

“Influence of intervention program to foster resilience and academic outcome among rural and urban adolescents

Introduction

Adolescence is a critical period in one’s life . Adolescents operate through complex interaction across life domains, within the individual, family, school, peer groups and community trying to have their own identity.

Children and adolescents are stressed at home and at school to complete their home work, attending different classes to meet the expectations of the parents, continuous pressure from peers and some time many adolescents puts pressure on themselves like to loose weight, regarding clothes.

To deal with these situations some adolescent use positive strategies like Play, exercise or talking, but others withdraw, sulk or zone out. Still others act aggressively, talk back and toss tantrums. Some of them also indulge turn to the coping mechanisms that they see peers using- smoking, drugs ,fighting, eating disorders, self mutation and delinquency. These negative behaviours are often attempts to counter stress and difficulties they are facing.

Generally adolescent’s donot think rationally about the best way to do it. Unless we guide them towards positive ways to relieve and reduce stress, they may choose the negative behaviours of peers or the culture they absorb from the media. They become caught up in a cycle of negative coping methods and risky behaviours. Researchers are today highly acknowledging the importance of resilience among adolescents to face such problems. The ability of children to show healthy development despite facing many difficulties is frequently labeled as resilience (Arrington, & Wilson, 2002).

Resilience is a healthy trait that will help adolescents cope with the basic challenges of life and of being worthy of happiness. Resilience may be promoted not necessarily because of adversity but, in fact, may be promoted in anticipation of inevitable.

In view of the above discussion, the present study has made an attempt to find out the “Influence of intervention program to foster resilience and academic outcome among rural and urban adolescents” with the following objectives

- To profile the resilience skills of the selected adolescents for the study.
- To design and develop appropriate modules for fostering resilience skills among experimental group adolescents.
- Administration of developed modules for the selected experimental adolescents.
- To assess the influence of resilience skills intervention program among the experimental group adolescents.
- To find out the influence of intervention program on their academic achievement.
- To determine the influence of demographic factors on the resilience skills of the experimental group.

The study was carried out in 8 phases. The first four phases dealt with assessing and profiling the resilience skills among both rural and urban adolescents using appropriate tools. The next four phases dealt with designing and development of modules and administering the intervention program.

A total of 400 adolescents male and female in the age group of 14-16 years studying in 8th standard were identified for the study. The urban sample was drawn from C.B. Bandari Jain School Seshadri road Bangalore 560 001 and Seventh day Adventist school Hormavu Bangalore, whereas the rural sample was drawn from A.S.B. Government High school Anekal-562106 Bangalore South District and Government High school Bachenahatte

Bangalore. For the intervention a random sample of 50 each adolescent boys and girls, studying in 8th standard in the age group of 13 to 15 years were selected separately for the study for both Urban and rural sample. A total sample of 100 adolescents (50 boys and 50 girls) for urban sample and 100 adolescents (50 boys and 50 girls) for rural sample, including both control and experimental group was drawn. Gail M Wagnild et. Al., (1987) resilience scale was used to elicit the information on resilience among adolescents respectively. A basic data sheet was used, to collect information regarding demographic details.

The major findings of the study were

Majority of the respondents were having average resilience score in both urban and rural respondents. Post intervention results shows that the respondents have increased in the high category of problem solving, Personal vision, Self-confidence, Positive action, Interpersonal score and Total resilience scores. Whereas, the respondents have been found to decrease in the lower category and medium category of problem solving, Personal vision, Self-confidence, Positive action, Interpersonal score and Total resilience scores indicating that the intervention program has been very effective in nurturing resilience skills of the respondents. The study sensitized the adolescents