

8.0 A Study of Academic Resilience among Students: A Systematic Review

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Abstract

Resilience is the key factor for success and it play important role in adolescence stage because life is not always perfect. Sometimes many difficulties come in our life. So it is necessary how we deal with these difficulties and overcome thesituation. This research paper included 20 researches whichare based on academic resilience.10 researchesincluded which had been completed in India from 2022 10 2018 and 10 had been completed abroad from 2023 to 2009. It is found, there are many factor such as social, personal, academic, parenting style etc. make an impact on resilience behavior of students.

Keywords: Academic Resilience, Adolescence

Introduction

Life is full of uncertainty, here all the time there are not only flowers on the way, but sometimes we also have to face rocky paths with thorns. The person who gets nervous seeing the difficulties coming in his life becomes unsuccessful in his life and the person who accepts difficulties as a challenge makes him a story of success in his life. The world starts considering him as his ideal. Even in student life, students should develop the habit of facing every challenge that comes in their study of education. Whether the obstacle is related to family level or related to health, related to economic level, related to social level, but it is very important for the students to make a habit of facing all the obstacles firmly. “*the ability to bounce back from adversity, frustration, and misfortune*” is called resilience (Ledesma, 2014, p.1).

Rationale of the study

There are challenges at every step in life. It depends on the person how to deal with these challenges, either spoil his mental balance or face the challenges firmly. With resilience they face misfortune, adversity, or hindranceetc with courage. In this competitive era resilience helps them in getting up after falling or failure and they can improve themselves. It helps them for recovery and survives with motivation. Through this paper, an attempt has been made to explain some researches that have been done related to resilience in the past, these are followings

Studies in India

Kumar, Manoj (2022) this research result revealed the significant predictor of the metal health is the resilience. Result findings described the positive significant link between the resilience, mental health and emotional maturity. Significant gender differences had found in respect to resilience, emotional maturity and mental health.

Priyanka Rani (2022) Objective of this study was to find out the relationship between academic achievement and educational resilience. Educational resilience used as an independent variable. Result revealed positive and linear relationship was noted between the academic achievement and educational resilience of government school students and both govt. and private school's students had low level of educational resilience and had alike academic achievement.

Shikha (2022) Gurugram and Faridabad were included in this descriptive survey method. Academic resilience is used as dependent variable. Most of the pupils have average academic resilience. Boys and girls of secondary schools both were equal on the basis of academic resilience and positive correlation found between academic resilience, academic self-concept and parenting Style.

Lone, Rafiq Ahmed (2021) this research was done in the state of Jammu and Kashmir. 400 students of class xi of senior secondary school of district Shopian were selected by stratified random sampling technique. Academic resilience used as a dependent Variable. There was found a significant and positive correlation between 'academic resilience, study habits, self-confidence and school environment. Majority of students had average academic resilience.

Rayees, Peer Zada (2021) it was descriptive research studies. Male had better or high academic resilience than female. There was significant positive relationship found between academic resilience and emotional intelligence, academic resilience and achievement motivation, academic resilience and problem solving ability.

Usha Devi T. (2020) it was caste based study of district of Kanyakumari, Tiruvelveli, Tuticorin, district of tamilnadu. Byjudgmentsampling technique 652 students of XI, XII were selected for this purpose. Descriptive survey method used and found most of the students has moderate resilience. Rural had better than urban, female had better than male. Science students were better than arts on the basis of resilience.

Baskaran, U. (2019) this research wanted to discover the topic of resilience and objective was to study the extent of resilience among school students. It was multiple-method approach of research. 9th and 11th standard students who were studying in private and government schools from Salem city of Tamilnadu state. By Stratified random sampling method 471 students (age group 14-18 years) were selected. The result revealed students who were belong to joint family have higher resilience than nuclear family students and high income family students had better coping skills than low income family students.

Deepti Kavathekar (2019) This qualitative research methodology objectives were "To identify the socio- demographic factors which influence the development of educational resilience.2- To document the life stories of students high on educational resilience through narration of personal life experiences.3- To explore the construction of self and identity in the students high on educational resilience..4- To know the contributions of home, school and other factors in the development of educational resilience". It was multi-case research and

conceptualized in three phases: non-participant slum phase, macro phase and micro phase. For this purpose, purposive sampling method used. The result revealed the role of the school teachers, industrial unit and family works as the factors of instructing educational resilience and teachers, school supportive relationships played a significant role in the growth of educational resilience. The school extra-curricular activities were important for educational resilience.

Devi, Anjana (2019) Objective of this study was to study the intercorrelation between “resilience and anxiety and emotional maturity” among adolescents. Three hundred girls and three hundred boys total 600 students were selected by purposive sampling method from Haryana state. Result revealed the resilience had play the significant moderating role between “Authoritarian parenting style and emotional maturity and anxiety correlation design was adopted”.

Preeti Bala (2018) this study wanted to discover the relationship of academic resilience among International students with their social adjustment, educational aspirations and mental health. For this purpose, 500 International students were selected for descriptive survey research. Academic resilience was the dependent variable. Study revealed the significant positive relationship between academic resilience and educational aspirations, mental health, social adjustment among International students.

Studies in abroad-

Cui, T., Kam, C. C. S., Cheng, E. H., & Liu, Q. (2023) this study aim was to discover those factors which is related to academic resilience (success). This was comparative study between socioeconomic disadvantages (SED) and socioeconomic advantages (SEA) students. 851 students taken from SEA and 916 students taken from SED for this purpose. Result revealed that high educational hopes, inherent motivation, positive parent-child relations, and schools were common factor. The students who were belonged from low-income families wanted protection from academic failure then social support and appropriate parental involvement was protective factor.

