

Original Research Article

<https://doi.org/10.20546/ijcmas.2024.1301.020>

Examining Resiliency Levels of Rural and Urban Adolescents in South India

Ramya Koneru¹ and Ganga V. Yenagi²

¹Department of Human Development and Family Studies, College of Community Science, Dharwad

²Department of Agricultural Extension Education and Agricultural Statistics, College of Agriculture, Dharwad University of Agricultural Sciences, Dharwad - 580 005, Karnataka, India

*Corresponding author

ABSTRACT

Over the course of a lifetime, humans experience a wide range of physiological and psychological changes, including modifications to language, cognition, and psychosocial development in addition to influences from peers and family. Since every developmental stage serves a specific purpose in an individual's life, adolescence is acknowledged as a normal and significant stage of maturation during which adolescents experience a number of stressors and storms. However, despite experiencing significant adversity during their formative process, resilient people were able to preserve a healthy and reasonably steady psychological functioning. Examining the resilience levels of adolescents in rural and urban areas was the primary objective of the current study. 383 adolescents from Dharwad and Hyderabad region selected by random sampling technique. The results show that most adolescents in Dharwad and Hyderabad region had moderate levels of resilience. In Dharwad, adolescents living in rural areas had notably greater levels of sense of mastery, sense of relatedness, emotional reactivity, and overall resilience when compared to their urban counterparts. Similarly, sensory mastery, sense of relatedness, and general resilience were significantly greater among rural adolescents in Hyderabad region. Nonetheless, a notable distinction was observed in the resilience levels of adolescents residing in the Dharwad and Hyderabad region.

Keywords

Adolescents, resilience, rural, urban, Dharwad, Hyderabad

Article Info

Received:
25 November 2023
Accepted:
28 December 2023
Available Online:
10 January 2024

Introduction

Adolescence is a transitional period marked by a number of physiological and psycho-physiological changes. Individuals between the ages of 10 and 19 have been categorized as adolescents by the world health organization. Adolescents experiment with many new behaviors and face difficulties as they deal with a number of complex themes, including intimacy, self-concept,

identity development, and independence. Adolescents must so acquire a quality known as resilience in order to combat challenges in unfavorable circumstances. It denotes "the capacity to recover." Resilience, which varies from person to person, is also well-known as the developmental process by which people are able to successfully adjust to challenging circumstances. According to Rutter (2013), "some people have a reasonably good outcome despite having experienced

serious stresses or adversities; their outcome is better than that of other people who suffered the same experiences." On the other hand, resilience definitions are distinguished under two distinct categorical viewpoints by Lee *et al.*, (2013). "Resilience as a trait" and "resilience as a developmental process" are the two concepts.

Resilience, according to the first group "resilience as a trait," is the capacity to "bounce back." Resilience is defined as "a property which allows materials to assume their original shape after being bent or stretched" (Dyer and McGuinness, 1996; Southwick and Charney, 2015). This statement was initially derived from the field of physical science. Several authors in the second category, "Resilience as a developmental process," confirmed that resilience is a dynamic process that enables people to successfully adjust in the face of severe adversity (Lee *et al.*, 2013). The critical review on studies reveals that locality has a significant association with individuals, higher resiliency level among adolescents from rural locality than urban adolescents (Patil and Adsul, 2017). Hence, the study was carried with the following objective is to assess resiliency levels among rural and urban adolescents of Dharwad and Hyderabad regions.

Materials and Methods

A cross sectional study was conducted by involving adolescents from rural and urban area of Dharwad and Hyderabad regions of Karnataka and Telangana states respectively. A sample of 383 high school students selected by random sampling method from government and private schools. A differential research design was adopted for the study to compare between two groups.

Statistical tools

The collected data was analysed by using statistical package i.e., IBM SPSS 24 version. Frequency, percentages, means, standard deviation and t-test were the statistical tools employed in the study.

Data collection tools

General information questionnaire

It is a self structured questionnaire contains personal details of the participants. They are age, class, gender, locality, type of school and class of studying.

Resilience scale for children and adolescents (Prince-Embury, 2006)

Resilience scale for children and adolescents is a self-report measure aims to identify perceived strength and vulnerability. It comprises of three subscales those were sense of mastery, sense of relatedness and emotional reactivity. A sense of mastery provides the opportunity for children and youth to interact and enjoy the cause-and-effect relationship in the environment. It has 20 items. Sense of relatedness deals with the construct "feeling securely" that means connected to individuals in a social context". It has 24 items. Emotional reactivity can be understood as vulnerability, arousal, or threshold of tolerance to stimulus that exists before unfavorable events or conditions happen. There are 20 items. Together the tool consists of 64 items where responses were rated on five-point likert scale i.e., never (0), rarely (1), sometimes (2), often (3), and almost usually (4). The raw score is converted to T scores and score ranges from ≥ 60 to ≤ 40 . Higher the score indicates individuals with higher resiliency level.

