

Review Article

The Silent Strength: Resilience

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DOI: <https://doi.org/10.24321/2581.5822.202501>

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How to cite this article:

Nageswaran K. The Silent Strength: Resilience.
J Adv Res Psychol Psychother. 2024;7(1&2):21-23.

Date of Submission: 2025-07-09

Date of Acceptance: 2024-09-17

A B S T R A C T

Health is a multifactorial determinant. A flourishing community is built on the foundation of healthy individuals, and the modern world presents both opportunities and difficulties. Resilience is essential for overcoming these circumstances since it acts as a protective barrier against detrimental emotional impacts. Resilience is essential in reducing the impact of stress on personal well-being. Being resilient helps people and communities endure hardship, adjust to change, and prosper in spite of obstacles. Resilience has been shown to control emotions and safeguard mental health, especially when faced with hardship.¹ Being resilient is a trait that everyone is born with, but when used properly, it can help people avoid stress, worry, and despair. Resilience is a dynamic mechanism that interacts with different life situations. When someone has a significant trauma and recovers from it with more strength than before, it shows that they have adapted. Resilience is a skill that may be acquired at any age and is shaped by everyday experiences. Resilience as a process makes sense since it implies that life's odds can change for the better.² There is a complex relationship between resilience, well-being, and health; resilience serves as a key mediator in various situations, and resilience and well-being are positively correlated. Overall, resilience is shown to be an essential element in fostering health and well-being across a range of age groups and life situations, which supports the achievement of the Sustainable Development Goals (SDGs).

Keywords: Resilience, Mental Health, Wellbeing, Healthy community, SDG.

Introduction

"Life is a challenge; we must take it." - Mother Teresa

The National Mental Health Survey found that 10.6% of adults in India suffer from mental disorders. The lifetime prevalence of mental disorders in India is 13.7%. National studies reveal that 15% of India's adult population experiences mental health issues requiring intervention. Urban areas have a higher prevalence (13.5%) compared to rural areas (6.9%).³

Anxiety and depression were the most prevalent mental illnesses, affecting 970 million individuals worldwide.

Relationships with family, friends, and the community can all be negatively impacted by mental health issues. One out of every six years of disability worldwide is caused by mental illnesses. Individuals with serious mental illnesses pass away 10–20 years before the average person. Additionally, there is a higher chance of suicide and human rights abuses when one has a mental illness. Because productivity losses greatly exceed the direct expenses of care, mental health disorders can have major economic repercussions.⁴

To prevent mental disease, enhancing mental health plays a vital role. Mental health also refers to mental well-being, which includes positive emotional states and other

beneficial experiences. Positive affect's responsibilities in the resilience process have recently been included in the definition of resilience, which is defined as the ability to recover or adapt after adversity. Positive affect can be a resilience resource in and of itself or as the result of the resilience process.

Resilience Resources

Positive personality traits like hope, optimism, self-compassion, and supportive interpersonal relationships can foster positive affect after a stressor and use positive affect as a resource for resilience.⁵ Figure 1 illustrates the importance of resilience and its role in promoting psychological strength and well-being.

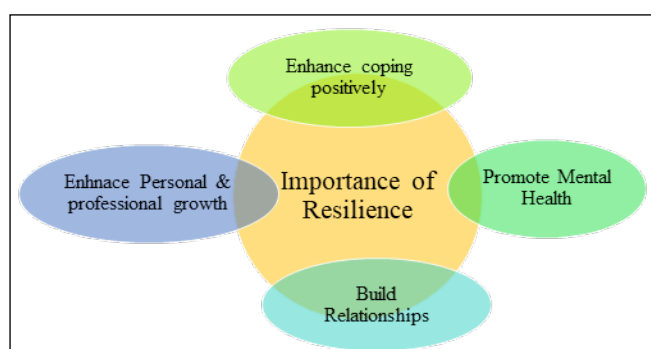


Figure 1. Importance of Resilience^{4,5}

Impact of resilience, health, and well-being on Sustainable Development Goals (SDGs)

The research reveals that resilience the Sustainable Development Goals (SDGs) related to health and well-being. Enhanced resilience may contribute to better health outcomes, supporting SDG 3: Good Health and Well-being. Higher resilience, which is associated with increased heart rate variability.