Gabrielli, G., Longobardi, S., & Strozza, S. (2022) This study main aim was to analyse the academic resilience between native and immigrant-origin students of three Southern European countries as Greece, Italy, and Spain and North-western European countries as France, Germany, the Netherlands, and the United Kingdom. Result explored positive home environment, self-efficacy beliefs, language attitudes at home promote good academic amendments among immigrant-origin students. Other hand socio-economic and migratory double origin gaps of students make them more dependent than their native peers on the school environment and climate. Specific strategies promote the presence of migrants and reduce their vulnerability

Aliyev, R., Akbaş, U., & Özbay, Y. (2021) this study aim was to observe the special effects of external and internal factors on academic resilience. Inner factors show an intermediating role between academic resilience and external factors. Results revealed that the presence of

inherent motivation and protective features can be considered an essential for academic resilience.

Permatasari, N., Ashari, F. R., & Ismail, N. (2021) this study had quantitative approach and by accidental sampling method chooses 291 participants in Makassar city. Data were analysed by linear regression method and for this purpose used SPSS as statistical tool. This study wanted to analyse and reconfirm the social support such as –families, peers, teachers etc. On academic resilience during Covid -19. Result showed that family support was the main support elements and gives highest contribution to academic resilience in online learning. Family, teachers, perception of peer's can provide support, care, and assistance and help for increasing academic resilience.

Rachmawati, I., Setyosari, P., Handarini, D. M., & Hambali, I. M. (2021) Main objective of this study was to determine the relationship between self-efficacy and social support with academic resilience. This research conducted in Malang City, Indonesia and selected 315 students of VII graders from middle school. Multiple regressions used for data analysis. Result revealed self-efficacy and social support both had significant relationship with academic resilience and self-efficacy works as a main factor for formation of academic resilience.

Frisby, B. N., Hosek, A. M., & Beck, A. C. (2020) This study described the interpersonal relationships with instructors and peers which used as a potential sources of support which inspire academic resilience and hope in the face of an academic challenge. 213 participants involved in this study and had experienced for 10 weeks. Result described “when both instructor and peer relationships were considered together, only peer connectedness was significantly and completely associated with student hope and academic resilience when faced with an academic challenge.”

Oyoo, S. A., Mwaura, P. M., & Kinai, T. (2018) a correlational research design was adopted for this study. This study was directed by conservation of resource theory. Main objective of this study was to inaugurate the magnitude to which academic resilience forecasts academic burnout. Pearson Correlation Moment Coefficient and hierarchical regression techniques both were used for data analysis. Result described there was negative statistical correlation found between academic resilience and academic burnout.

Mwangi, C. N., Okatcha, F. M., Kinai, T. K., & Ireri, A. M. (2015) this descriptive correlational study focused on this fact that there were bond between academic achievement and academic resilience among secondary school students in Kiambu county. Data were collected by using a demographic form and sample included of 390 form three students. Pearson's Product Moment Correlation Coefficient and regression method used for data analysis. The result described the positive and significant relationship found between academic resilience and academic achievement.

Jowkar, B., Kojuri, J., Kohoulat, N., & Hayat, A. A. (2014) 307 girls and 297 boys total 606 students selected from Shiraz high schools. Pearson product–moment correlations,

multiple regression and factor analysis were used for data analysis. Result revealed academic resilience showed that "mastery-attitude" was an important constructive forecaster of the "peer care" and "home care/high" subscales and "performance-attitude" was an important positive forecaster of "home care/high". "Performance-avoidance" predicted the "school/community meaningful".

Gizir, C. A., & Aydin, G. (2009) this study showed and examined the factor such as environmental protective factor and potential individual characteristics promote the academic resilience among eight class students in Turkey. Study revealed external protective factors such as peer caring relationships, home high expectations and school caring relationships were predicted academic resilience. Internal protective factors such as empathic understanding, high educational aspirations, and an internal locus of control, one's academic abilities and hope for the future were positively associated with the academic resilience of teen-agers in poverty.

Discussion of the study

There is much research which is based on academic resilience. Kumar, Manoj (2022) research explained Significant gender differences had found in respect to resilience and resilience was significant predictor of mental health. Rayees, Peer Zada (2021) Male had better or high academic resilience than female but contradictory result Usha Devi T. (2020) found female have better than male Shikha (2022) found boys and girls both were equal on the basis of academic resilience. Priyanka Rani (2022), Mwangi, C. N., et.al. (2015), Jowkar, B.et.al (2014) findings showed the positive correlation between academic resilience and academic achievement and Oyoo, S. A.et.al (2018) described the negative correlation between academic resilience and academic burnout. Rachmawati, I., et.al. (2021), Cui, T.et.al(2023) focused on social support factor Shikha (2022), Permatasari, N.et.al. (2021), Gabrielli, G.et.al.(2022) showed the parenting style and family support is necessary for resilience Baskaran, U. (2019) study revealed the importance of joint family for resilience. Gabrielli, G.et.al.(2022), Lone, Rafiq Ahmed (2021) study showed the effect of school environment on resilience.

Conclusion-

There are so many researches which is based on resilience. Mostly researches described the resilience is the important forecaster of mental health. Resilience is the power by which every body can face each and every problem in every situation. Parents support, healthy environment of schools, importance of co-curricular activities, social support etc. are those factors which makes person more resilient. Truebridge, S. (2016) defined resilience as a dynamic process according to him "the dynamic and negotiated process within individuals (internal) and between individuals and their environments (external) for the resources and supports to adapt and define themselves as healthy amidst for misfortune, risk, shock, and everyday stress".

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