Results and Discussion

Demographic characteristics of rural and urban adolescents of Dharwad and Hyderabad region is presented in table 1. Almost half of the participants (i.e. 58 %) of adolescents were in 15-17 years age range in rural and urban area of Dharwad. Whereas in Hyderabad majority of them in 12-14 years of age (rural-62.5%; urban-57.9%). In both the regions almost equal proportion of boys and girls were selected. In rural area of Dharwad region 37.1 per cent were second borns, 36.1 per cent of adolescents were first borns and 26.8 per cent were later borns, whereas in urban Dharwad 47.4 per cent were first borns, followed by second borns (33.7%) and later borns (18.9%). In Dharwad region almost equal percentage of adolescents were selected across the classes in both the rural and urban areas (i.e., 8th class-34%, 9th class-33% and 10th class-33% in rural area; similarly in urban area 8th class-35.8%, 9th class-32.6% and 10th class-31.6%).

Same pattern was observed in rural Hyderabad region also equal percentage of adolescents were in 8th and 9th class (34.4% and 34.4% respectively). Similarly, in urban area equal percentage of adolescents were found in 8th and 9th class (32.6%). In rural Dharwad, 69.1 per cent of adolescents studying in government high schools and in

urban area 68.4 per cent private schools. In rural Hyderabad majority i.e., 67.7 per cent were from government school and in urban area majority i.e., 65.3 per cent were from private schools.

Distribution of adolescents' resiliency of both the districts presented in table 2. In Dharwad majority of adolescents in rural area possessed with average (41.2%) levels of resilience, only 10.3 per cent had below average resilience level, whereas in urban area majority had low (41%) resilience level and only least per cent of adolescents had high resilience level. Similarly, in Hyderabad majority of adolescents from rural area had average (39.6%) resilience level and only 4.2 per cent had high resilience level, whereas in urban area majority of adolescents had low (41.1%) levels of resilience and only least per cent of adolescents had above average (1.1%) resilience level.

Table 3 shows comparison of rural and urban adolescents of Dharwad region on overall resilience and on its components. A significant difference found between rural and urban adolescents on sense of mastery ($t=5.467$; $p<0.01$), sense of relatedness ($t=6.467$; $p<0.01$), emotional reactivity ($t=4.362$; $p<0.01$) and on overall resiliency ($t=6.655$; $p<0.01$). Compared to urban adolescents rural adolescents had higher mean scores on sense of mastery ($M=51.84$; $SD=9.47$), sense of relatedness ($M=49.95$; $SD=10.27$), emotional reactivity ($M=62.40$; $SD=8.24$) and overall resiliency ($M=51.21$; $SD=9.83$).

Fig 1 depicts the comparison of mean scores of overall resilience and its components i.e., sense of mastery, sense of relatedness and emotional reactivity of adolescents from Dharwad region.

Table 4 presents comparison of rural and urban adolescents of Hyderabad region on overall resilience and on its components. Statistically a significant difference observed between rural and urban adolescents on sense of mastery ($t=2.149$; $p<0.05$), sense of relatedness ($t=2.090$; $p<0.05$) and on overall resiliency ($t=2.363$; $p<0.05$). On comparison urban adolescents exhibited better mean scores on sense of mastery ($M=45.98$; $SD=9.69$), sense of relatedness ($M=44.79$; $SD=8.05$) and overall resiliency ($M=45.18$; $SD=8.67$) than rural adolescents.

Fig 2 depicts the comparison of mean scores of overall resilience and its components i.e., sense of mastery, sense

of relatedness and emotional reactivity of adolescents from Hyderabad region.

Comparison of Dharwad and Hyderabad region adolescents on resiliency levels represented in table 5. There is a significant difference found between Dharwad and Hyderabad region adolescents on overall resiliency ($t=46.74$; $p<0.01$) and on its components i.e., sense of mastery ($t=3.767$; $p<0.01$) and emotional reactivity ($t=4.737$; $p<0.01$). The higher means on sense of mastery ($M=48.26$; $SD=9.83$), emotional reactivity ($M=59.48$; $SD=9.79$) and overall resilience ($M=46.74$; $SD=10.53$) indicates that adolescents in Dharwad region had better resiliency levels than adolescents from Hyderabad region.

