



Research Article

A Study on The Psychological Resilience in Adolescents: A Key Factor in Healthy Development and Wellbeing

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Abstract

Adolescence is one of the transitional stages of the entire lifespan of a human being. This stage comes after puberty and before young adulthood. It is a crucial developmental stage characterised by quick changes in social, emotional, physical, and cognitive domains. Adolescents frequently deal with a variety of pressures throughout this stage, including peer pressure, academic pressure, identity confusion, familial expectations, and social obstacles. The ability of people to adjust constructively and manage stress, trauma, or adversity is known as psychological resilience. The idea of psychological resilience in adolescence is examined in this study, along with how it supports emotional control, mental health, and favourable developmental outcomes. The research emphasizes the protective factors, external and internal resources, and the need for resilience-building interventions in educational and community settings using a conceptual and review-based approach. Enhancing teenagers' resilience is crucial for promoting psychological health and a healthy adult life.

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1. INTRODUCTION

Adolescence is a period of transition between childhood and maturity that is marked by substantial psychosocial and biological growth. Adolescents are more susceptible to stress, emotional disorders, and mental health problems at this time, even though it also presents chances for development and identity formation. Teenagers are frequently under a lot of pressure due to peer connections, family disputes, academic responsibilities, and cultural expectations.

Psychological resilience is the term simply defined as the ability to adapt to the situation easily or quickly. It is needed for each and every human being. In this situation, psychological resilience shows up as a critical protective characteristic that helps teenagers deal with difficulties. Resilience is the ability to bounce back, adjust, and become stronger in the face of hardship rather than the absence of stress or challenges. Promoting mental health, avoiding risky behaviours, and fostering positive youth development all depend on an understanding of resilience during adolescence.

Concept of Psychological Resilience

The ability to tolerate stress, adjust to hardship, and preserve or restore psychological well-being is known as psychological resilience. Emotional control, optimism, problem-solving abilities, self-efficacy, and the ability to look for and use social support are all part of it. Adolescents' developmental processes, character qualities, family environment, school atmosphere, and community resources all influence their resilience. Resilience is a dynamic process that may be fostered and strengthened over time by positive experiences and supportive connections rather than a fixed attribute.

Adolescence and Developmental Challenges

Due to increased emotional sensitivity and identity exploration, adolescence is frequently characterised as a time of "storm and stress." Teenagers frequently struggle with peer pressure, mental instability, body image issues, academic load, and exposure to risky behaviours. These difficulties might result in anxiety, depression, low self-esteem, and behavioural issues if coping strategies are insufficient.

By encouraging adaptive coping mechanisms, emotional equilibrium, and a feeling of purpose, psychological resilience assists teenagers in overcoming these developmental obstacles.

Factors Affecting Adolescents' Psychological Resilience

Adolescents' psychological resilience is impacted by both internal and external variables. Self-worth, optimism, emotional intelligence, problem-solving abilities, and motivation are examples of internal factors. The school environment, peer interactions, teacher encouragement, family support, positive parenting, and community support networks are examples of external variables.

Adolescents' resilience and ability to handle stress are greatly increased by protective variables such as secure attachment, supportive adult interactions, and opportunities for skill development.

Contribution of Psychological Resilience in Adolescent Mental Health

Resilient adolescents are better able to manage stress, control their emotions, and preserve their mental health. Mental health issues like anxiety, sadness, and behavioural disorders are prevented by psychological resilience. More resilient teens have improved social skills, emotional regulation, and academic engagement.

Additionally, resilience fosters adaptive functioning and a good self-concept, empowering teenagers to confront obstacles in the future with courage and adaptability.

Functions of communities, families, and schools

Teenagers' psychological resilience is greatly enhanced by schools, families, and communities. By establishing a nurturing learning atmosphere, teaching life skills, and offering counselling services, schools can foster resilience. Through problem-solving techniques, mentoring, and positive reinforcement, educators may foster resilience. Families contribute by providing consistent support, open communication, and emotional stability. By offering chances for meaningful engagement, peer support, and safe spaces, community activities and social services can further enhance resilience.

Strategies to Encourage Adolescent Psychological Resilience

Social-emotional learning programs, stress management strategies, mindfulness exercises, counselling, peer support groups, and life skills training are examples of therapies that increase resilience. These programs aid in the development of coping mechanisms, emotional intelligence, and adaptive behaviours in teenagers. Promoting healthy development and preventing long-term mental health issues requires early detection of susceptible adolescents and prompt psychosocial interventions.

