

Resilience, Emotional Reactivity, Positive Attachment and Alienation among Adolescents of Indian Origin Residing in Australia

Shende, Santosh S.¹ and Kadam, Gauri S²

^{1,2}Department of Psychology, Faculty of Humanities, Savitribai Phule Pune University, Pune, India

ABSTRACT

There is limited research exists on the adaptation of Indians in Australia, posing challenges for first-generation immigrants with transnational ties and values from their homeland. The adjustment difficulty may affect second-generation Australians, particularly in terms of their value systems. This study explores the correlation between Resilience, Emotional Reactivity, Positive Attachment, and Alienation among second-generation Indian-Australian teenagers. This study aims at finding correlation and gender differences in Resilience, Emotional Reactivity, Positive Attachment and Alienation among adolescents of Indian origin raised within Indian immigrated families residing in Australia. Total 180 adolescents of both Genders (Male N= 107, Female N= 73), were included in the study. ‘**Resiliency Scales for Children and Adolescents (RSCA) by Sandra Prince-Embury (2006)**’ and ‘**Bell Relationship Inventory for Adolescents by Morris D Bell, PhD. (BRIA) 2005**’ were the tools used. Pearson Correlation indicated that Resilience and Positive attachment are positively correlated. Alienation and Emotional reactivity were positively correlated, whereas negative correlation was found between Resilience and Alienation. In terms of Gender difference females showed higher Emotional reactivity than males.

Keywords: Resilience, Emotional Reactivity, Alienation, Indian- Immigrants, Adolescents

INTRODUCTION:

RESILIENCE: Resilience in adolescents is a critical aspect of their development, it’s an

ability to bounce back from hardship, handle challenges and adapt positively to stressful situations. Many scholars and the public

possess an intuitive grasp of resilience, but uncertainties in defining, measuring, and applying the concept have sparked scientific criticism questioning its effectiveness as a theoretical framework. Adolescents with certain characteristics like optimism, self-efficacy, and an awareness of purpose, tend to exhibit higher levels of resilience (Connor & Davidson, 2003; Masten, 2001). Positive relationships with parents or caregivers significantly contribute to adolescent resilience (Fergus & Zimmerman, 2005). Walsh, F. (2003), Strong family bonds and cohesion provide a protective environment for adolescents, fostering resilience. Positive peer relationships and social support also play a vital role in building resilience during adolescence (Masten, 2014).

EMOTIONAL REACTIVITY:

Emotional reactivity refers to the intensity and speed with which an individual experiences and expresses emotions in response to various stimuli which plays a vital role in determining an individual's emotional well-being and interpersonal relationships. Research in psychology has delved into understanding the factors influencing emotional reactivity and its implications for

mental health. Kring and Gordon (1998) focusing on the complex interaction between emotions and psychopathology highlighted the variability in emotional reactivity among individuals with mental health disorders. Davidson and Irwin (1999) focused on the role of the in regulating emotional responses. Their findings suggested that disruptions in amygdala and prefrontal cortex could contribute to heightened emotional reactivity, potentially leading to mood disorders and other mental health challenges. Tottenham et al. (2011) adverse childhood experiences, such as neglect and maltreatment, could shape emotional reactivity in later life.

POSITIVE ATTACHMENT:

Bowlby's (1969), attachment theory emphasizes the natural human need for close emotional bonds, particularly in early childhood. The theory suggests that a secure attachment to caregivers provides a foundation for emotional regulation, exploration, and the development of positive relationships later in life. Ainsworth's, (1978), identified different attachment patterns, with secure attachment being associated with a child's capability to utilize the caregiver as a secure base for exploration. Securely attached individuals tend

to develop effective emotional regulation strategies, contributing to their overall well-being. Individuals with secure attachment are more prone to have positive results in areas such as academic achievement, mental health, and social relationships. (Sroufe, et al. (2005).

ALIENATION:

Alienation is a complex social phenomenon that has been explored by various scholars across disciplines. Alienation summarizes a sense of disconnection either from oneself or society. While the concept remains somewhat undefined, its variations include feelings of powerlessness, where one perceives their fate as beyond personal control, dictated by external forces like destiny or environment. Durkheim, (1897), argued that rapid social change and the breakdown of traditional norms could lead to a sense of normlessness and disconnection. Fromme, (1941) in his book "Escape from Freedom," discussed how modern individuals may feel alienated due to the overwhelming freedom and responsibility that comes with it.

Modern sociologists, such as Giddens, (1991) and Bauman, (1998) have discussed alienation in the context of late modernity and the fluidity of social structures. They explore

how globalization and the rapid pace of change contribute to feelings of disconnection and uncertainty.

