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Analysing Research About Resilience

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Abstract

The aim of this study is to explain the characteristics and the direction of resilience studies. In this study, documental survey technique is used. Working groups are English and Turkish studies about resilience that are published and accessible, and National Thesis Center. It has been accessed about 128 studies about resilience published between the years 2005-2015. These studies are analysed according to the type of the study, method, publishing date, sample group and the other variables. Descriptive analysis are used while analysing the data. As a result of the research, it was found out that 53 of the studies about resilience were masters thesis, 18 of them were doctorate thesis and 57 of them were articles. 2 of the studies analysed were carried out in the experimental method, and 110 of them were carried out in the descriptive method. Besides, it is found out that 11 of the studies are developing and adapting scale, 5 of them are review studies. As a result of the literature review, we see that studies about resilience are mostly carried with descriptive analysis and variables about personality, interpersonal interactions, positive/negative psychological variables and job satisfactions are studied.

Keywords: Resilience

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1. Main text

There has been a rise in the research about resilience day by day and it has more importance in the fields such as psychological counseling, psychology and health. Resilience takes part in Turkish literature as psychological strength (Gizir, 2007), psychological endurance (Terzi, 2005) or indomitableness (Gurgan, 2006). These three definitions are used in order to define resilience in Turkish literature. Resilience means endurance and strength which enables preserving yourself from dangers and living with a harmony in life against difficult living conditions (Garmez, 1993).

According to Terzi (2005) compelling life conditions leave people in a vacuity and ruin their life, and if the person doesn't have proficiency to protect himself from crumbling up, he feels himself weak. In that condition, the person's inner tension increases, his emotional balance is destroyed and adjustment disorder is seen. On the other hand, some people can protect themselves against these conditions and can produce energy needed. It is stated that this situation is about their resilience. Children who have resilience, have an active problem solving strategy, and can handle negative situations in a constructive manner, enable other people to approach them positively and find a sense in life (Tedeschi, Park & Calhoun, 1998). There are three main points in the term of resilience: a) risk and/or difficulty b) positive adaptation, coping with, and sufficiency and c) protective factors (Gizir, 2007).

Research about resilience is carried out first in medicine and only done for predicting atypical and maladaptive behaviors. In 1970s while analyzing the reasons of serious psychological disorders, behaviorists realized that some children had a positive adaptation level although they were living in difficult life conditions and then they enlarged the scope of their research. They focused researching the systems related to each other like the family, school, friends and culture of the child who was under risk in the aim of seeing the unexpected positive outcomes (Masten, 2006).

Research about resilience is dealt in four main wave. In the first wave it is focused on the strengths and positive sources of the person to find the difference between the people who have resilience and who don't have. In this content, there is a tendency towards the studies about personality and resilience. Studies carried out with different methods and approaches reveal that resilience is related to protective and supportive factors. In the second wave, researchers studied the role of developmental systems to determine how supportive and protective factors affect the adaptation (Wright, Masten & Narayan, 2013).

Third wave researchers focus on protective intervention. Here, starting point is interfering children's developmental systems in order to raise the strength and sufficiency of them who are grown up in a risky condition with the help of recent studies. The fourth and the last wave is about brain development in resilience, genetics, and neurobiological adaptation (Cicchetti, 2010; Hanewald, 2011).

Resilience which is classified as waves has an important place in literature and research about it began after 2000s in Turkey. It is important to find out how it is dealt in literature and what the characteristics of the studies are. The aim of this study is to explain the characteristics and the direction of resilience studies.

2. Method

In this study, documental survey technique is used. Working groups are English, Turkish studies carried out in Turkey about resilience that are published and accessible in the databases of National Thesis Center, Ulakbim, Ebschost and Proquest. The terms for survey are "resilience", "psychological endurance" and "dauntedness". It has been accessed about 128 studies about resilience published between the years 2005-2015. These studies are analyzed according to the type of the study, method, publishing date, sample group and the other variables. Descriptive analysis are used while analyzing the data.

3. Findings

Firstly, findings were classified according to the type of the study. The result were shown in Table 1. As seen in table 1, most of the studies are articles and masters thesis. Doctorate thesis are limited in number.

Table 1. The distribution of the studies about resilience according to the type of study

Type of Study	Frequency	Percentage
Articles	57	44.53
Master Thesis	53	41.41
Doctorate Thesis	18	14.06

In analyzing the research, it was seen that first studies in Turkey began to be published in 2005. Number of the studies about resilience between the years 2005-2015 are below in Table 2. As seen in Table, number of studies increases each year, there is a visible increase especially between 2013-2015.

Table 2. The distribution of the studies about resilience by years

Year of Study	Frequency	Percentage
2015	31	24.22
2014	25	19.53
2013	20	15.63
2012	11	8.59
2011	11	8.59
2010	9	2.34
2009	5	3.91
2008	5	3.91
2007	3	2.34
2006	6	4.69
2005	2	1.56

3.1 Methodical Features of Studies

In Studies that are analyzed are also classified methodically according to sample groups and types. The result of the classification of the studies according to the sample groups can be seen below. The sample groups of the studies are consist of university students (f: 39, % 31.97), people who are traumatized (f: 33 % 27.05), workers in hard jobs (f: 13 % 10.66), adolescents (f: 15 %12.30), teachers (f: 8, %6.56) and the other groups (f: 14, %11.48).

