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MAXIMILIANS-
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PsyCris

Doing well despite of adversity

**Begriffsklärung aus psychologischer Sicht
(Concepts and definitions of resilience)**

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While in psychology resilience is defined relatively precisely...

- Resilience could best be conceptualized as
 - a process, a phenomenon, or a *trajectory*
 - that might occur after confrontation with a stressor
 - when certain protective factors (resources/abilities/capacities/assets) have been present.
- Resilience is not a trait and it is not the outcome variable.
- Resilience does not mean stability, but rather adaptability or flexibility.

(cf. Luthar et al., 2000; Masten, 2001; Norris et al., 2008)



The capacity of a system, community or society potentially exposed to hazards to adapt, by resisting or changing in order to reach and maintain an acceptable level of functioning and structure.
(*Disaster resilience*, UN/ISDR, 2005)

The capacity for successful adaptation, positive functioning, or competence...despite high-risk status, chronic stress, or following prolonged or severe trauma.
(*Developmental psychology*, Egeland et al., 1993)

Resilience refers to a class of phenomena characterized by good outcomes in spite of serious threats to adaptation or development.
(*Develop. psychology*, Masten, 2001)

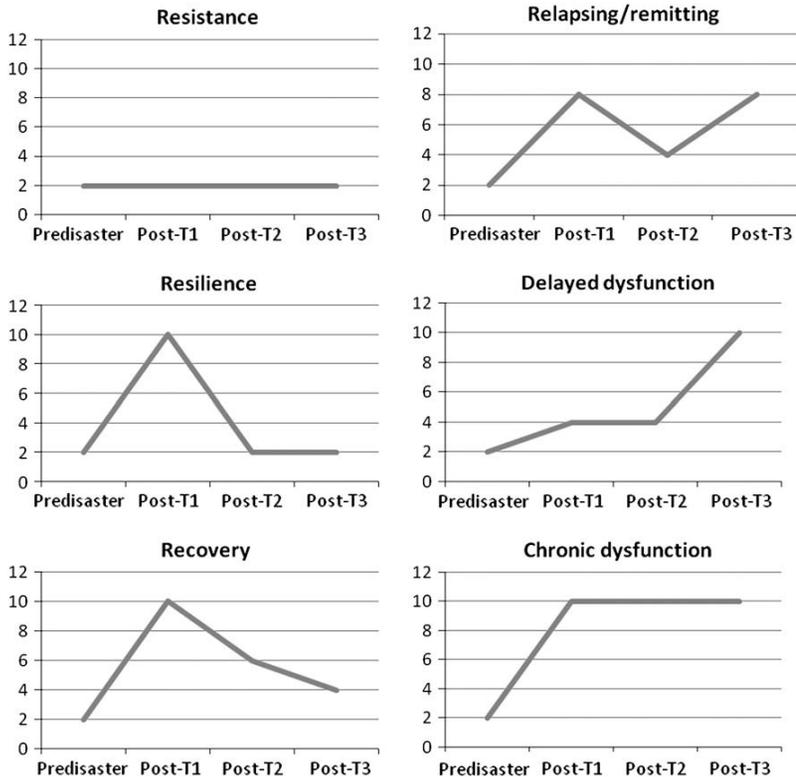


Resilience of an ecosystem is the measure of the ability of an ecosystem to absorb changes and still persist.
(*Ecology*, Holling, 1973)

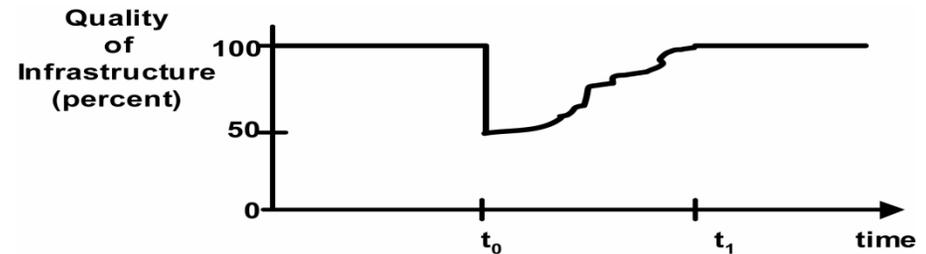
Social resilience is the ability of groups or communities to cope with external stresses and disturbances as a result of social, political and environmental change.
(*Social sciences*, Adger, 2000)



Resilience is often seen as one possible trajectory after occurrence of a stressor.



„Measure of seismic resilience“ (Bruneau et al., 2003, p. 737, in *Earthquake Spectra*, 19)



„Hypothesized trajectories of the course of stress responses“ (Norris et al., 2009, p. 2191, in *Social Science & Medicine*, 68)

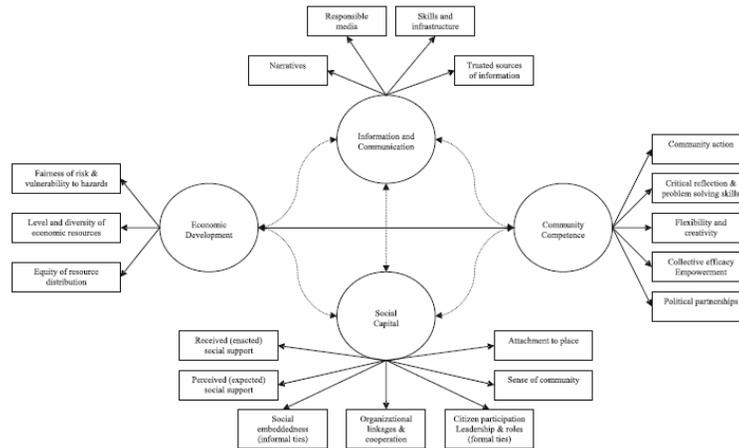


- in the child:
easy temperament, above-average intellectual abilities, positive self-concept/self-efficacy, effective emotional self-regulation
- in the family:
good parenting, i.e., at least one warm and nurturing relationship with a primary care giver; support from extended family, e.g., grandparents
- in the social environment:
a close relationship with a supportive non-kin adult, e.g. a teacher; having closely knit social ties within a community, e.g. being member in a church or a sports club

(cf. Noeker & Petermann, 2008)



But how to measure or evaluate resilience factors in communities?



[for a closer look see Norris et al. (2008), p. 136, Fig. 2 „Community resilience as a set of networked adaptive capacities“ or Norris (n.d.) slide 5]

In communities, resilience factors are not only manifold and influencing each other (as it is the case with resilience in individuals) but are measured on a community level – and the outcome variable as well (cf. Norris et al., 2008).



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Bei Fragen oder Anregungen wenden Sie sich bitte an (for questions & comments):

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