2. RESEARCH METHODOLOGY

Research Design

In order to investigate the degree of psychological resilience among teenagers and its connection to particular psychosocial variables, including stress, self-esteem, and academic adjustment, the study uses a descriptive and correlational research approach. This approach works well for comprehending current circumstances and connections without changing factors.

The study's objectives

1. To study the socio-demographic profile of the adolescents.
2. To assess psychological resilience among adolescents
2. To investigate the psychological difficulties faced by adolescents
3. To investigate the connection between teenage mental health and psychological resilience.

Hypotheses

1. There is a significant relationship between psychological resilience and mental health among adolescents.
2. Adolescents with higher levels of resilience show better emotional adjustment.
3. Socio-demographic variables such as gender, family type, and parental education have a significant association with psychological resilience.

Universe and Sample

The universe of the study comprises adolescents aged 13–18 years studying in secondary and higher secondary schools in Eranad Taluk, Malappuram District, Kerala. A sample of 120 adolescents was selected using simple random sampling from selected schools.

Tool for data collection

1. The Connor-Davidson Resilience Scale (also known as CD-RISC or any other standardised resilience scale) is a psychological resilience scale.
2. The Mental Health Inventory, which evaluates psychological and emotional health.
3. The researcher created a sociodemographic data sheet.

Method of Data Collection

Data were obtained after getting permission from school authorities and informed consent from parents and teenagers. Confidentiality and ethical issues were ensured by administering the instruments in group settings.

Statistical technique used

Descriptive statistics (mean, percentage, and standard deviation) and inferential statistics (correlation and t-test) were used to evaluate the data in order to test the hypotheses.

Ethical considerations

- ❖ Parents and participants gave their informed consent.
 - ❖ Seeking permission from the school authorities
 - ❖ Anonymity and confidentiality were guaranteed.
- Participants were informed about the voluntary nature of participation.

Distribution of Adolescents Based on Level of Psychological Resilience

Level of Psychological Resilience	Frequency (N)	Percentage (%)
Low	32	26.7
Moderate	54	45.0
High	34	28.3
Total	120	100

Findings

- The study found that adolescents show different levels of psychological resilience. Most of the adolescents (45%) had a moderate level of resilience, while 28.3% had a high level and 26.7% had a low level of resilience.

- Adolescents with high psychological resilience were better able to cope with stress, manage emotions, and adjust to academic and social challenges.
- Adolescents with low resilience faced more difficulties, such as stress, emotional problems, and poor adjustment during adolescence.
- The study revealed that psychological resilience is positively related to mental health. Higher resilience was associated with better emotional well-being and confidence.
- Family support, school environment, and peer relationships were found to influence the level of resilience among adolescents.
- The findings show that adolescence is a vulnerable period, and many adolescents need guidance and emotional support to handle psychosocial challenges.
- The study highlights the need for resilience-building programs such as counselling, life skills education, and mental health awareness in schools.

Suggestions

- Schools should implement resilience-building and life skills programs to help adolescents manage stress and emotional challenges.
- School counselling services should be strengthened to identify adolescents with low psychological resilience and provide timely support.
- Teachers should be trained to recognise emotional and behavioural difficulties among adolescents and provide a supportive learning environment.
- Parents should be encouraged to maintain open communication, emotional support, and positive parenting practices to enhance adolescents' resilience.
- Mental health awareness programs should be conducted in schools to reduce stigma and promote emotional well-being among adolescents.
- Adolescents should be encouraged to participate in co-curricular activities, sports, and peer support groups to develop confidence and coping skills.
- Community and social work interventions should focus on early identification and prevention of mental health problems during adolescence.
- Educational institutions should collaborate with mental health professionals and social workers or NGO's to promote holistic adolescents' academic and personal development.
- Promote inclusive participation in the school settings

3. CONCLUSION

Psychological resilience is a vital component of healthy adolescent development. It enables adolescents to cope with stress, overcome challenges, and maintain psychological well-being during a critical stage of life. Strengthening resilience through supportive environments, effective interventions, and positive relationships is essential for promoting mental health

and preparing adolescents for adulthood. Educational institutions, families, and communities must collaborate to foster resilience and ensure holistic adolescent development.

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