

# Resilience

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# Overview

- ▶ Definition of Resilience
- ▶ Resilience– An Evolving Concept
- ▶ *Marrying* between Resilience and Theory

# A Quote for Today

*Resilience is the natural, human capacity to navigate life well. It is something every human being has — wisdom, common sense. It means coming to know how you think, who you are spiritually, where you come from, and where you are going. The key is learning how to utilize innate resilience, which is the birthright of every human being. It involves understanding our inner spirit and finding a sense of direction.*

([HeavyRunner & Marshall, 2003](#), p. 14)

# Resilience – An Evolving Concept

- ▶ Norman Garmezy (1974)
- ▶ Emmy Werner & Ruth Smith (1989)
- ▶ Wagnild & Young (1993)
- ▶ Michael Rutter (1999)
- ▶ Sandler (2001)
- ▶ Olsson & friends (2003)
- ▶ Sinclair & Wallston (2004)
- ▶ Hart, Blincow & Thomas (2007)

.....Over the past 40 years, resilience research has gone through several stages.....

# Locally in Resilience Research

- ▶ As a research variable
- ▶ Explains as personality (*characteristics*) element : a trait
- ▶ Explains as identity element : who a person is

- ▶ Back-to-Back Translation for The Resilience Scale into Malay language (Amalia et al., 2011)
- ▶ Adaptation of Resilient Framework into Adolescent Resilient Therapy Intervention (For ex: Amalia Madihie et al., 2015)
- ▶ A development of Resilience Cross-Cultural Tool (collaboration research between England, Turkey & Malaysia, 2016)

# Definitions of Resilience



- ▶ Masten (2005) defines resilience as a class of phenomena characterized by good outcomes in spite of serious threats to adaptation of development
- ▶ Rutter (1987), a psychiatric risk researcher, states that the term is used to describe the positive tone of individual differences in people's response to stress and adversity.



- ▶ Perry (2002) defines resilience as the capacity to face stressors without significant negative disruption in functioning.
- ▶ Janas (2002) identified the term as the ability to bounce back from adversity, frustration, and misfortune.

- ▶ In developmental literature, resilience is typically discussed in terms of protective psychological risk factors that foster the development of positive outcomes and healthy personality characteristics (Bonanno, 2004).

- ▶ Resilience is also used interchangeably with positive coping, adaptation, and persistence ([Greene et al., 2002](#)).
- Resilience researchers agree that resilience is concerned with **individual variations in response to risk**. While some individuals succumb to stress and adversity, others survive and respond well to the challenges associated with life's hazards ([Rutter, 1987](#)).

- ▶ Haslee Shahril Lim Abdullah (2007) defines resilience as a tendency of individual per say or as a group such as family to rebound from stressful circumstances or events and he is able to resume usual activity and success.

- ▶ Resilience is a process of *coming back* from any adversity and hardship in life, either back to the original state or a better life stage.

# Resilience & Theory

- ▶ **The first wave** was mainly descriptive;
  - it understood resilience to be a set of strengths or assets that helped people survive adversity.

- ▶ **The second wave, resilient reintegration**
  - was more focused on helping people to achieve “growth or adaptation through disruption.”

- ▶ In a third “postmodern” wave of resilience theory,
  - The concept refers to “the force within everyone that drives them to seek self-actualization, altruism, wisdom and harmony with a spiritual source of strength” (Richardson, 2002, p. 313).



Modern resilience  
studies originated  
among psychologists &  
psychiatrists

<b>Behavioral Sciences</b>	<b>Ecology &amp; Ecological Sociology</b>		<b>Social Resilience to Risks</b>
<p><i>Maintenance or return of the human individual to simply adequate functioning</i></p>	<p>TRADITIONALLY ECOLOGY</p>	<p><i>Static or single equilibrium version (mechanical resilience)</i></p>	<p><i>Social resilience guaranteeing maintenance of the status quo</i></p>
<p>- <i>An outcome within the expected average</i>            - <i>An outcome which is substantially better than what would be expected</i>            - <i>An optimal outcome</i></p>	<p>CONTEMPORARY ECOLOGY</p>	<p><i>The multi-equilibrium option (dynamic resilience entailing constant change)</i></p>	<p><i>Social resilience that is characterized by flexibility and openness to change.</i></p>
<p>ALWAYS POSITIVE ADJUSTMENTS</p>	<p>ADAPTABILIT MAY BE EITHER POSITIVE OR NEGATIVE</p>		<p>A WIDESPREAD BELIEF IN POSITIVE OUTCOME: SOME AUTHORS KEEP RESERVATIONS</p>

(Source from Sapountzaki, 2007)

*Thank you*

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