

Resilience for positive mental health among adolescent

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ABSTRACT

Mental health & physical health is fundamentally linked. "There is no health without mental health." Physical health and mental health considered as two sides of coin. Both are interlinked and interdependent. There are various factors in the individual life that can have an impact on mental health like self esteem, socio economic status, confidence, feeling loved, resilience etc. Resilience play vital role in individual's life. Resilience refers to as to the finding that some individuals have a relatively good psychological outcome despite suffering risk experiences that would be expected to bring about serious consequences (Rutter, 2006). Resilient Adolescents is expected to be a virtuous probability of coping well whenever they faced adverse circumstances in their life. The aim of paper is to throw light on researches which emphasizes characteristics that are linked with resilience; explain program strategies that promote resilience, enhance mental health and avoid indulgence in risks behaviour. During the developmental stage of adolescence, young people strive for independence and begin to make decisions that impact them for the rest of their lives.

Key Words : Mental health, Adolescent, Health resource

INTRODUCTION

Mental Health is an essential constituent of the resilience, health resources, potentiality and optimistic adaptations that facilitate people both to handle with adversity and to accomplish their full prospective and human race. Mental health is an explanation to understanding the impact of imbalance on wellbeing. The concept of mental health include individual wellbeing, apparent self-efficacy, independence, aptitude, intergenerational belief and identification of the capability to appreciate one's logical and emotional potential. Mental health also refers as a state of wellbeing whereby persons familiar with their ability, are able to cope with the normal stress of life, work effectively and prolifically, and make a involvement in their community. The implication of mental health and its role in our continued existence confirms the significance of human as societal being. Mental Health marks as vital component of health and significant role in adolescent development. Adolescence

marks as crucial periods for prevention, early detection, and mediate to promote mental and physiological health. Development in brain imaging (Giedd *et al.*, 2015), neurophysiology (Casey *et al.*, 2008; Luciana and Collins, 2012; Strang *et al.*, 2013) and developmental science (Albert *et al.*, 2013; Smith, Chein, and Steinberg, 2013) have manifest that there are critical environmental and genetic developmental influences on adolescent mental health.

Characteristics of resilience :

The origin word for resilience is *resile*, which means to rebound or bounce back after being stressed. Resilience have in common is that element of exposure to great risk conditions and some corresponding situations that shall reduce the negative outcomes resulting from such conditions. Resilience can be understood as a dynamic process involving personal strengths, external resources and the presence of external larger support systems that enable to overcome situations of crisis and

adversities (Luthar *et al.*, 2000; Masten and Wright, 2010). Resilient adolescent has an edge when they meeting the tough circumstances and sense of responsibilities when they facing scarcity of resources such as, physical imbalances, or disturbed family atmosphere. Resilience helps them to bounce back from this kind of situation. Resilience is process the ability of a substance or object to spring back into shape (“Resilience”, 2019). In the similar way that a material object would require strength and flexibility in order to bounce back, same as an individual need these features to be mentally resilient. Adolescent marks as a period of stress and strain. Adolescents’ stress can come from numerous things—an aspiration for greater autonomy, peer pressure; imminent commitment about college and career; hormonal and physiological changes associated with adolescence (sexual identity); technology addiction; relationships (with peers, parents,); school; pressures to accommodate or to enroll in risky behaviors; family economic problems; and more. Resilience present every sphere of individual life whether situation is risky and promotive Nature of resilience is provide alternative solution in both situations. Resilience is concerned with risk exposure among adolescents, is focused on strengths rather than deficits. It focuses on understanding healthy development in spite of risk exposure. In this context researches identified various components that are associated with resilience. These include:

- Relationship with Parents
- Temperament disposition
- Social Competence
- Autonomy
- Sense of purpose
- Sense of optimism

Relationship with parents:

Adolescence is a period of rapid biological, emotional, social changes among individual, which have a silent implicit impact on parent-child relationship. Parents are the epitome in adolescents’ lives. Research emphasized that stable bonding and attachment relationships with parents and other caregivers create the foundation for children’s physiological functioning, for their emotional and cognitive interpretations of their own social experiences, and for the acquisition of meaning about themselves and others in several social situations. These relationships have a significant impact on how children reaction to self esteem, personality, and physical

and mental health.

