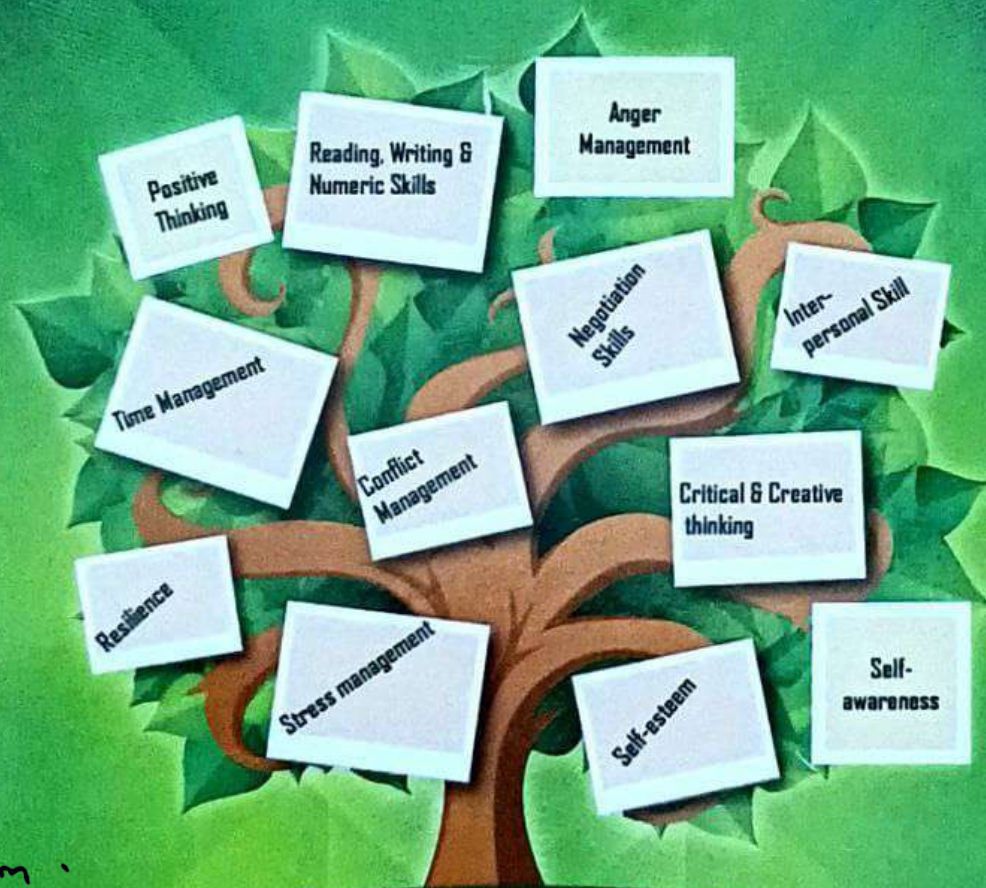


LIFE SKILLS DEVELOPMENT



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Life Skills

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AASAAN PUBLICATIONS

Published by

Aasaan Publications

St. Xavier's College of Education (Autonomous)
(Re-accredited (4th Cycle) by NAAC at A⁺ Grade)

Palayamkottai-627 002, Tamil Nadu, India

Ph: 0462-2577630

Fax: 0462-2577631

Email: sxceaasaanpublications@gmail.com

Web: www.sxcdn.edu.in

First Edition: April 2024

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Printed at : Fathima Press, Palayamkottai.

Price: Rs. 250/-

ISBN: 978-93-84192-23-5

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Joseph M.

**RESILIENCE: ESSENTIAL SKILL FOR
ASPIRING EDUCATORS**

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Introduction

The term resilience was incorporated into the English language in the early 17th century from the Latin verb *resilire*, which signifies to bounce back or spring back (Concise Oxford Dictionary, Tenth Edition). Resilience did not appear in any academic literature until Tredgold (1818) coined the term to define a characteristic of timber. He used it to explain why certain wood species could withstand heavy and sudden loads without fracturing.

The term resilience has been utilised for more than two decades to assess individuals' ability to cope with difficult experiences. Prior research examined the resilience of children, but it has now expanded to comprise the capacity of adults to cope with extraordinary circumstances. This includes their participation in warfare, disasters, and seemingly ordinary yet atypical occurrences like accidents and deaths. Resilience refers to the capacity to endure and recover from challenging circumstances and setbacks in life. Resilience is often mistakenly associated with mental fortitude, but it actually involves the ability to navigate and overcome emotional anguish and suffering.

