

## **Resilience among A/L students in Jaffna schools**

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Resilience is defined as a dynamic process that individuals exhibit positive behavioral adaptation when they encounter significant adversity or trauma. The people who are living in Jaffna have been continuously exposed to catastrophic life events such as political violence, war, displacement, terrorism etc. But only a relatively small percentage of them develop psychiatric disturbances. They may have developed resilience. This study was planned to assess the resilience of this population using the translated RSA scale (Resilience Scale for Adults) this study was carried out on 2056 students attending the G.C.E (A/L) 2009 batch in the Jaffna educational zone. A sample of 300 (14%) was selected by stratified random sampling method. A self-administered questionnaire was completed by the students. Data was processed and analyzed by SPSS version 12. Results show that the overall resilient characters were well-developed, and all resilient characters were positively skewed. However, the scores for structured style (the ability to up hold the daily routines) are the lowest and the scores for the social resources (ability to get access to external support and the individual's ability to provide support to others) are the highest among individual resilience characters. Results show that females are more resilient than males. Their family cohesion and social resources are greater. There is no significant difference in personal strength between boys and girls (Z-Test done). The environmental, social & cultural practices and experiences & educational systems may have played a complex role in the development of resilience in our population. But so far, we are unable to find any study to exclude the relationship of resilience with genetic factors. In conclusion, the A/L students of Jaffna peninsula have developed good resilience, which help them to continue their studies and protect them from developing mental health problems even in the midst of a traumatized environment.

**Key words:** Resilience, Jaffna school Students.