



RELATIONSHIP BETWEEN SOCIO-DEMOGRAPHIC FACTORS AND RESILIENCE AMONG COLLEGE STUDENTS

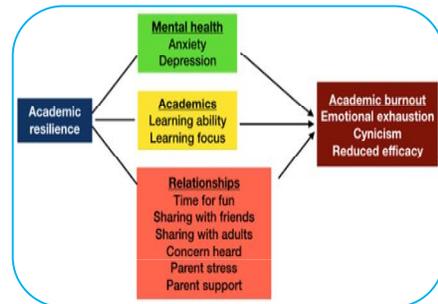
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ABSTRACT:

Resilience has been defined by many as the ability of an individual to positively adapt, cope, or bounce back from stress. The present study tried to explore the relationship between socio-demographic factors and resilience. The sample consisted of 372 college students from Arts and Science streams studying in Government colleges located in Imphal West district of Manipur. The result indicated that socio-demographic factors such as gender (p -value=0.009) and stream of subjects (p -value=0.003) were having a significant relationship with resilience. These findings will be helpful in understanding how we can develop student's resilience.



KEYWORDS: Resilience, Gender, College students, Religion, Socio-economic status.

INTRODUCTION:

There has been many studies conducted on resilience and one such study was conducted to examine the role of age, gender, perceived economic security, caregiver status, perceived socio-economic status, education level, perceived social isolation, and presence of acquaintances who had contracted COVID-19 on resilience and they found that "age, gender, economic security, socioeconomic status, and illness status were factors influencing resilience, and fear of COVID-19 was negatively correlated with resilience" (Sevval et al., 2023). Similarly, a study conducted to evaluate socio-demographic and social correlates of resilience found that female were having higher resilience, and people who were married, with higher education, and full-time occupation were also having higher resilience (Elena et al., 2022).

A large number of studies have been carried out to study relationship between resilience and socio-demographic factors but there is little literature on the students of Manipur regarding the relationship between socio-demographic factors and resilience. Therefore, the present study explored the association between socio-demographic factors and resilience.

OBJECTIVES:

- To find out the relationship between resilience and socio-demographic factors.

METHODOLOGY:

A descriptive research design was utilised. The Imphal West district of Manipur, India was chosen for the study as many Government colleges are located in the district. The sample was calculated to be 372 and was selected through two stage sampling method. To carry out the study, permission was taken from each of the concern authority of the selected colleges. After seeking their permissions, the teachers were approached. With the help of the teachers the students were then approached and they were explained thoroughly why the current study was being carried out. Then detailed information such as how the data will be collected, the aims and objectives of the study and also how confidentiality will be maintained were all shared to the students. After the informed consent was obtained from the participants, a self-developed semi structure Performa for collecting the socio-demographic variables was distributed. Then, self-report questionnaires on Resilience were distributed. The final year graduation students pursuing Arts and Science streams, students who were willing to give consent were included in the study. For testing the significance of the difference among the variables, statistical application such as, independence Sample t-test, Chi-square and ANOVA test were used.

RESULTS

Table 1 (a)
Gender and levels of resilience of the study samples

Gender	Levels of resilience				Chi-square	d.f.	p-value
	High (146 and Above)	Moderate (121-145)	Low (120 and Below)	Total			
Male	25 (28%)	61 (31%)	41 (48%)	127 (34%)	9.339	2	0.009**
Female	64 (72%)	136 (69%)	45 (52%)	245 (66%)			
Total	89 (100%)	197 (100%)	86 (100%)	372 (100%)			

*Significant at 0.05 level of significance

**Significant at 0.01 level of significance

It was detected that the percentages of high, moderate and low level of resilience of male graduate students were 28%, 31% and 48% respectively and for female graduate students were 72%, 69% and 52% respectively. When applied chi-square test, it was found to have significant relationship between gender and levels of resilience as evident by p-value of 0.009. The finding revealed that female graduate students were having higher levels of resilience when compared to their male counterpart.