Resilience

Resilience is the quality that empowers individuals to effectively manage and overcome trauma, adversity, and hardship by bolstering their emotional strength. Resilient individuals employ their available resources, inherent abilities, and acquired proficiencies to



surmount obstacles and navigate through setbacks. Individuals with a deficiency in resilience are prone to experiencing feelings of being overwhelmed or powerless, leading them to depend on detrimental methods of dealing with stress, such as avoidance, isolation, and self-medication. A study shown that individuals who had made suicide attempts exhibited notably lower scores on the resilience scale compared to individuals who had never attempted suicide.

Resilient individuals encounter stress, setbacks, and challenging emotions; however, they apply their personal strengths and rely on support systems to surmount obstacles and resolve issues. Resilience enables individuals to acknowledge and adjust to a given circumstance and progress.

The Seven Cs of Resilience

Ken Ginsburg (2020), an expert in adolescent medicine and the American Academy of Paediatrics provides a concise summary of the 7 Cs as follows:

- a) **Competence:** It refers to the capacity to properly handle situations. In order to cultivate proficiency, individuals acquire a repertoire of abilities to foster confidence in their own assessments and exercise prudence in decision-making.
- b) **Confidence:** The genuine self-assurance is built on competence. Confidence is acquired by individuals through the demonstration of skill in real-world settings.
- c) **Connection:** Strong relationships with family, friends, and the community foster feelings of safety and inclusion.
- d) **Character:** It is essential for individuals to possess a basic understanding of morality in order to make accountable decisions, contribute to the betterment of society, and cultivate a feeling of self-value.

- e) **Contribution:** Ginsburg asserts that possessing a feeling of purpose exerts a potent influence on motivation. Participating in activities that benefit one's community strengthens positive mutually beneficial relationships.
- f) **Coping:** Developing appropriate coping mechanisms enables individuals to effectively manage stress, enhancing their ability to navigate challenges and overcome obstacles. Developing an awareness of internal control enables individuals to take charge of situations and solve problems, rather than becoming passive victims. When individuals realise that they have the ability to influence the results of their choices, they are more inclined to perceive themselves as competent and self-assured.

Types of Resilience

Individual Resilience

Norris et al. (2009) proposed, along with other researchers (Layne et al., 2007), that resilience is only one of several types of responses exhibited by adults after experiencing trauma or intense stress. The following are the categories of reactions:

- a) Resilience, characterised by an individual's lack of, or minimal, adverse response to a disruptive incident.
- b) Resilience refers to the ability of an individual to endure an undesirable reaction to an incident and then return to their prior level of functioning.
- c) The process of recovery entails a phase of impaired functioning that persists for several months or longer, which is then followed by a gradual restoration of one's previous level of functioning before the event.

- d) The condition exhibits a cyclical nature, with symptoms alternating between relapses and remissions.
- e) Delayed dysfunction refers to the emergence of post-traumatic stress disorder (PTSD) or another trauma-related disorder after a significant amount of time has elapsed. Chronic dysfunction, on the other hand, describes the persistence of PTSD or another trauma-related disorder.

Community Resilience

Evaluating the resilience of communities is an intricate undertaking, as it encompasses the interplay between individuals, families, groups, and the environment. The primary emphasis is on addressing factors that decrease the susceptibility of communities, including access to information and knowledge, the presence of supportive networks, shared community values, and the community's capacity and willingness to adjust. Vulnerability emerges from the convergence of human systems, the natural environment, and the constructed environment.

Organisational Resilience

The term "organisational resilience" was initially used to emphasise the importance for organisations to adapt to a dynamic commercial landscape. Successful organisations were those that comprehended the volatile nature of their business environment, including factors such as competitors, technology, financial availability and cost, taxation, government policy, and customers' needs and expectations. These organisations were capable and willing to adjust to abrupt and significant changes in the environment. Effective companies should transform themselves like robust ecosystems, continuously adjusting to mirror the shifting external conditions.

Categories of resilience

The multi-forms or categories of resilience must be educated to effectively navigate difficult circumstances. The multi-forms of resilience are physical resilience, mental resilience, emotional resilience, and social resilience.