Parents-child bonding: Easy way to develop warmth relationship with adolescent is to participate with them in their chores, encourage adolescent to Imitation. He or she follow and behave what parents model. Indulge in discussion rather than lecture, impart knowledge and skills. This type of learning is required and effective. Develop rapport and level of comfort with the adolescent share personal stuff, give lessons from their own life experience. Encourage them to ask questions which develops their critical thinking.

They connect with empathy: by expressing concern for their emotions, they demonstrate how they care and commitment: by unconditionally love and unconditionally positive regard , they gain credibility. A meta-analysis examining the role of adolescents’ empathy in adolescent–parent relationships quality (Boele *et al.*, 2019) found that empathy had stronger effects on positive dimensions of relationships, such as support and attachment, than on negative aspects, such as conflict and negative interactions (and, notably, stronger effects for peer versus adolescent–parent relationships). In addition, positive relationships were more strongly linked to teens’ ability to take others’ perspective (cognitive empathy) than to feeling concern for others (affective empathy). Thus, these findings show that youths with a greater capacity to understand parents’ perspectives have warmer, more supportive relationships with parents. Conversely, links between increases in adolescent–parent conflict in early adolescence and internalizing distress were uniquely accounted for by disruptions in adolescents’ attachment behavior with parents (Martin *et al.*, 2019).

Effective communication refers to helping the adolescent’s expression of one self, both formal and non-formal communication, in ways that are relevant to cultures and circumstances. This means being able to express their point of view which helps them to make their own perspective. Parents can encourage adolescents ‘to participation in yoga, dancing ,singing, cycling academics, drawing. Involvement in different things can help individual to relax, as well as help them to flourish different skills and strategies which helps individual to cope the situational demand. Adolescents whose parents are actively involved in their daily schedules and closely monitor adolescent routine. This develops sense of security and feeling loved. They are also more likely to be resilient.

Social competence:

Social competence consists of social, emotional, cognitive and behavioural skills needed for successful social adaptation. Resilient adolescents are compassionate, flexibility, empathy and caring, social skills, a great sense of humor which increase their ability to get along with others. They also display a vigilant behaviour toward other people. Adolescents with these interpersonal skills are able to be emotionally close to another individual and became more likely to be resilient.

Autonomy :

Research focusing on behavioral approaches to autonomy confirms that in high-risk contexts, parents are more likely to use strategies emphasizing conformity and obedience rather than those that promote independence and autonomy. They also have an increased sense of self-respect and proficiency.

Temperament disposition:

Temperament Disposition plays a major role in developing resilience. Positive Temperament traits includes as responsiveness to environmental change, ability to comfort after stress, ability to maintain physiological equilibrium as well as to modify sleep wakefulness state. Individual with positive temperament shows significantly developed coping strategies rather than difficult temperament individual link with drugs and alcohol.

A sense of purpose and a future orientation:

Achieving a sense of purpose during adolescence is a developmental asset; Having a sense of purpose has been associated with a number of key developmental outcomes in adolescence, such as higher self-esteem and vigorous opportunity, expectations scheduling, goal-attaining skills, striving towards achievement, success motivation, embrace spiritual thinking with the purpose supported by significant others and that express a logic of implication in life.

Optimistic outlook:

The nature of the optimism can be easily transferred, as positive thinking generates positive results and experiences. Optimism is an essential ingredient of Resilience. Research studies shows that part of what enables individual to thrive, despite setback, failure and hardship, is ability to think optimistically in the fall of,

adversity. Optimistic thinking motivates people to continue to persist and to work to find solutions. Optimistic is defined as expecting the best possible outcome from any given situation *i.e.* they sustain a confident outlook and utilize dynamic problem focused coping strategies. Thinking process directly linked to mental health. Adolescents who are develops optimistic outlook are more resilient and develops positive mental health

Teach emotion regulation skills:

Adolescence is a period of heightened emotionality. *Ample research* studies conducted on emotional intelligence which shows important in individual life. Integral aspect of this expertise is learning to manage tremendous emotions like aggression or sorrow that can have unfavorable effects on our body if appropriate coping ways are not used. Emotional Intelligence include more than what is characteristically doomed by resilience or positive mental health, it does comprise organization one's emotions, which can be particularly significant to individual well-being. With the emergence researches in emotional intelligence and their affects on individual in response to this, schools progressively imbibing social-emotional learning into their curriculum. Emphasis more on recognizes and regulates one's emotions. Which encourage individual to develop overall personality.