Interestingly, some of the adolescents from the rural area exhibited stronger resilience than the adolescents from the urban area, despite the fact that the majority of the adolescents from both rural and urban localities in the Dharwad region (table 2) were resilient.

In the Hyderabad region (table 2), the majority of adolescents in rural areas had better resilience levels than those in urban areas; that is, most of the adolescents in rural areas had at least an average level of resilience, whereas the majority of adolescents in urban areas had a low level of resilience.

Nonetheless, compared to their urban counterparts, the majority of adolescents in both regions demonstrated greater resilience in rural areas. This may be because adolescents in rural and urban areas differ significantly in terms of emotional intelligence, upbringing, crisis experiences, and various psychological and physical developmental paths. In Dharwad region, there was a significant difference between rural and urban adolescents in terms of overall resilience and its components, namely sense of mastery, sense of relatedness, and emotional reactivity (table 3). In Hyderabad region, there was a significant difference between rural and urban adolescents in terms of overall resilience and its components, namely sense of mastery and sense relatedness (table 4).

Adolescents from rural areas reportedly displayed higher levels of emotional reactivity, sense of relatedness, and mastery than their urban counterparts in both locations. Higher sense of mastery scores suggest that rural adolescents were more optimistic and capable of handling any challenge.

Table.1 Demographic characteristics of rural and urban adolescents of Dharwad and Hyderabad region (N=383)

Characteristics	Category	Dharwad		Hyderabad	
		Rural (n=97)	Urban (n=95)	Rural (n=96)	Urban (n=95)
Age (In years)	12-14	41 (42.3)	45 (47.4)	60 (62.5)	55 (57.9)
	15-17	56 (57.7)	50 (52.6)	36 (37.5)	40 (42.1)
Gender	Boys	51 (52.6)	50 (52.6)	50 (52.1)	49 (51.6)
	Girls	46 (47.4)	45 (47.4)	46 (47.9)	46 (48.4)
Ordinal position	First born	35 (36.1)	45 (47.4)	38 (39.6)	30 (31.6)
	Second born	36 (37.1)	32 (33.7)	42 (43.8)	45 (47.3)
	Later born	26 (26.8)	18 (18.9)	16 (16.6)	20 (21.1)
Class	8 th class	33 (34.0)	34 (35.8)	33 (34.4)	31 (32.6)
	9 th class	32 (33.0)	31 (32.6)	33 (34.4)	31 (32.6)
	10 th class	32 (33.0)	30 (31.6)	30 (31.2)	33 (34.7)
Type of school	Government school	67 (69.1)	30 (31.6)	65 (67.7)	33 (34.7)
	Private school	30 (30.9)	65 (68.4)	31 (32.3)	62 (65.3)

Figures in parenthesis indicates percentages

Table.2 Distribution of rural and urban adolescents of Dharwad and Hyderabad regions on levels of resilience (N=383)

Resilience levels	Dharwad		Hyderabad	
	Rural	Urban	Rural	Urban
	(n,%)	(n,%)	(n,%)	(n,%)
High	18 (18.6)	1 (1.1)	4 (4.2)	3 (3.2)
Above average	16 (16.5)	4 (4.2)	5 (5.2)	1 (1.1)
Average	40 (41.2)	34 (35.8)	38 (39.6)	33 (34.6)
Below average	10 (10.3)	17 (17.9)	22 (22.9)	19 (20.0)
Low	13 (13.4)	39 (41)	27 (28.1)	39 (41.1)
Total	97 (100)	95 (100)	96 (100)	95 (100)

Figures in parenthesis indicates percentages

Table.3 Comparison of rural and urban adolescents of Dharwad region on overall resilience and on its components (n=192)

Domains of resilience	Rural		Urban		t-value	p value
	Mean	SD	Mean	SD		
Sense of mastery	51.84	9.47	44.61	8.84	5.467**	<0.01
Sense of relatedness	49.95	10.27	40.27	10.47	6.467**	<0.01
Emotional reactivity	62.40	8.24	56.50	10.38	4.362**	<0.01
Overall resiliency	51.21	9.83	42.17	9.21	6.655**	<0.01

**Significant at 0.01 level

Table.4 Comparison of rural and urban adolescents of Hyderabad region on resiliency (n=191)

Domains of resilience	Rural		Urban		t-value	p value
	Mean	SD	Mean	SD		
Sense of mastery	45.98	9.69	42.98	9.59	2.149*	<0.05
Sense of relatedness	44.79	8.05	42.14	9.38	2.090*	<0.05
Emotional reactivity	54.95	10.61	54.26	10.06	.464ns	0.192
Overall resiliency	45.18	8.67	42.11	9.28	2.363*	<0.05

