

Resilience in Spinal Cord Injured and Abled People: A Comparative Study

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Abstract

Aim:-*The current study investigate the relation between resilience level in abled and spinal cord injured people. **Methods:-**A total of 223 participants were analyzed using Connor-Davidson Resilience scale (CD-RISC) which includes 25 items with five point likert scale (0-4). **Results:-**The t-test to analyze the alteration in the level of resilience of both the groups and linear regression was used to analyze the impact of socio-economic status, age and gender on their resilience level. The findings of the study are that, the abled participants are having more resilience than the spinal cord injured with a mean difference of 5.118 which is significant at 0.05 level and the socio-economic status has an influence whereas age and gender have no influence on the resilience level.*

Keywords:- Resilience, Socio-economic status, Age, Gender

Introduction

“Resilience in an individual refers to successful adaptation despite risk and adversity” (Marten 1993). The concept of resilience can be applied to frameworks of numerous sorts at many collaborating levels, non-living and living, for example, a microorganism, a youngster, a family, a security framework, an economy, a jungle, or the worldwide atmosphere (Agaibi& Wilson, 2005). Disasters have a key job in early research on resilience. It is very clear that people with such adverse conditions cruise through adversities, while others appear to waver for a period however bounce back sometime. These recognition, considerations, emotions, and practices could be sure or not positive in nature and influence numerous parts of psycho social prosperity and personal satisfaction (Cash&Smolak, 2011). Positive self-perception doesn't mean somebody thinks their body is impeccable and appealing in accordance with the society (Tylka& Wood-Barcalow, 2015).

Spinal cord damage influences a few body capacities including versatility, sensation, sexual capacity, and bladder and inside work (Bailey et al., 2015). The most widely recognized physical handicaps were polio and spinal cord damage. SCI is frequently an abrupt, sudden and horrible groundbreaking occasion require complicated time consuming recovery supporting the psycho-social and physical prosperity of that person. In a study, people with physical handicaps bit by bit change in accordance with their various bodies and progressively acknowledge their inabilities after some time. Besides, an investigation by Bassett and Martin Ginis (2009) saw self-perception through fulfillment with physical projection and usefulness among the people with spinal cord damage. Different results showed men were commonly happy with their physical appearance and capacity, with various levels like the all-inclusive community, exhibiting that individuals with a physical incapacity don't really have expanded body disappointment. Versatility limit in individuals with spinal rope damage is higher than typical individuals.

Cross-sectional overview led by Kilic (2013) investigated that, resilience was fundamentally associated with inclined self-viability and is a significant mental procedure for the long haul management of SCI. In a longitudinal report more than two years established that most of the SCI individuals, who showed psychological-resilience, were the individuals who showed more prominent acknowledgment of their damage and a fighting soul (Palareti et al., 2016).

The experts noticed that poor mind-set showed poor flexibility, and discoveries propose that few significant directions of temperament exist. Over the 2 years, 66% were found to keep up satisfactory levels of state of mind and ~13% indicated perking up after some time, while 20% crumbled or have a maintained depressive mood. Potential unfavorable effect of spinal injury in a long haul, it is important that components identified with increasing flexibility in individuals with Spinal Cord Injury are explained (Guest, Craig, Tran, & Middleton, 2015)

In spite of the fact that life stressors and changes ceaselessly influence people, people use strong characteristics they have created through past interruptions to adapt to these stressors and look after homeostasis. Nonetheless, unprotected life occasions can disturb this equalization. Unprotected life occasions are those that people have not experienced, or occasions that they have encountered yet for which didn't pick up the fundamental development to adjust to the equivalent or comparable occasion later on (Machida, Irwin, & Feltz, 2013). Legendary mentor, John Wooden showed his profound basketball players, achievement is doing your own best; now and then the other group will basically be better on a particular day. Flexibility can even change inside an individual relying upon numerous inward and outside components, for example, how refreshed and fed one will be, one's preparation and experience, or the idea of the circumstance. There is no comparative study has been done on resilience with abled and people having spinal cord injury. Considering this research gap, we propose this investigation to discover the effect of resilience on differently abled and abled individuals.