LITERATURE REVIEW:

Gómez-Restrepo et.al., (2023) data showed lower resilience compared to various studies of teenagers. Therefore, the findings urge necessity of multidisciplinary actions to react efficiently to the effect of the pandemic on the mental health of youths to ensure a positive educational recovery. As crucial places, schools can prompt intervention to reduce the load of mental distress in teenagers. (Durna et.al., 2022) studied various psychological characteristics causing psychological maladjustment in children facing orthodontic treatment. They found Emotional reactivity and unacceptance of ambiguity pose a risk for psychological maladjustment in children and youths getting orthodontic treatment, but psychological resilience acted as a protective factor against this risk. Theron, (2020) findings reveal a nuanced understanding of the resilience process in sub-Saharan children and adolescents. The resilience of this population emerges as a multifaceted, social-ecological phenomenon intricately linked to relational, personal, structural, cultural, and spiritual

factors. Polanco- Roman et al., (2017) investigated the role of incapacity of articulating emotions and emotion reactivity with the suicidal Behavior. The findings indicate that emotion reactivity predicts future suicidal ideation through its impact on signs of depression. The connection among emotion reactivity and suicidal thoughts is partially mediated through difficulties in expressing love, with this mediation effect observed before adjusting for baseline ideation. Cunha et al., (2013) Childhood positive emotional experiences demonstrated sufficient differentiating validity for attachment style. Youngsters characterized with a positive attachment style exhibited more early memories of cordiality and safety compared to those with ambivalent or avoidance i.e., insecure attachment styles. Badenes-Ribera et al., (2019) investigated impact of attachment to friends and parents on Facebook Addiction symptoms in adolescents as well as early adolescents, aiming to determine if attachment to each category envisages signs of Facebook Addiction. Results revealed that in case of early adolescent subjects the connections with their mothers and fathers exerted greater influence on Facebook Addiction levels while peer

alienation was more pertinent for adolescents. Keizer et al., (2019) found that changes in the way adolescents see the quality of their attachment to their mother, as well as changes in the way they see the relationship between their parents, were linked to enhancements in their self-esteem, regardless of whether they were sons or daughters. These finding suggest that although the adolescents spend more time with romantic partners and friends, their self-perception and self-evaluation was majorly influenced perceived changes in attachment with the parents and extended family members. Zhu et.al., (2021) supported that undesirable emotions and isolation both were the predictors for signs of PTSD and the level of anxiety moderated their direct and indirect consequences. Rayce, (2009) Amount of alienation increased symptoms load. The analyses showed strong connection between alienation and excessive symptom load. finding further advises need for taking alienation into consideration health interventions among teenagers.

METHODOGY:

STATEMENT OF THE PROBLEM:

This research aims to investigate the adjustment difficulties experienced by second-

generation adolescents of Indian descent residing in Australia. Specifically, the study seeks to understand the interplay between resilience, emotional reactivity, positive attachment, and feelings of alienation within this demographic.

OBJECTIVES OF THE STUDY:

1. To study correlation between resilience, emotional reactivity, positive attachment, and alienation.
2. To study the gender differences in resilience, emotional reactivity, positive attachment, and alienation.

VARIABLES:

Resilience, Emotional Reactivity, Positive Attachment and Alienation.

HYPOTHESES:

Based on obtained literature following hypothesis were formulated:

H-1: There will be Positive Correlation among resilience and Positive Attachment.

H-2 There will be negative correlation among Resilience and Alienation

H-2: There will negative correlation among Emotional Reactivity and Positive Attachment

H-3: There will be negative correlation among Emotional reactivity and Alienation.

H- 4: There will be no gender difference on resilience.

H- 5: There will be no gender difference on emotional reactivity.

H- 6: There will be no gender difference on alienation.

TOOLS:

1. **Resiliency Scales for Children and Adolescents by Sandra Prince-Embury (2006):** This scale has three stand-alone scales comprising 19 - 24 questions each. Each scale further has theoretically grounded subscales. Reliability coefficient for three resiliency scales ranges from .94, alpha coefficient for resource and vulnerability indexes is excellent .97; alpha coefficient of Mastery subscale .82, relatedness subscale .85 and reactivity subscale is .86.

2. **Bell Relationship Inventory for Adolescents by Morris D Bell, PhD. (BRIA) 2005:**

This is a quick and convenient tool which evaluates psychological disruption and relationship problems in preadolescents and adolescents. As far as internal consistencies are concerned positive attachment is .76.

Alienation .69, insecure attachment .76, Egocentricity is .69, and for social incompetence it's .77.

RSCA and BRIA in a paper pencil format. As a part of ethical consideration, verbal and if possible written consent for children to participate in the research was obtained from at least one of parents of the participants.