Table 1 (b)
Types of Family and levels of resilience of the study samples

Types of Family	Levels of resilience				Chi-square	.f.	p-value
	High (146 and Above)	Moderate (121-145)	Low (120 and Below)	Total			
Joint Family	42 (47%)	103 (52%)	37 (43%)	182 (49%)	2.195		.334
Nuclear	47 (53%)	94 (48%)	49 (57%)	190 (51%)			
Total	89 (100)	197(100)	86 (100)	372 (100)			

*Significant at 0.05 level of significance

**Significant at 0.01 level of significance

It was observed that the percentages of high, moderate and low level of resilience of students from joint family were 47%, 52% and 43% respectively and for students from nuclear family were 53%,

48% and 57% respectively. When applied chi-square test, it was found to have no significant relationship between types of family and levels of resilience as evident by p-value of 0.334.

Table 1 (c)
Religion and levels of resilience of the study samples

Religion	Levels of resilience				Chi-square	d.f.	p-value
	High (146 and Above)	Moderate (121-145)	Low (120 and Below)	Total			
Hindu	50 (56%)	123 (62%)	56 (65%)	229 (61%)	4.766	4	.312
Christian	16 (18%)	41 (21%)	12 (14%)	69 (18%)			
Meitei	23 (26%)	33 (17%)	18 (21%)	74 (20%)			
Total	89 (100%)	197 (100%)	86 (100%)	372 (100%)			

*Significant at 0.05 level of significance

**Significant at 0.01 level of significance

It was seen that the percentages of high, moderate and low level of resilience of students from Hindu religion were 56%, 62% and 65% respectively and for students from Christian religion were 18%, 41% and 12% respectively whereas students from Meitei religion were 26%, 17% and 21% respectively. When applied chi-square test, it was found to have no significant relationship between religion and levels of resilience as evident by p-value of 0.312.

Table 1 (d)
Socio-economic status and levels of resilience of the study samples

Socio-economic status	Levels of resilience				Chi-square	d.f.	p-value
	High (146 and Above)	Moderate (121-145)	Low (120 and Below)	Total			
26-29: Upper (I)	01 (01%)	5 (02%)	3 (03%)	9 (02%)	1.611	4	.807
16-25: Upper Middle (II)	66 (74%)	146 (74%)	66 (77%)	27(75%)			
11-15: Lower Middle (III)	22 (25%)	46 (23%)	17 (20%)	85 (23%)			
Total	89 (100%)	197 (100%)	86 (100%)	372 (100%)			

*Significant at 0.05 level of significance

**Significant at 0.01 level of significance

It was examined that the percentages of high, moderate and low level of resilience of students from Upper (I) socio-economic status were 1%, 2% and 3% respectively and for students from Upper Middle (II) socio-economic status were 74%, 74% and 77% respectively whereas students from Lower Middle (III) socio-economic status were 25%, 23% and 20% respectively. When applied chi-square test, it was found to have no significant relationship between socio-economic status and levels of resilience as evident by p-value of 0.807.

Table 1 (e)
History of Consumption of Drugs and levels of resilience of the study samples

History of Consumption of Drugs	Levels of resilience				Chi-square	d.f.	p-value
	High (146 and Above)	Moderate (121-145)	Low (120 and Below)	Total			
Yes	0 (0%)	1 (1%)	2 (1%)	2 (1%)	1.113	2	.573
No	89 (100%)	196 (99%)	370 (99%)	370 (99%)			
Total	89 (100%)	197 (100%)	86 (100%)	372 (100%)			

*Significant at 0.05 level of significance
**Significant at 0.01 level of significance

It was identified that the percentages of high, moderate and low level of resilience of students with a history of consumption of drugs were 0%, 1% and 1% respectively and for students with no history of consumption of drugs were 100%, 99% and 99% respectively. When applied chi-square test, it was found to have no significant relationship between history of consumption of drugs and levels of resilience as evident by p-value of 0.573.

