

SOCIO-ECONOMIC STATUS AND RESILIENCE

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Abstract: To investigate whether socio-economic status (SES) plays a role in the resilience among University students of Kashmir. The question was investigated with a cross-sectional sample (n=100; age=22-33 years) of university students of Kashmir. The resilience was assessed using Wegnild & Young's Resilience Scale (1993) with 26 items. The socio-economic status was measured by using B.G. Prasad's modified SES scale (Prasad, 2001, as cited in Singh, Sharma & Nagesh 2017). Data was analysed by using descriptive statistics, ANOVA, and Post Hoc test. The Post Hoc analysis showed that individuals with middle class of SES have higher levels of resilience among three categories of SES. While as, individuals belonging to lower class of SES have lower levels of resilience. The results suggest that SES interact in important ways in influencing the resilience.

Keywords: Education, Income, Resilience, Socio-Economic & Status.

Introduction: SES is an economic and sociological combined total measure of a person's work experience and of an individual's or family's economic and social position in relation to others, based on income, education, and occupation. When analyzing a family's SES, the household income, earners' education, and occupation are examined, as well as combined income, whereas for an individual's SES only their own attributes are assessed. However, SES is more commonly used to depict an economic difference in society as a whole (National Center for Educational Statistics. 31 March 2008).

Socioeconomic status is typically broken into three levels (high, middle, and low) to describe the three places a family or an individual may fall into. When placing a family or individual into one of these categories, any or all of the three variables (income, education, and occupation) can be assessed (Singh, Sharma, & Nagesh, 2017).

Resilience as a personality characteristic that moderates the negative effects of stress and promotes adaptation has been a topic of research for a number of years. Frequently, the quality of resilience is attributed to individuals who, in the face of overwhelming adversity, are able to adapt and restore equilibrium to their lives and avoid the potentially deleterious effects of stress (Beardslee, 1989, Bebbington, Sturt, Tennant, & Hurry, 1984; Byrne, et al., 1986; Caplan, 1990; Masten & O'Connor, 1989; O'Connell & Mayo, 1988; Richmond & Beardslee, 1988; Rutter, 1985, as cited in Tantry & Singh, 2017). Resilience is defined as an individual's ability to successfully adapt to life tasks in the face of social disadvantage or highly adverse conditions (Peçitlo, Małgorzata, 2016). Resilience is one's ability to bounce back from a negative experience with "competent functioning". It is a process of individuation through a structured system with gradual discovery of personal and unique abilities (Rutter M., 2008). Resilient individuals have, through time, developed proper coping techniques that allow them to effectively and relatively easily navigate around or through crises (Block, J. H., & Block, J., 1980; Klohnen, E. C., 1996; Werner, E., & Smith, R. S., 1992; Wolin, S. J., & Wolin, S., 1993, as cited in Tantry & Singh, 2017).

Objectives: 1) To study resilience among university students studying in Kashmir, and 2) To study the significance of difference in resilience on the three classes of SES (lower, middle and upper class) among university students studying in Kashmir.

Hypothesis: There is a significant difference in resilience among the three classes of SES.

Design: This cross-sectional research consists of a sample of 100 university students (15=Lower, 64=Middle, and 21=Upper Class SES) studying in Kashmir (J&K), India, selected by stratified random sampling method. A

standard questionnaire was distributed to the sample. The sample was compared with reference to their SES. The data collected from the sample was analysed by various statistical techniques such as Mean, SD, ANOVA and Post Hoc test with the help of SPSS. The present study is a comparative study. Only the data collected from the university students studying in Kashmir were included in current study.

Inclusive Criteria: The university students studying in the universities of Kashmir and belonging to Jammu and Kashmir.

Exclusive Criteria: They students of Jammu and Kashmir studying outside of the State.

Statistical Techniques: For achieving the desired objectives, the collected data was analysed by using Mean, SD, ANOVA and Post Hoc test.

Tool Description: The Wagnild & Young’s Resilience Scale (1993) is a tool for assessing resilience. The RS consists of 26 questions assessing the degree of individual resilience (personal competence and acceptance of self and life); a positive personality characteristic that enhances individual adaptation. Each item is scored from one ‘strongly disagree’ to seven ‘strongly agree’. Scores of the all 26 items are then summed, yielding a minimum score of 26 and a maximum score of 182. There is no reverse coding. Low scores indicate low levels of resilience and high scores indicate high levels of resilience.

SES was operationalized by two variables: pretax household income and years of education completed (interactive role examined). Data were obtained by using BG Prasad’s SES scale (2001) made for both urban and rural areas.

Results:

Table 4.1: Showing Descriptive Statistics of Resilience With Reference to Socio-Economic Status

Socio-Economic Status	N	Mean	Standard Deviation
Lower class	15	102.87	23.591
Middle class	64	132.42	21.809
Upper class	21	130.86	18.424
Total	100	127.66	23.663

Table 4.2: Showing ANOVA of Resilience Across Different Classes of SES

Resilience	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	10886.526	2	5443.263	11.853	.000*
Within Groups	44545.914	97	459.236		
Total	55432.440	99			

*.Significant at 0.01 Level of Significance

The results presented in the above table reveal the F -value of resilience across different classes of SES (lower, middle and upper class). Significant difference in resilience across different classes of SES is found, as the F-values (F = 11.853) is significant at 0.01 level of significance.

Table 4.3: Showing Post Hoc Analysis (Tukey’s HSD) of Resilience among Different Levels of Socio-Economic Status

(I)Socio-economic Status	(J)Socio-economic Status	Mean Difference (I-J)	Sig.
Lower class	Middle class	-29.555	.000*
	Upper class	-27.990	.001*
Middle class	Upper class	1.565	.955

*. The Mean Difference is Significant at the 0.01 Level

The result presented in above table reveal Post Hoc analysis of resilience with reference to different classes of SES. Significant differences in resilience were found between different classes of SES--lower & middle, and lower & upper class at 0.01 level of the significance. However, the Post Hoc analysis reveals no significant difference in resilience in the SES classes—middle & upper class.

Discussion: The present study examined whether socio-economic status (SES) plays a role in the resilience among University students of Kashmir. Results related to the three classes of SES of subjects presented and analyzed in the above section show that the three classes differ significantly (Ref. Table 4.2, & 4.3). Post Hoc analysis further showed that individuals from middle class SES families have higher levels of resilience. While as, individuals from lower class SES families have lower levels of resilience among the three classes. The reason may be that the individuals from middle class families do not overloaded minds. They are highly motivated to work and have satisfying resources of living. In contrast, individuals from lower class families cannot take advantage of facilities because of limited education and income. Hence, our hypothesis, "there is a significant difference in resilience among the three classes of SES" stands accepted. It can be concluded that SES interact in important ways in influencing the resilience.

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