Objectives:

1. To study the differences in resilience level in spinal cord injured and abled people.
2. To study the influence of socio-economic status, gender and age on the level of resilience.

Hypotheses:

1. There exist no significant differences in resilience level in spinal cord injured and abled people.
2. There is no influence of socio-economic status, gender and age on the level of resilience.

Variables: Resilience was the dependent variable and independent variables were health condition of the individual and demographic variables were age, gender, and socio-economic status.

Participants: - The sample would be drawn using the convenient sampling method and snowball sampling method. A sample of 223 participants (falling in the age group from 18 to 35 years) with 83 spinal cord injured and 140 abled people will be taken for the study.

Instruments:-Connor-Davidson Resilience Scale, CD-RISC comprised of twenty five questions with a five point likert scale (0-4), developed by Kathryn M Conner and Jonathan RT Davidson in 2003.

Procedure:-The study was conducted on Indian population consisted sample of 223 with 140 abled and 83 disabled (SCI), selected through convenient and snowball sampling techniques by using Google forms.

Statistical Tools:-Independent sample t-test was performed to find the difference in resilience level among both the groups. To investigate the impact of socio-economic status, age and gender on the resilience level, regression was executed.

Results

Table1: Difference in the resilience level of abled and SCI respondents

Variables	Are you a person N with Spinal cord injury?	Mean	S.D	S.E.M	df	t-test	p-value
Resilience	Yes	83	68.90	18.436	2.024	221	2.263 .025
	No	140	74.02	14.946	1.263		

Table2: Impact of socio-economic, gender and age on the resilience level

DV	R	R ²	Adjusted R ²	Std. Error of the Estimate	B	Std.Error	Beta	t-test	Sig.
Resilience	.145 ^a	.021	.017	16.342	1.46	1.389	0.032	2.175	0.31

a. Predictors: (Constant), Socio-economic status

Discussions

Table 1, delivers basic details by comparing two groups, including the size of the sample (n), standard deviation, mean and standard error for mile times by the group. In the above mentioned Table, there are 83 spinal cord injured and 140 normal healthy people. The mean resilience for spinal cord injured sample is 68.90 and the mean resilience for healthy sample is 74.02. The mean difference is -5.188 with a significance of 0.025, which is significant at 0.05 significance level. Therefore, there is a difference in resilience level between the above mentioned groups and the abled people are more resilient than the spinal cord injured people which is significant.

Table2 reveals the regression which was performed to predict the influence of socioeconomic status on the resilience level. $R = 0.145$ and R^2 value = 0.021, which is 2.1%, is the amount of the total variation in the criterion variable resilience, with respect to the independent variables. The significance is 0.031, which is significant at 0.05 level of significance.. From the Table it is clear that the SES has an influence on the resilience level and it is significant at 0.01 levels. Age and gender are the excluded variables which have no significant effect on the resilience level of an individual therefore these variables are excluded.

Limitation

In this study, only one independent variable, health condition of the individual is considered, where the level/intensity of the injury and time span since spinal cord injury of the individual could have been included. Also, information from the family members and past history of the patient were not collected for the study.

Conclusions

H0: There exist no significant differences in resilience level in spinal cord injured and abled people.

H0: There is no influence of socio-economic status, gender and age on the level of resilience.

Through this study, we can infer that the first hypothesis, which states, there exist no significant differences in resilience level in spinal cord injured and abled people is rejected as the outcomes indicates, there exist a difference in resilience level of both the groups which is significant and abled people have more resilience level than the spinal cord injured. The second hypothesis,

which was that there is no influence of socio-economic status, gender and age on the level of resilience was partially rejected because the result findings reveal that there exist a significant influence of socio-economic status whereas the other two factors which were age and gender have no influence on the resilience level.

Suggestions

While performing this research study certain other factors which might have an influence were found which could be beneficial for more in-depth studies in future such as duration of the injury, level of the injury.

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