Physical Resilience

Resilience is the capacity of an individual or system to withstand and bounce back from physical obstacles or stressors. Physical resilience is the ability of an organism to efficiently handle physical stress, especially shock that immediately disrupts normal physiological balance. It is essential to have the ability to quickly deal with unexpected or unusual environmental, medical, or clinical challenges to better understand the animal's underlying health state. Physical resilience is essential for preserving optimal health as individuals encounter medical illnesses and physical obstacles throughout ageing.

Accepting a wholesome way of life, nurturing social connections, implementing mindful breathing techniques, giving importance to adequate rest and recuperation, and participating in enjoyable activities collectively enhance physical resilience. Physical resilience refers to the body's ability to adapt to challenges, maintain stamina and strength, and recover quickly and efficiently. Resilience is the ability of a person to effectively deal with and recover from illnesses, injuries, or other physical difficulties.

Resilience, which refers to the ability to recover from challenges, is generally expected to deteriorate as a person gets older. On the other hand, frailty, which is characterised by a loss in tissue function and may be measured by factors like walking speed, gait, and grip strength, tends to grow with age. Resilience diminishes at an early

stage in life and could perhaps contribute to the onset of frailty [4]. Thus, evaluating resilience could serve as a valuable early framework for predicting the lack of biological dysfunction.

Psychological Resilience

Resilience is the capacity of an individual to adjust and recover from challenging circumstances or stressful events. Psychological resilience is the ability to effectively cope with and adapt to situations that are marked by uncertainty, challenges, and adversity. Psychological resilience, also referred to as "mental fortitude," is the capacity to maintain composure and focus during a crisis, without enduring adverse effects such as distress and anxiety. People with psychological resilience develop coping strategies and skills that help them effectively handle challenging situations. Psychological resilience, as per the definition provided by the American Psychological Association, pertains to the capacity of individuals to adjust and manage stresses such as anxiety, depression, trauma, distressing experiences, and threats.

Psychological resilience refers to the ability to effectively adjust and cope with challenging circumstances, including adversity, trauma, pandemics, tragedies, or various risks like family and interpersonal issues, severe health conditions, or work and financial pressures. It pertains to the individual's capacity to effectively recover from challenging events or to successfully navigate through significant changes. The prerequisite for enhancing psychological resilience is the individual's exposure to risk factors. In order to mitigate the effects of these negative variables or eradicate them entirely, it is essential to have protective elements in place. Psychological resilience is a crucial notion for children who have encountered numerous risk factors throughout the COVID-19 epidemic. Psychological resilience is an individual trait that consists of three subdimensions. The three factors involved are self-

commitment, control, and obstacles. Self-commitment pertains to a strong sense of purpose and significance in actively participating in daily events. Control refers to the belief that one has the ability to influence the different situations in their life rather than being passively impacted by them. Challenge reflects an individual's belief in the potential for change. These three traits alter an individual's perception of events and circumstances in life, while mitigating the effects of stress. Individuals who possess the ability to manage stress have an improvement in their overall quality of life. Psychological resilience refers to an individual's capacity to effectively deal with and conquer challenges, uncertainties, and comparable situations. The ongoing transmission of COVID-19 has led to heightened levels of stress and challenging living situations for individuals and communities. Disease-related phobia and anxiety can cause depression and provoke deep emotions in both adults and children. Individuals may exhibit varying responses to conditions that induce stress. An individual's qualities and experiences may influence the impact of an emergency on them. The segregation of vulnerable groups and implementation of quarantine measures effectively curtailed the transmission of contagious illnesses. These methods limited the movement, socialising, and everyday tasks of the impacted individuals. Amidst a crisis such as the COVID-19 pandemic, it was typical for individuals to have heightened levels of anxiety due to the enforced separation from others. Quarantine poses psychological challenges for persons who are quarantined, as well as for their family members and healthcare professionals responsible for their care.

Social Resilience

Resilience is the capacity of a society or community to endure and bounce back from social obstacles or disturbances. Social resilience refers to the collective ability of social groups to successfully adjust and

react to unexpected changes in politics, economy, society, ecology, or the environment. Social resilience in the face of tragedy entails fostering, engaging in, and sustaining favourable social relationships, while also enduring and rebounding from adversities and social seclusion. The ability of a society to withstand and recover from challenges can be affected by the qualities and strength of its social infrastructure, which includes elements like social capital and interpersonal relationships among individuals living in the same area. Aside from the resilience of social networks within a community, the economic and socio-political conditions of that community also have a role in determining their capacity to endure and bounce back from difficulties.

