

Resilience and the in individual (assignment 2 paper)

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Introduction Resilience is often associated with the ability of an individual to cope with difficult situations and have determination to actually see things through to the end. From the research perspective, there are however, some critical issues which need to be taken into consideration. Methodologies used, the importance and nature of samples, the impact of mediating factors as well as the universal definition of resilience are some issues which research can easily identify and improve upon.

Methodological Issues

One of the key methodological issues to deal with and which further signifies the importance of the research methodologies is the issue of risk and resilience. The similarities between the risk and resilience paradigm and the sharing of same aims therefore make it relatively important for researchers to actually use such methodologies which can clearly identify such differences and similarities. Methodologies also become significant in terms of identifying and describing the resilience and what factors actually increase or decrease it. This factor critically outlines as to what approach has been undertaken by the researcher. (Kumprer, 1999)

Large Participating Sample

Increasing sample size can increase the accuracy of the observation and data to be analyzed. Having a large participant sample therefore can allow a researcher to cross the check the impact of particular techniques and methods across a large population. Having a bigger participating sample can also provide effective segmentation and stratification of data. In resilience research, it become critical that an deeper insight should be developed to understand how different segments actually cope with same problem.

Mediating Factors

Mediating factors actually help a researcher to narrow down her options and focus on those factors whose impact has not yet been identified. Since mediating factors establish the emotional responsiveness of the patients and how they actually dilute the impact of any transactional process therefore understanding them is of critical importance. They provide a researcher an opportunity to look into the issues which can provide readily available constructs to further the overall research objectives. (Werner, 1995)

Universal definition of Resilience

It is often considered as difficult to define resilience as it has been used by the researchers in different manner. One aspect of resilience is the ability of the individuals to cope however; resilience has also been defined and explored within other parameters also. Researchers suggest that true resilience is not just limited to the capacity to bounce back but to go beyond it. Other have also attempted to link it with hardiness and suggest that harder the personality of an individual, less resistant they are to the stress. (Benard, 2004)

The diversity of the opinions regarding what constitutes resilience therefore may not allow having a universal definition of resilience.

Conclusion

Resilience is often difficult to describe resilience as researchers have used the term in different and larger scope. Methodologies play an important role because they can allow readers of the research to judge about the overall accuracy of the data. Having large sample size also increases the accuracy of the results whereas appreciating mediating factors actually allow to

narrow down the options during the research.

Bibliography

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