Table 3. The distribution of resilience studies according to the sample groups

Sample groups	Frequency	Percentage
University Students	39	31.97
People, Traumatized or Experienced a Challenging life	33	27.05
Adolescents	15	12.30
Workers in hard jobs	13	10.66
Teachers	8	6.56
Other Groups	14	11.48

Studies which are analyzed are also classified according to their study models. Below, there is the result of studies according to their models. Within the studies analyzed 2 of them are experimental,

110 of them are descriptive. Besides, 11 of them are developing and adapting scale studies, 5 of them are review studies. These studies show that, in Turkey the studies about resilience mostly aim to determine the existing situations.

Table 4. The distribution of studies about resilience according to the study model

Study Model	Frequency	Percentage
Descriptive	110	85.94
Experimental	2	1.56
Developing and Adapting Scale	11	8.59
Review	5	3.91

3.2 Analyzing Studies Through Variables

In Studies analyzed within the research sources were categorized according to the variables dealt in these studies, and the findings can be listed as below.

Table 5. The distribution of studies about resilience according to variables

Variables	Frequency	Percentage
Variables About Personality	41	31.06
Relational Variables	28	21.21
Positive Psychological Variables	29	21.97
Negative Psychological Variables	13	9.85
Job Satisfaction	21	15.91

Variables analyzed within the research sources were categorized, and frequencies and percentages were calculated according to this categorization. In this scope, the frequency of the variables about personality was (f: 41, %31.06) the frequency of relational variables was (f: 28, %21.21), positive psychological variables (f: 29, %21.97), negative psychological variables (f: 13, %9.85), variables about job satisfaction (f: 21, %15.91). In most of the studies demographic variables such as age, gender etc. were taken into consideration.

4. Results

All After analyzing the studies about resilience in Turkey we end up with these results below:

1-Studies about resilience gain importance day by day. First studies began to be published in the midst of 2000s and they increase and become varied gradually.

2-%55 of the studies of resilience are masters thesis or doctorate thesis, and %44 of them are articles.

3-The sample groups of the studies about resilience are consist of university students (% 31.97), people who are traumatized or experienced a hard life (% 27.05), workers in hard jobs (% 10.66), adolescents (%12.30), teachers (%6.56) and the other groups (%11.48). Choosing the sample group from the people who are traumatized or experienced a hard life, workers in hard jobs and adolescents is an expected result as these people are under risk. However, university students' consisting the high numbered category within sample groups is not coherent with the research expectations. The reason for choosing the university students in researches is the easiness of reaching them.

Variables analyzed within the studies about resilience in Turkey were classified and categorized. In that scope, the frequency of the variance of the personality (personality traits, self-respect,

emotional intelligence etc.) is %31.06, frequency of the variables of the relations (social support, parents' attitudes, affiliation etc.) is %21.21, positive psychological variables (subjective goodness, hope, life satisfaction etc.) %21.97, negative psychological variables (depression,) %9.85, job satisfaction (job satisfaction, job affiliation, fatigue, department affiliation etc.) %15.91. Again in most of the studies demographic variables such as age, gender..etc were taken into consideration. It is known that research about resilience is dealt in four main wave. The first wave consists of studies about personality characteristics. (Wright, Masten & Narayan, 2013). In these research, studies about the relationship between personality characteristics, positive and negative personality variables and resilience, and the effect of them on resilience have an important place.

In the second wave, researchers studied the role of developmental systems. (Wright, Masten, Narayan 2013). In these studies, variables such as "relational variances" and job satisfaction form an example for the research in second wave, because systems like family, job/school atmosphere that people take part in are analyzed in that scope.

4-Studies about resilience in Turkey are mostly (%85.94) descriptive studies. At the same time there can be encountered studies in the form of developing and adapting scale (%8.59) and review (%3.91). Experimental studies are remarkably limited (%1.56). Seeing research about resilience mostly in descriptive manner shows that these research are in the class of first and second wave of the studies about resilience. Third wave studies focus on protective intervention on developmental systems in order to increase sufficiency and endurance. (Cicchetti, 2010; Hanewald, 2011). That kind of experimental studies in Turkey are very limited (%1.5). The fourth and the last wave deals with the brain development in resilience, genetics, and neurobiological adaptation (Cicchetti, 2010; Hanewald, 2011).

5-In that study, it was found out that there is not any research falling in the fourth affair in Turkey. After literature review, it is concluded that studies about resilience are mostly carried with descriptive analysis and studies which deal with variables about personality, interpersonal interactions, positive/negative psychological variables and job satisfactions are high in number. It is obvious that recent studies are mostly for describing the existing situation and they are studies focusing on the role of personal characteristics, positive/negative psychological variables, and environmental / developmental systems on resilience. Studies about interventions to increase the resilience are in limited numbers. Furthermore, there are inadequate studies in literature to determine the relationship between brain development, genetics, neurobiological adaptation and resilience. For that reason, it is recommended that it will be beneficial to focus on interventional studies and to study for determining the relationship between genetics, brain development, neurobiological adaptation and resilience. Tables should be numbered with Arabic numerals. Headings should be placed above tables, underlined and centered. Leave one line space between the heading and the table. Only horizontal lines should be used within a table, to distinguish the column headings from the body of the table. Tables must be embedded into the text and not supplied separately.

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