SAMPLE AND DATA COLLECTION:

Total 180 adolescents of both Genders (Male N= 107, Female N= 73) of Indian origin residing in Australia were tested for their resilience, emotional reactivity, Positive Attachment, and alienation. Through a snowball sampling method, the participants were asked to fill out Psychometric tests,

STATISTICALMETHODS:

Pearson Product moment correlation and independent samples t Tests were used for statistical analysis.

RESULTS:

Table 1

Pearson's Product Moment Correlation Among Study Variables.

Variable	M	SD	1	2	3	4
1. Resilience	66.47	10.01	1	-.511**	.581**	-.399**
2. Emotional reactivity	23.46	11.22	-.511**	1	-.365**	.220**
3. Positive Attachment	15.31	3.96	.581**	-.365**	1	-.457**
4. Alienation	1.43	2.03	-.399**	.220**	-.457**	1

Note. N = 180.

***p* < 0.01

Table 2

Gender Differences for Study Variables.

Variable	Male		Female		<i>t</i> (178)	<i>p</i>	Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			
Resilience	67.38	9.75	65.14	10.31	1.48	.142	.22
Emotional reactivity	21.67	11.37	26.08	10.53	2.63	.009	.40
Positive Attachment	1.17	.13	1.14	.15	1.575	.117	.21
Alienation	1.22	1.71	1.74	2.40	1.71	.089	.25

Note. Male *n* = 107, Female *n* = 73.

Cohen's *d* = 0.2 small effect; 0.5 moderate effect; 0.8 large effect size (Cohen, 1998).

All descriptive statistics values and Resilience Mean 66.47 with standard deviation 10.01, for Emotional Reactivity Mean 23.46 with a standard deviation 11.22, Positive Attachment Mean 15.31 with standard deviation 3.96 & Alienation Mean 1.42 with a standard Deviation 2.03, Pearson Correlation indicated that Resilience and Alienation are negatively correlated. Resilience and Positive attachment are positively correlated. The correlational values between Resilience and Positive attachment are (.581) and the correlational value between Resilience and alienation is (-.451). Emotional Reactivity and Positive Attachment are negatively correlated with a

value (-.365), whereas Emotional Reactivity is positively correlated with alienation (.220). In terms of Gender difference females showed higher Emotional reactivity than males.

DISCUSSION:

Referring to the results obtained through descriptive statistical findings, all Hypothesis were accepted except H-5 as females were found high on Emotional Reactivity than males. Following studies support the findings (Chen et al., 2022) discovered that the mediator between alienation with peer or parent and life satisfaction are, mental resilience and clarity of self-concept. In other words, life satisfaction is influenced by parent-child, or peer alienation

through affecting mental resilience and self-concept clarity. (Baker & Verrocchio, 2016) discovered that experiencing Parental Alienation was linked with higher scores of depressions and anxiety. (Ifeaqwazi et al., 2014) studied apparent alienation within interpersonal, political, and socio-economic domains, exploring its impact on psychological wellbeing. Findings indicated positive links between interpersonal, political, and socio-economic alienation with emotional distress, however resilience showed a negative correlation with emotional distress. Both alienation and resilience predicted psychological distress. Additionally, the link between socio-economic alienation and emotional distress was moderated by resilience. The researchers suggested implementing resilience-building programs for mitigating adverse effects of alienation on mental distress, such as cognitive-behavioural and existential interventions. (Li et.al, 2010) examined the association between resilience and internet addiction and found out a negative association between resilience and internet addiction. This association was partly facilitated by apparent class environment and alienation. Therefore, they suggested that

cultivating resilience of the individual can be an efficient mean to reduce internet addiction among adolescents. (Husky et al., 2008) discovered that in healthy individuals, women showed greater emotional reactivity than men, but this gender difference disappeared among individuals who had recovered from depression. Men with a history of depression displayed higher stress reactivity compared to those who had never been depressed, whereas there were no significant stress reactivity differences among women in these groups. (Sharp et al., 2006) reported gender difference for valency ratings, through girls rating undesirable pictures more unlikable than boys. In the arousal rating there was no gender differences found. Wei et al., (200) anxious attachment and avoidance influence negative mood and interpersonal problems through different mood regulation strategies. Emotional reactivity solely mediated Attachment anxiety's association with negative emotional state and interpersonal problems. while attachment avoidance's association was mediated only by emotional cut off. Karreman et al., (2018) suggested that emotional reactivity that is attachment-related, may not be directly relevant to hindrance during an insoluble cognitive task, but activating the

sense of having a secure base proves beneficial in reducing emotional disturbance in the context of a challenging performance task.

CONCLUSION:

There is positive correlation between Resilience and Positive Attachment. Resilience and Alienation are negatively correlated. Emotional Reactivity and Positive Attachment are negatively correlated. Emotional reactivity and Alienation are positively correlated. Females show higher on emotional reactivity than Males.

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Received on Jan 29, 2024

Accepted on Mar 26, 2024

Published on Jul 01, 2024

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