Social resilience is a notion that may be examined from two perspectives: the individuals within a society and the society as a whole. In the field of social sciences, the concept of "persist ability" has evolved to encompass more than just its original ecological meaning. It now includes two additional dimensions: "adaptability," which refers to the measures people take to learn from past experiences, anticipate future risks, and adjust their livelihoods accordingly, and "transformability," which involves people participating in decision-making processes and creating institutions that improve their individual well-being.

Social resilience is a term that has been lately employed in the field of disaster management. It pertains to the capacity of a social system, such as a community, to independently recover from natural disasters using its own resources. Social resilience refers to the capacity of a social system to maintain its functioning by adapting and learning. It should be viewed as a process rather than an end result. Social resilience encompasses a wider scope than vulnerability, as it necessitates more than only mitigating vulnerability in order to enhance

resilience. It advocates for the empowerment of individuals and a reduction in limitations on the exercise of freedom to take action. Additionally, it necessitates robust social and governmental organisations that can provide assistance to individuals in dealing with unfavourable circumstances. Social resilience is a quality that may be attributed to both a society as a whole and the individuals within it. It is defined as the ability of a social system, which includes individuals, their relationships and interactions, and the governing institutions, to withstand and recover from various challenges and disruptions. Resilient societies have the capacity to withstand or respond to external shocks or unforeseen disruptions in various manners. These abilities encompass persistence, adaptability, and transformation.

Furthermore, the social system exhibits varying degrees of change and reactions occur within distinct time periods, resulting in diverse results. The shocks may vary in their magnitude and duration. When various social systems experience similar disruptions, they may demonstrate varying degrees of strength in distinct capacities. This might manifest as either a short-term reaction, where efforts are made to recover from the shock and return to the previous level of well-being (known as persist ability or absorptive capacity), or as a long-term response, involving making incremental adjustments to the system to safeguard its future well-being (referred to as preventive capacity). However, certain societies may also have the ability to undergo significant or even revolutionary changes in their transformational nature provided the system promotes such changes.

Emotional Resilience

It refers to the ability to bounce back from emotional challenges and maintain a stable emotional state. Emotional resilience pertains to an individual's capacity to adjust and cope with challenging circumstances or emergencies. Resilient individuals possess the ability

to effectively cope with and adjust to challenging circumstances without experiencing long-lasting negative effects. Conversely, individuals with lower levels of resilience struggle more when faced with stress and various life transitions, regardless of their magnitude.

Emotional resilience is not a binary trait, but rather exists on a spectrum, with individuals differing in their ability to effectively manage stress. However, resilient individuals typically have certain distinct qualities. These are the primary attributes:

Emotional awareness

Emotional awareness refers to the ability of individuals to accurately identify and comprehend their own emotions and the reasons behind them. Additionally, they possess a heightened ability to empathise with others because to their enhanced awareness and connection with their own emotional experiences. This form of emotional comprehension enables individuals to react suitably to others and effectively manage and deal with challenging emotions, such as rage or fear.

Perseverance

Individuals with perseverance are proactive in pursuing both external objectives and internal coping mechanisms. They have faith in the process and exhibit unwavering determination. Resilient individuals do not have a sense of helplessness or hopelessness in the face of adversity. Individuals are more inclined to persist in pursuing a goal when they encounter an impediment.

Internal Locus of govern refers to the belief that individuals have in their own ability to govern and shape their lives, rather than attributing outcomes to external factors or forces. Having an internal locus of control and a realistic worldview is linked to reduced stress levels. Individuals with these traits are more proactive in managing

stressors, focus on finding solutions, and have a stronger feeling of control, resulting in lower levels of stress.

Optimism

Resilient individuals possess the ability to perceive the favourable aspects in nearly all circumstances and maintain faith in their own capabilities. This can transform their approach to problem-solving from a mindset of victimhood to one of empowerment, thereby expanding the range of options available to them.

Support

Social support is crucial for promoting resilience and enhancing mental well-being. Resilient individuals, although strong in their own right, recognise the importance of social support and are capable of surrounding themselves with a network of supporting friends and family.

Sense of Humour

Individuals with high emotional resilience has the ability to find amusement in the challenges of life. Thus, can be an immense advantage, since it changes one's viewpoint from perceiving things as a danger to perceiving them as an opportunity, and thus modifies the body's response to stress. In addition, they frequently experience amusement, which also yields advantages.

Resilient individuals possess the ability to acknowledge and learn from their mistakes, rather than denying them. They perceive barriers as opportunities for growth and enable hardship to fortify their inner strength. Additionally, individuals have the capacity to discover significance in the difficulties they encounter in life, rather than perceiving themselves as helpless victims.

