

A STUDY OF IMPACT OF RESILIENCE BUILDING COURSE ON B.Ed. STUDENTS

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Abstract - There are many major and minor challenges that every country, every state, every society and every individual has faced over a period of time especially in Covid- 19 pandemic situation. To make students ready to face challenges boldly and to make them capable to bounce back is the need of an hour thus this study was conducted with an objective to build resilience among the students.

“Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes.”

A special course for Resilience Building Course was designed under this study which included standardized online pre- test and post- test, interactive sessions, case studies and live online interactions. There were a total of 22 sessions for two months. The sample size was 31 students who are studying at a B.Ed. college. The result of the pre- test and the post- test shows the effectiveness of the Resilience Building Course.

If we develop resilience among the students they are ready to face challenges, they are also ready to look at the situation with a positive mindset. They start looking at problems as opportunities. This in long run will help them to live life effectively.

Researcher suggests that such courses need to be part of school/ college curriculum that can help students live life effectively.

Keywords: Resilience, Covid- 19, Resilience Building Course, Positive Mindset, Curriculum.

1.1 INTRODUCTION

All the countries across the globe have witnessed high impact of Covid 19 on all sectors. It had a great impact on the life of individuals too. In this pandemic situation when neither the countries nor the individuals were ready to face challenge, it turned into huge losses.

As per the Hindu e- newspaper, published on May 8, 2020, more than 122 million people in India lost their jobs in April (many were small traders and wage laborers). As per the Economic Times e-newspaper, published on August 18, more than 41 lakh youth lost their jobs in India due to Covid- 19. As per the Economic Times e- paper, published on May 5, 2020, there were 300 suicide cases reported due to loneliness, fear and loss in business. Unfortunately, there are incidences where families have committed suicide as they could not cope up with the situation for e.g., a family of five in western Gujarat committed suicide.

This situation is not restricted to Covid 19 only. Every year, in fact every day, if an individual is facing a challenge that he feels he cannot come up with, he/she tries to finish his/her life due to some or the other reason.

With respect to students, the figures are really shocking. We teach different subjects to students in schools and colleges but do we really make them ready to bounce back, to we make them resilient.

Looking at the figures provided by National Crime Records Bureau (NCRB), around 10, 159 students died by suicide in 2018, Maharashtra being at the top. Every hour one student commits suicide in India as per NCRB. This for sure highlights the need of development of Resilience among the students.

One of the recent studies done by Taibah University Medical Sciences on estimating the prevalence of stress among the Indian students reflects that female students are more worried than male students.

Looking at the above scenario and need of an hour, Researcher has developed a Resilience Building Course for students to develop Resilience among them.

AICESR is a B.Ed. college affiliated to S.N.D.T. Women's University. All students are women; most of them are married too. Associated with the college since 2011, Researcher realized that the students face lot of problems in their lives. The problems vary from student to student. Some of them are struggling in their personal lives, some of them in their academics, some of them in their career. In fact, interacting with alumni also made the researcher realize that many of them give up on their dreams in a long run and they feel they can't do it. To make them resilient, to develop in them I CAN attitude, researcher developed Resilience Building Course. The course included a pre-test, treatment and a post- test.

1.2 OBJECTIVES

- 1) To check the Resilience level of the students.
- 2) To develop Resilience among the students.
- 3) To check the effectiveness of the Resilience sessions.

1.3 IMPORTANCE OF RESILIENCE

Difficulties are part and parcel of everyone's life but few people consider them as challenge and few take them as opportunity.

Different people, Different perception.

People who have optimistic view about life, who look at problems as opportunities, who have positive mindset, people who have I can and I will do it attitude are more adoptive to situations and are more successful in their lives.

Such people are called Resilient. What is Resilience?

It is the power or ability to return to its original form, position, etc., after being bent, compressed, or stretched;

Elastic is the best example of Resilience. For me Cactus too is an excellent example to Resilience.

Psychology today describes it this way:

“Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes.”

