Psychological Resilience And Self-Regulation Among Adults With Type-I Diabetes	Paper presented at the 36th National Annual Conference of the Indian Association of Clinical Psychologists held from 1 to 3 February.	Psychological Resilience, treatment self regulation, exercise self regulation Self-Regulation	60 adults with Type I diabetes. Age group 30 to 60 years	The high resilient individuals, compared to their low resilient counterparts, are more autonomous and showed more self-regulation for treatment. The high resilient accepts the value of exercising as personally important to them.

Author	Title	Reference	Variables	Sample	Findings
Anna lakshmi (2011)	Character Strengths that help Resilience	Paper presented at XX th Annual Conference of National Academy of Psychology (NAoP), 2010 at <i>Zakir Hussain Centre for Educational Studies</i> , Jawaharlal Nehru University from <i>December 12-15, 2010</i>	24 character strengths (Peterson and Seligman) and Resilience	186 students in the age group of 18 to 23 years.	Among the 24 character strengths, curiosity and forgiveness emerged in the analysis as significant predictors of resilience
Anna lakshmi (2011)	Irrational Beliefs, Positive Generalizations and Resilience'	Paper presented 98 th Indian Science Congress held at SRM University, Chennai from Jan 3-7, 2011.	Irrational Beliefs, Positive Generalizations	220 college students in the age group of 18 to 21 years.	Resilience was linked to lesser use of irrational beliefs. Resilience was not found to be related to positive generalizations: high, moderate and low resilient groups did not differ with regard to positive generalizations.

Author	Title	Reference	Variables	Sample	Findings
Annalakshmi (2011)	Survey Of Risk Among Rural Adolescent Students	37th National Annual Conference - 2011 Of The Indian Association Of Clinical Psychologists Held From 21 st to 23 rd January, 2011 at Institute of Behavioural Science Gujarat Forensic Sciences University, Gandhinagar, Gujarat	Risk, Subjective Well-being, Academic Achievement	1451 school students in the age group of 15 to 19 years studying in 10 th to 12 th class.	Belonging to school in which Majority of Students are from Low-Income Families is the most prevalent risk
Annalaks hmi (2011)	Mindfulness, Behavioral Approach-Avoidance Systems and Resilience	Paper presented at the 46 th National and 15 th International Conference of the IAAP On Life Skills for Quality of Life, to be held at University of Mysore, Manasagangotri, from 4 th Feb. to 6 th Feb., 2011.	Mindfulness , Behavioral Inhibition System/ Behavioral Approach Systems and Resilience	220 college students in the age group of 19 to 20 years.	Mindfulness was significantly related to resilience as well as all aspects of motivational systems: Drive, Fun Seeking, Reward Responsiveness and Inhibition.

Thank you
for your kind attention