*Significant at 0.05 level, NS indicates Non significance

Table.5 Comparison of resiliency levels between Dharwad and Hyderabad adolescents (n=383)

Domains of resilience	Dharwad		Hyderabad		t-value	p value
	Mean	SD	Mean	SD		
Sense of mastery	48.26	9.83	44.49	9.73	3.767**	<0.01
Sense of relatedness	45.16	11.43	43.47	8.82	1.619 ^{ns}	0.542
Emotional reactivity	59.48	9.79	54.61	10.32	4.737**	<0.01
Overall resiliency	46.74	10.53	43.68	9.12	3.043**	<0.01

**Significant at 0.01 level, NS indicates Non significance

Figure.1 The comparison of rural and urban adolescents of Dharwad region on resilience components and overall resilience

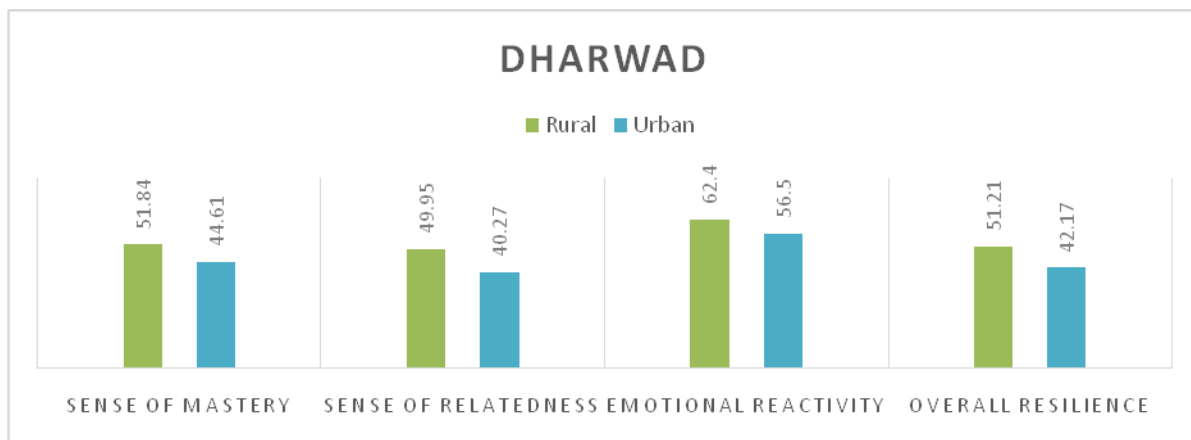
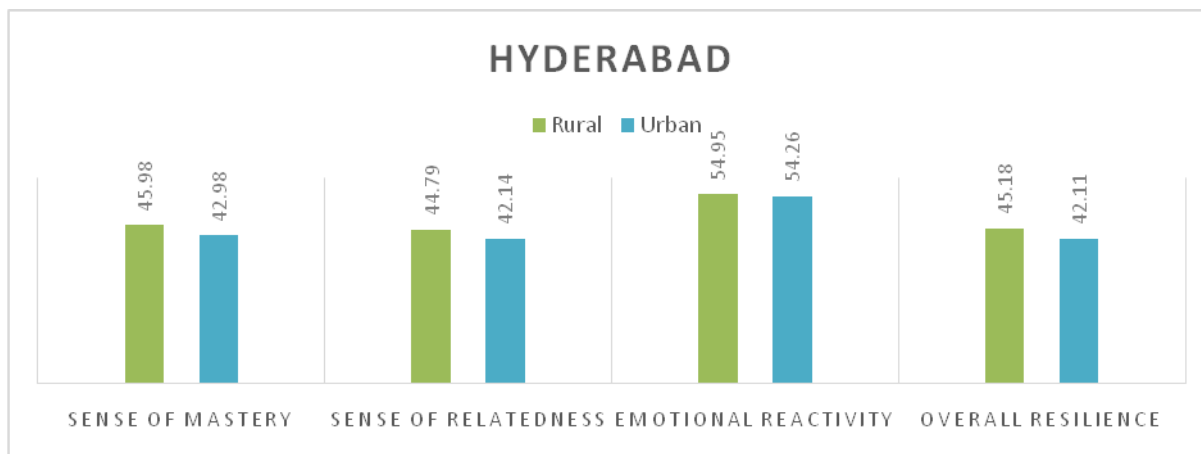


Figure.2 The comparison of rural and urban adolescents of Hyderabad region on resilience components and overall resilience



They also demonstrated strong self-efficacy, which encourages people to actively face challenges and develop effective problem-solving attitudes. Finally, they were able to acquire knowledge from their own experiences. The fact that adolescents from rural areas were able to obtain substantial encouragement from reliable individuals is further evidenced by their similarly high sense of relatedness scores.