How adolescents can help themselves:***Ways of promoting resilience and positive mental health :***

- Regular exercise (e.g., Skipping, Walking, Jogging, team or individual sports)
 - Eat regular meals after interval of 2 hours
 - Avoid using caffeine
 - Do not involve in illegal drugs, alcohol, tobacco
 - Rehearse relaxation techniques
 - Developing Trusting relationship and assertiveness skills
 - Rehearse and practice responses to stressful situations
 - Set short term and attainable goals
 - Recognize your triggering factors in environment.
- Challenge your imbalance thoughts and develop insight.
- Do not focus on perfection strives towards Excellence
 - Take a break from hectic and stressful schedule.
 - Develop problem solving ability

(Source: American Academy of Child and

Adolescent Psychiatry. (2006). Facts for families: Helping teenagers with stress.)

Program strategies that Promote Resilience:

One factor relevant that can increase resilience is positive emotionality. Several studies have found that feeling positive emotions daily helps moderate reactions to stress (Ong *et al.*, 2006; Tugade and Fredrickson, 2007). An ability to represent positive emotions with precision and specificity, as with higher emotional intelligence, is even more helpful (Tugade *et al.*, 2005). Other factors that enhance resilience include task- or problem-focused coping (Campbell- Sills *et al.*, 2006), commitment to goals, humor, patience, optimism, faith, altruism (Connor and Zhang, 2006), and the use of mature defense mechanisms (Simeon *et al.*, 2007; Vaillant, 1977). A variety of intervention programs have been formulated to developing coping skill among adolescent Adolescents with high risk need based intervention groups formed *i.e.*, childhood trauma, or diagnosed with specific disorder, alcohol addiction etc. These intervention groups emphasis on interpersonal skills, life skills, planning of activity based schedule which help to self growth. Understanding the emotions and ability to expresses their emotions. These intervention groups involve school as well as community. Community consists of people, Systems thinking, adaptability, transformality, sustainability. Courage. Resilience is not sustainable if it serves only us, and only now; it needs to work for other communities, future generations, and the ecosystems on which we all depend. As individuals and as a community, we need courage to confront challenging issues and take responsibility for our collective future.

Protective element for Resilience in children and youth:

In the family and close relationships;

- Positive attachment relationships
- Warm and supportive Parenting
- Well-defined family roles and responsibilities and stable home environment

Trusting relationship:

- Positive family climate with low discord between parents
- Connections to pro-social and rule-abiding peers Socioeconomic advantage

In the community:

- Effective Schools
- Opportunities for pro-social involvement in the community
- Recognition of pro-social involvement
- Ties to pro-social organizations
- Neighborhoods with high “collective efficacy”

In the child:

- Good problem solving skills
 - Self-regulation skills for self-control of attention, arousal, and impulses
 - Positive self-perceptions or self-efficacy
 - Positive outlook on life
 - Faith and a sense of meaning in life
 - Easy temperament as child; adaptable personality
- (Source: Adapted from Masten *et al.*, 2009).

Resilience in development. In C. Snyder and S.Lopez (Eds.). Oxford handbook of positive psychology (2nd edition). Oxford: Oxford University Press, p. 126.)

Links between Resilience and Avoidance of risk-taking behaviors:

Adolescence is a period of transition in which diverse risks become salient such as increased vulnerability to sensation-seeking, risk-taking behaviors, and susceptibility to peer influence. A research study suggests that resilient adolescents may be in a better position to avoid risky behaviors, such as drug abuse, alcohol, and teenage pregnancy, than are other adolescents. Adolescents who are involved and explored to resilience-building training, in this training and programs which involves their parents, which helps to develop cordial relations between child-parent, better understanding between child-parent which helps adolescent to develop their perspective and encourage to develop their point of view which automatically develops decision making skills, devoting time towards constructive activities. These skills help adolescent to develop coping skills against perceived stress, avoid indulgence in risky behavior, peer influence.

Conclusion:

The APA suggests the following factors are generally important for the cultivation of resilience:

1. Make connections with family, friends, or community.
2. Avoid seeing crises as insurmountable problems.
3. Accept that change is part of living.

4. Move toward your goals.
5. Take decisive action, use problem- and task-focused coping.
6. Explore different possibilities for self- discovery.
7. Develop Positive outlook.
8. Keep events in perspective.
9. Maintain a hopeful outlook.
10. Take care of yourself; attend to your needs and feelings.

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