

ADOLESCON 2023 Abstract

Study of Resilience in female college AYAs –Tough times don't last, tough people do."

This study is part of a multicentric Youth behavior project of
AACCI -Association of Adolescent and Child Care in India

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Introduction:

AACCI conducts Multicentric youth Behavior studies. The results shared- with the management allow conduction of parent and student workshops.

Resilience is an important capacity, ingesting other soft skill –important for development in AYA's. This was well seen during the recent Covid Pandemic.

Aims & Objectives:

Five Psychometric scales were used in this project. This paper presents effects of variables like age, sibling status, academic course, engagement in competitive extracurricular activities, perceived internet/ social media usage and dependence, substance use, perception of control over one's life -on the level of Resilience scores in AYAs.

Materials & Methods:

Cross-sectional study AYA's (n=354, 17-24 yrs.)- all-Women multi-stream College- Delhi.

Tool used: Child and Youth Resilience Measure (CYRM-28)

Ethical clearance: AACCI IEC

Statistical analysis: T-tests and One-way ANOVA.

Results:

Those perceiving having control over their lives, had higher scores -total resilience scores (TRS) ($p < .001$), all three subscores -individual, relational, and contextual ($p < 0.001$, $p < 0.001$, $p < 0.05$, $p = 0.018$). Participants using social media had higher TRS ($p = .021$) and higher relational sub-scores ($p = .021$); not using -had higher individual subscores ($p = .005$). Higher individual subscores were seen with non-Dependence on social media ($p = .002$) and internet ($p = .09$). Other demographic variables did not show statistically significant effect.

Conclusion:

We got interesting, statistically significant relationship between resilience, use of social media and internet .Since this sample was only girls from one college, more studies are needed to understand this relationship -in other AYA samples -both females and males.