According to the emotional reactivity scores, adolescents in rural Dharwad were less likely to become upset easily and had strong recuperation abilities to overcome any impairments that might have been impeding their development. However, in the Hyderabad region, adolescents' emotional reactivity scores were alike for both urban and rural areas, indicating that locale had no significant impact on adolescents' emotional reactivity. The main concerns for the development of emotional reactivity in Hyderabad adolescents were other factors, such as individual and familial traits.

According to region wise comparison results (table 5) adolescents in Dharwad had a more similar sense of relatedness and a better sense of mastery, emotional reactivity, and overall resilience than adolescents in Hyderabad. The degree of adaptability may vary depending on the environmental and cultural factors that differ between regions. During data collection, it was noted that, in comparison to adolescents in the Hyderabad region, Dharwad adolescents were more capable, upbeat, and adaptable to all kinds of circumstances. A study that supported by Sangma (2014) discovered that socioeconomic class, family structure,

parental employment, and cultural and environmental factors all have a substantial impact on resilience levels, and that area also has a considerable influence on these levels. According to Stumblingbear-Riddle and Romans (2012), there are notable differences in the resilience levels of adolescents based on individual differences in enculturation, social support, and self-esteem.

The current study reveals a significant impact of locality on adolescents' resiliency levels. However, resilience is a personal attribute, the environment and culture where individual grows will shape the capabilities and coping level of a person. Rural adolescents from both the regions (i.e., Dharwad and Hyderabad) had better resiliency.

Adolescents from Dharwad region exhibited better resiliency, where the environment and culture were differed from Hyderabad region which is a cosmopolitan citizen. Thus, the study suggests the intervention programme for adolescents to promote coping strategies which are helpful during adverse situations.

Author Contribution

Ramya Koneru: Investigation, formal analysis, writing—original draft. Ganga V. Yenagi: Validation, methodology, writing—reviewing.

Data Availability

The datasets generated during and/or analyzed during the current study are available from the corresponding author on reasonable request.

Declarations

Research Funding: Not applicable

Ethical Approval: Not applicable.

Consent to Participate: Not applicable.

Consent to Publish: Not applicable.

Conflict of Interest: The authors declare no competing interests.

References

- Dyer, J. G. and McGuinness, T. M. (1996). Resilience: Analysis of the concept. *Archives of psychiatric nursing*, 10(5): 276-282. [https://doi.org/10.1016/s0883-9417\(96\)80036-7](https://doi.org/10.1016/s0883-9417(96)80036-7)
- Lee, J. H., Nam, S. K., Kim, A. R., Kim, B., Lee, M. Y. and Lee, S. M. (2013). Resilience: a meta-analytic approach. *Journal of counseling & development*, 91(3): 269-279. <https://doi.org/10.1002/j.1556-6676.2013.00095.x>
- Patil, A. P. and Adsul, R. K. (2017). A correlational study on resilience and well-being among college adolescents in Kolhapur city. *Indian Journal of Positive Psychology*, 8(1): 83-86. <https://doi.org/10.15614/ijpp%2F2017%2Fv8i1%2F147243>
- Prince-Embury S, 2006, Resiliency scales for children and adolescents, Pearson, United States.
- Rutter, M. (2013). Annual research review: Resilience—clinical implications. *Journal of child psychology and psychiatry*, 54(4): 474-487. <https://doi.org/10.1111/j.1469-7610.2012.02615.x>
- Sangma K M, 2014, Resiliency in children in late childhood and its correlates, *M.H.Sc. Thesis*, University of Agricultural Sciences, Dharwad, Karnataka, India.
- Southwick, S. M., Pietrzak, R. H., Tsai, J., Krystal, J. H. and Charney, D. (2015). Resilience: an update. *PTSD research Quarterly*, 25(4): 1-10.
- Stumblingbear-Riddle G and Romans J S, 2012, Resilience among urban American Indian adolescents: Exploration into the role of culture, self-esteem, subjective well-being, and social support. *American Indian and Alaska Native Mental Health Research*, 19(2): 1-19. <https://doi.org/10.5820/aian.1902.2012.1>

How to cite this article:

Ramya Koneru and Ganga V. Yenagi. 2024. Examining Resiliency Levels of Rural and Urban Adolescents in South India. *Int.J.Curr.Microbiol.App.Sci*. 13(01): 157-163. doi: <https://doi.org/10.20546/ijcmas.2024.1301.020>