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Resilience in Adolescence

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Section A

First Generation Resilience Research
First Generation Resilience Research

- Emmy Werner: Children of Kauai Study
- Norm Garmezy: Resilience
- Michael Rutter: Isle of Wight Study
### First Generation Components of Risk and Resilience

<table>
<thead>
<tr>
<th>Factors</th>
<th>Risk</th>
<th>Resilience</th>
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<tbody>
<tr>
<td>Dispositional (personal characteristics)</td>
<td>• Prenatal/perinatal stress</td>
<td>• Spirituality</td>
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<td>• Poor expressive language</td>
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| Family    | • Low maternal education  
           • Family discord  
           • High maternal stress  
           • Poverty  
           • Family mental illness  
           • Overcrowding  
           • Lack of a positive mother-child relationship  
           • Family chaos  
           • Large family size | • Connectedness with at least one parent  
           • Family cohesion  
           • Family structure  
           • Sibling closeness |
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| External     | • Few, if any, external supports (formal or informal)  
               • More than four stressful life events | • Caring adult other than parents  
               • Involvement with school and/or community  
               • Friendship network  
               • Fewer negative life events  
               • More caregivers during childhood |
Conclusions from First Generation of Research

- Resilience and happiness are not synonymous
- Individual developmental and environmental factors interact, resulting in adolescent behaviors
- Young people do not consistently show resilience across all domains of their life
- Failure to address emotional needs can derail resilience