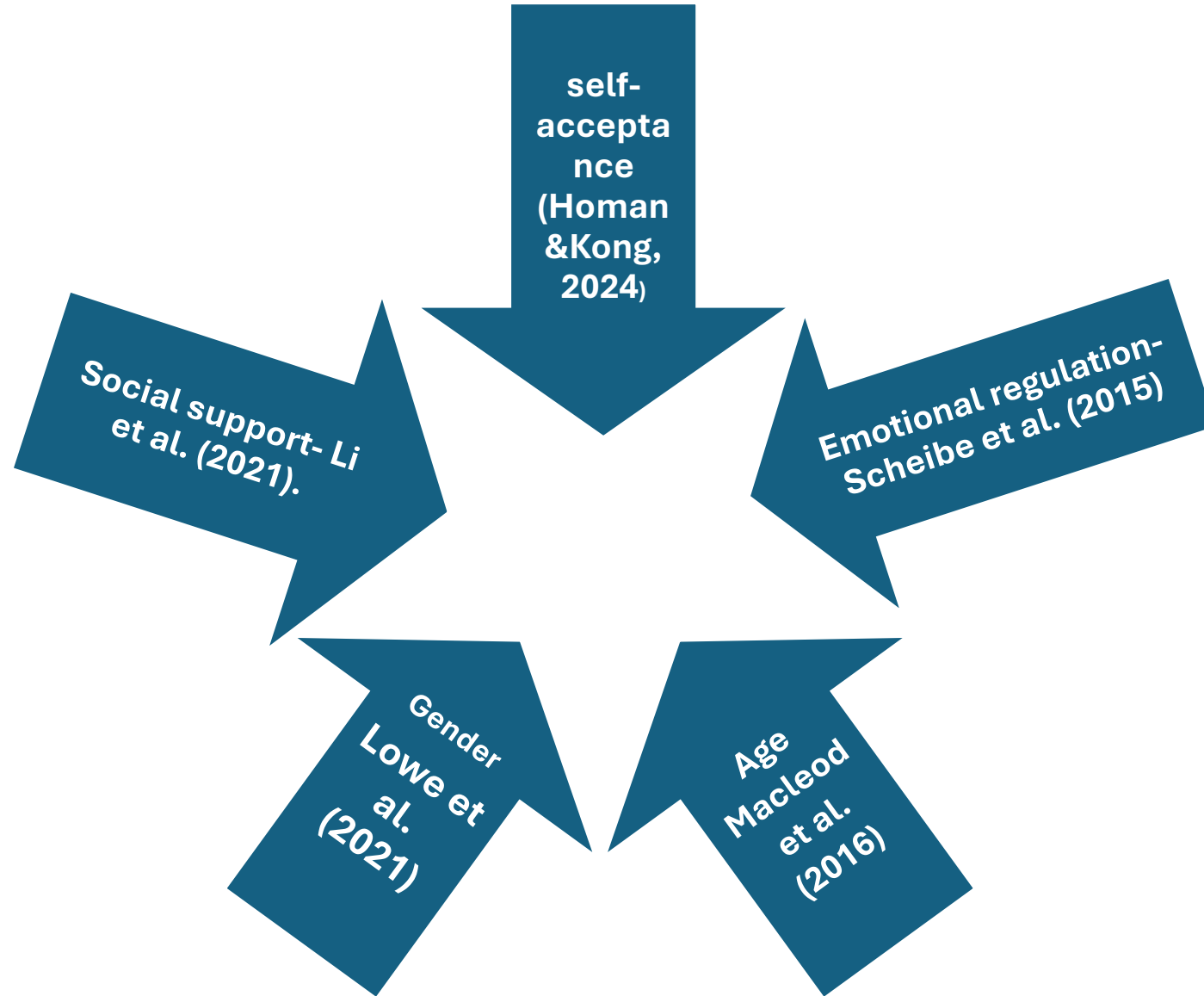


Background

- What is resilience? Aburn et al. (2016)
- How do people become resilient?
- The complexities of internal mechanisms for resilience (Windle, 2011).



key areas in the literature



Aim/rationale

Aim:

- The connection between variables and resilience

Rationale:

- Understanding resilience
- The role of the variables
- Importance of support networks

Method

Design= Quantitative, correlational design

Participants= university students

Measures= Questionnaires

Procedures= Qualtrics and IBM SPSS

CD-RISC-10

The 10-item scale is comprised of ten of the original 25 items from the CD-RISC-10 scale. A respondent's total score can range from 0-40.

The following represent items for the 10-item Connor-Davidson Resilience Scale – noting that the items listed here are *not a complete representation of the scale*:

1. I am able to adapt when changes occur.
2. I can deal with whatever comes my way.
3. I try to see the humorous side of things when I am faced with problems.
4. Having to cope with stress can make me stronger.
5. I tend to bounce back after illness, injury or other hardships.
6. I believe I can achieve my goals, even if there are obstacles.
7. Under pressure, I stay focused and think clearly.
8. I am not easily discouraged by failure.
9. I think of myself as a strong person when dealing with life's challenges and difficulties.
10. I am able to handle unpleasant or painful feelings like sadness, fear, and anger.

For more complete instructions for administering the scale; please visit the official [CD-RISC website](#) to request and obtain the scale.

This 10-item scale was developed by Drs. Campbell-Sills and Stein, at the University of California, San Diego, based on factor analysis. Cohen & Hoberman. (1983)

Results

Table 1

Total Mean Scores and Standard Deviations for Psychological Resilience, Self-acceptance, Emotional-Regulation and Social Connection.

Measure	<i>M</i>	<i>SD</i>	<i>N</i>
Resilience	35.40	8.61	46
Self-acceptance	31.13	3.83	46
Emotional - regulation	33.49	4.54	46
Social support	30.91	2.61	46

Summary of key finding

Predictor	Significant	Effect
Emotional regulation	Yes	Positive
Gender	Yes	Positive (Males)
Self-acceptance	No	Positive (Not Sig)
Age	No	No effect
Social support	No	No effect

Discussion

36.7% of the three
variance predicted
levels of resilience

Significant difference
found with gender
and emotional
regulation

Studies support the
findings-

Michaeli et al. 2019-
Self acceptance

Gordeeva et al.
(2017)-Emotional
regulation

Li & Ow 2022/ Loucia
Demetriou et al.
2020-Age

Erdogen et al. 2015-
Gender

Koose et al. 2021-
Social support

Limitations

Small sample size:

- not enough data for accurate analysis

Limited time:

- fewer participants recruited
- small sample
- insufficient data for accurate results

Self-reporting measures:

- Not understanding the questions/scales
- False answers
- Questionnaire too long, participants lose momentum

Conclusion and future recommendations

Emotional regulation and gender are significant predictors of resilience



Each variable has complex role in determining psychological resilience

Environment

Internal and external
processes



Future recommendations:

Longitudinal studies

Larger sample sizes

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AI Acknowledgement

- I acknowledge I have not used AI in this presentation