In a nutshell, resilience can be defined as the ability – and tendency – to “*bounce back*.”

What's the Meaning of Bouncing Back?

“*Bouncing back*” is what we do when we face disappointment, defeat, and failure, but instead of letting things keep us down, we get back up and continue on with our lives.

You might say someone bounces back when they experience a traumatic car accident and sustain serious injuries, but stay positive through a long physical therapy journey.

If we develop resilience among the students they are ready to face challenges, they are also ready to look at the situation with a positive mindset. They start looking at problems as opportunities. This in long run will help them to live life effectively.

1.4 METHODOLOGY-

The research was conducted using experimentation method. Out of total 69 students, 31 students were selected. A standardized online pre- test was used. The basic objective of this standardized test is to check

the Resilience an individual in comparison to an average person. The test included 30 statements that they had to respond.

After that a treatment in the form of online sessions were given to selected students. The duration was of two months that started from the month of October and ended in the month of December, 2020. It included interactive sessions by the researcher on concept of resilience, traits of resilient people, case studies of Resilient Personalities like Amitabh Bachan, Sudha Chandran, Arunimha Sinha, live online interaction with Resilient Personalities. All resilient personalities have shared their struggle stories to make students relies that it is absolutely fine to fail in life. Each one of them has faced challenges in different areas. An open interactive talk was arranged between students and them that enabled students to gain first-hand experience about resilience.

Total 22 sessions were conducted in Resilience Building Course. These sessions were of 2 hours each.

After all the sessions were done, to understand students' reflection their presentations too were scheduled. To check the effectiveness of the course a post test was conducted.

The standardized online test assessed six areas and they are Personal strength, Positive Future, Structured Style, Social Competence, Family Cohesion and Social Resources.

1.5 FINDINGS:

The scores of pre- test and post- test were collected and tabulated with the objective to check the effectiveness of the Resilience Building Course.

Pre- Test and Post- Test Scores of Resilience Test

Pre- Test Scores	Post- Test Scores
7.1	22.1
12.6	37.76
11.1	23.26
23.93	28.93
15.6	29.26
26.76	37.43
9.91	27.93
22.93	30.26
8.6	29.93
2.76	21.93
6.41	27.93
11.43	19.1
14.1	20.76
12.1	15.1
23.93	28.92
26.93	29.6
7.26	13.76
2.93	30.6
21.1	27.76
22.76	26.26
34.43	36.6
1.26	36.26
11.26	30.6
9.93	11.43
8.43	10.76

7.1	9.76
3.6	8.76
9.43	22.26
10.26	11.1
10.76	11.26
7.1	10.26

The above table shows that the pre- test scores of the students were more than the post- test scores which reflects the effectiveness of Resilience Building Course.

1.6 CONCLUSION

The journey of **Building of Resilience** was a life changing experience for the researcher.

We feel that as a teacher our primary job is to share knowledge with the students but researcher has realized that, our most important role is **to train them to live life effectively**.

This course was designed to ‘Develop Resilience among the B.Ed. students’. It started in the month of October with a pre- test which showed their Resilience Score, Researchers focus in this journey was to increase their Resilience Level. The course execution started with exchange of ideas through online mode about Resilience meaning, Traits, Case Studies, and Interactive Talks, Live sessions of Resilient. In all the sessions the focus was to make them **More Resilient**.

The course included 22 sessions, 31 students and a period of almost 2 months. There were evening sessions via zoom mode.

This course has focused on making students realize that life is full of problems, we need to develop in us the ability to convert **the adversities into opportunities**.

Researcher feels that the course has helped them to understand that all successful personalities journey was not at all easy, but they had the attitude of **Never Give Up!**

This course has also enabled the resilience family member realize that **it is okay to fail in life**, but it is important not to lose hopes.

The interactive talks, Motivational videos have helped students gain the confidence **to face challenges with courage**.

The course which started with development of Resilience among the B.Ed. students evolved with **Formation of Resilience Family**.

1.7 REFERENCES

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