The paper highlights the close relationship between resilience and well-being, pointing out that resilience is a byproduct, indicator, and promoter of mental health. A robust response is made possible by a level of well-being that corresponds with a specific problem, and resilience improves well-being by facilitating growth in the face of difficulty. Resilience and well-being are both developmental processes, and a relationship that is sensitive, perceptive, and trustworthy is essential for optimal growth. This relationship, in turn, shapes the self-regulation response. Thus, methods for improving well-being and resilience are quite similar. They begin with relational support during infancy and childhood and continue with programmes and activities that promote the growth of self-regulation throughout life. Since resilience and well-being are essential for mental health, they are linked to the Sustainable Development Goals (SDGs) by emphasising the value of

lifelong self-regulation and supportive connections, both of which promote general health and societal advancement. Self-control and mental health are improved by resilience. Supportive interactions throughout life are essential for development.⁷

Only a small number of studies have looked at the relationships between the three levels of resilience—individual, community, and national. Individual, community, and national resilience are significantly positively correlated. Individual well-being and effective coping with potentially traumatic circumstances are predicted by all three degrees of resilience. Community resilience and individual resilience are positively connected, indicating that when people become more resilient, the community's general well-being increases. This connection emphasises how crucial it is to support personal resilience since it helps the community deal with difficulties in addition to helping the individual. Additionally, national resilience is related to both individual and community resilience, highlighting a multi-level strategy to improve well-being and coping skills in the face of potentially catastrophic occurrences.⁸

The Sustainable Development Goals (SDGs), especially SDG 3, which seeks to ensure healthy lives and advance well-being for all,⁹ are closely related to the interaction between resilience, well-being, and health. In order to preserve services during emergencies, protect community health, and improve general well-being, healthcare systems must be resilient.¹⁰ Additionally, mental health is a critical component of resilience since it affects people's capacity to handle stress and hardship, which is consistent with the SDG 3 goals.¹¹

At the local level, community-based efforts are crucial in promoting resilience and health, highlighting the value of collaborations as stated in SDG 17.¹² Furthermore, a healthy diet is essential for mental and physical well-being, promoting resilience and supporting SDG 2, which aims to improve nutrition and end hunger.¹³ When taken as a whole, these components highlight how resilience, health, and the SDGs are all related (As illustrated in Figure 2).¹³

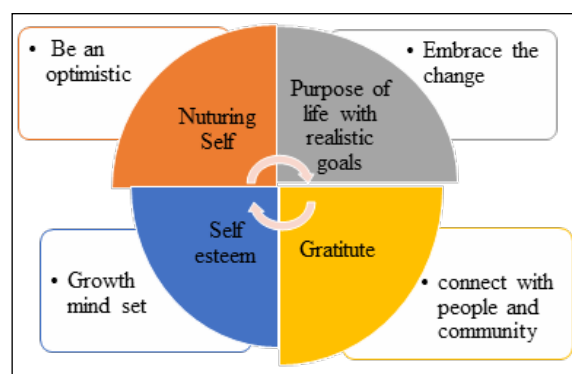


Figure 2. Measures to enhance the Resilience^{13,14}

Discussion

The study examines how students' subjective well-being is affected by related stress in light of the mediating role of resilience. There, important insights that helped us comprehend the relationship between the variables were deduced. Student's subjective well-being was therefore found to be shaped by a variety of circumstances, including financial, interpersonal, work, and academic stress. To comprehend the study contributions, theories including the telic theory, personality theory, coping theory, stress response theory, and social comparison theory were consulted. Particularly for students, resilience is a coping strategy that lessens the negative effects of stress on personal well-being. Through efficient stress management, it improves subjective well-being by acting as a buffer against financial, interpersonal, cultural, and professional stressors.¹⁴

Conclusion

Resilience and health are closely related to SDG 3, which focuses on promoting well-being and ensuring healthy lives for people of all ages. This objective is essential because it establishes goals for lowering death rates, advancing mental health, and fortifying healthcare systems. Communities can increase resilience and general well-being by accomplishing SDG 3.

Conflict of Interest: None

Sources of Funding: None

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