Table 1 (f)
History of Consumption of Tobacco and levels of resilience of the study samples

History of Consumption of Tobacco	Levels of resilience				Chi-square	d.f.	p-value
	High (146 and Above)	Moderate (121-145)	Low (120 and Below)	Total			
Yes	16 (18%)	33 (17%)	15 (18%)	64 (17%)	.069	2	.966
No	73 (82%)	164 (83%)	71 (82%)	308 (83%)			
Total	89 (100%)	197 (100%)	86 (100%)	372 (100%)			

*Significant at 0.05 level of significance
**Significant at 0.01 level of significance

It was followed that the percentages of high, moderate and low level of resilience of students with a history of consumption of tobacco were 18%, 17% and 18% respectively and for students with no history of consumption of tobacco were 82%, 83% and 83% respectively. When applied chi-square test, it was found to have no significant relationship between history of consumption of tobacco and levels of resilience as evident by p-value of 0.966.

Table 1 (g)
History of Alcohol and levels of resilience of the study samples

History of Alcohol	Levels of resilience				Chi-square	d.f.	p-value
	High (146 and Above)	Moderate (121-145)	Low (120 and Below)	Total			
Yes	15 (17%)	43 (22%)	16 (18%)	74 (20%)	1.068	2	.586
No	74 (83%)	154 (78%)	70 (81%)	298 (80%)			
Total	89 (100%)	197 (100%)	86 (100%)	372 (100%)			

*Significant at 0.05 level of significance
**Significant at 0.01 level of significance

It was established that the percentages of high, moderate and low level of resilience of students with a history of alcohol were 17%, 22% and 18% respectively and for students with no history of alcohol were 83%, 78% and 81% respectively. When applied chi-square test, it was found to have no

significant relationship between history of alcohol and levels of resilience as evident by p-value of 0.586.

Table 1 (h)
Stream of subject and resilience among final year graduation students

Stream of Subject	Levels of resilience				Chi-square	d.f.	p-value
	High (146 and Above)	Moderate (121-145)	Low (120 and Below)	Total			
Bachelor of Science	53 (60%)	103 (52%)	30 (35%)	186 (50%)	11.519	2	0.003*
Bachelor of Arts	36 (40%)	94 (48%)	56 (65%)	186 (50%)			
Total	89 (100%)	197 (100%)	86 (100%)	372 (100%)			

*Significant at 0.05 level of significance

**Significant at 0.01 level of significance

It was noted that the percentages of high, moderate and low level of resilience of students of Bachelor of Arts were 60%, 52% and 35% respectively and for students of Bachelor of Science were 40%, 48% and 65% respectively. When applied chi-square test, it was found to have a significant relationship between stream of subjects and levels of resilience as evident by p-value of 0.003. The finding indicates that students of Bachelor of Science were having higher level of resilience in comparison to students of Bachelor of Arts.

DISCUSSION

This study examined the relationship between socio-demographic factors and resilience. The results of the study revealed that a significant relationship can be found between resilience and socio-demographic factors such as gender and stream of subject. The findings of the study show that female students were having higher resilience and students of Science streams were having higher resilience. A study conducted by Jillani (2023) on resilience with 300 students found no significant gender differences on the level of resilience which is in contrast to the result of the current study. The availability of equal opportunities to both male and female genders could be the factor for no differences on the level of resilience between gender (Jillani, Bhutto & Ahmad, 2023). Similarly, a study conducted on the students level of resilience found that male students have higher resilience (Erdogan, Ozdogan & Erdogan, 2015).

However, a research on gender differences in resilience on 137 students of IIT Kharagpur found that female students were having higher level of resilience (Behera, Mohapatra, Chandan & Maity, 2022) which supports the present study.

Further, a study which supports the result of the current study found that arts students have lower resilience as compared to non-arts students (Xue, 2022). Additionally, a study to analyse the association between resilience and demographic factors found that social science students scored lower on resilience as compared to students of natural science stream students (Feyisa, Merdassa & Biru, 2022).

CONCLUSION

The study has limitations in terms of small sample size, and the selection of only one district of the state. Despite the limitations the study have examined that there is no gender differences on how an individual can recover from a difficult situation and therefore the authorities of the colleges with the help of resource people can organise workshops on the importance of developing resilience and also interested researchers can further carry out research to understand the differences on resilience between Arts and Science students.

Conflict of Interest: None

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