Spirituality

Establishing a deep connection with your spiritual self has been associated with enhanced emotional resilience, particularly when the connection is genuine and not merely superficial participation in religious rituals.

Moral Resilience

It refers to an individual's ability to maintain or regain their integrity when faced with moral complexity, confusion, distress, or setbacks. Moral resilience refers to the act of consciously deciding how to react to ethical problems, conflicts, and ambiguity in a manner that upholds one's integrity, minimises personal distress, and enables one to fulfil their highest calling.

Undoubtedly, there are connections between psychological resilience and moral resilience. Moral resilience is characterised by its emphasis on the moral dimensions of human experience, the intricate moral nature of decisions, obligations, and relationships, and the unavoidable moral obstacles that trigger conscience, confusion, and moral pain. Resilience in general is a crucial basis that can be more precisely tailored to tackle particular dangers or infringements on an individual's welfare and moral principles. The moral realm is intricately linked to all aspects of human beings' biological, psychological, cognitive, spiritual, and relational faculties. Therefore, the psychological components of resilience are intertwined in a collaborative network of mechanisms that can also be utilised to bolster moral resilience.

Academic Resilience

It refers to the ability of students to bounce back from academic challenges and setbacks. Academic resilience refers to the capacity to effectively confront and manage challenges, stress, or pressure,

resulting in overall achievement in the academic setting. Academic resilience refers to the active process by which individuals who are successful in academics are able to overcome the obstacles that prevent their counterparts from achieving success.

Academic resilience is defined as a motivating factor for achieving academic and personal goals, as well as a source of effective strategies for managing stress and anxiety in a university setting. Schools and colleges have the responsibility of cultivating learners' abilities and fostering their resilience in order to achieve success. Academic resilience empowers individuals to confront and overcome problems. Therefore, it assumes a crucial role within the school system. Students encounter numerous challenges in their daily lives, including academic difficulties, social challenges such as classroom situations, learning difficulties, stress related to their learning abilities, adapting to peer groups, problems with societal or community adjustment, and challenges with home or family adjustment. Within the Indian education system, there exists a subset of students that demonstrate academic weaknesses, hail from impoverished and socially marginalised backgrounds, and encounter challenges in navigating the current competitive landscape.

Research has revealed that students hailing from these particular socio-economic backgrounds experience a significant decline in their academic performance as well as their personal well-being. The existing disparities in our education system have resulted in students leaving school prematurely. Therefore, the cultivation of academic resilience is crucial for the integration of these marginalised groups. Resilience is the sole attribute that empowers an individual to overcome challenging circumstances. Academic resilience refers to an individual's capacity to overcome challenges and obstacles in order to achieve their academic, personal, or professional objectives. The

improvement of academic resilience leads to greater success in attaining educational goals.

Resilience and Teacher Educator

Resilience, within the context of the teaching profession, can be understood as both a capacity, a process, and an outcome. Resilience refers to a teacher's ability to use their personal and environmental resources to overcome challenges. It is a process where a teacher's characteristics and their personal and professional environment interact over time, resulting in strategies that lead to professional engagement, growth, commitment, enthusiasm, satisfaction, and well-being (Beltman, 2015). Pre-service teachers can enhance their resilience by cultivating personal resources such as motivation and social and emotional competence. They can also learn how to utilise contextual resources like relationships and support networks. Additionally, they can develop various adaptive coping strategies such as problem-solving, time management, and maintaining work-life balance to effectively handle challenges and achieve positive outcomes such as commitment, job satisfaction, wellbeing, and engagement.

Conclusion

Resilience, which originated in the 17th century, refers to the capacity to endure and recover from difficult life events. It encompasses mental strength, emotional fortitude, and effective coping strategies. Successful organisations recognise the ever-changing nature of their business environment. The 7 Cs model aids in the development of resilience skills in children and teenagers. Resilience can take various forms, including physical, mental, emotional, and social resilience. Physical resilience involves maintaining equilibrium, while psychological resilience entails managing uncertainty. Social resilience involves cultivating positive relationships, and emotional resilience involves adapting to stressful situations. Academic resilience is also

important. Schools and universities have a responsibility to foster resilience in learners. Given the challenging nature of the teaching profession, it is crucial to incorporate a suitable resilience model into teacher education.

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Phone No. : 0462 -2577630

ISBN : 978-93-84192-23-5



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