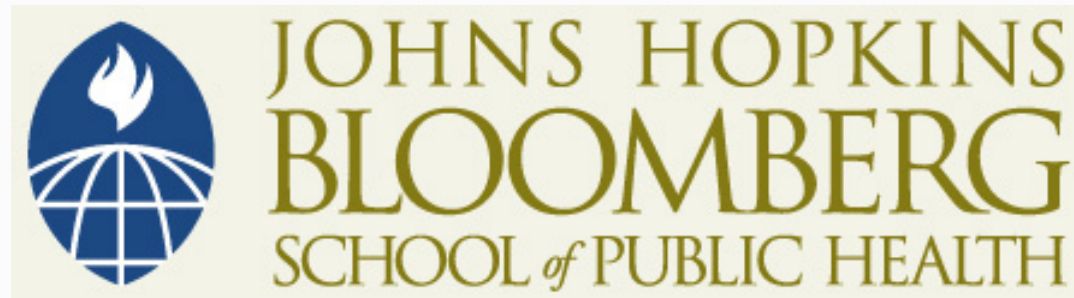


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Resilience in Adolescence

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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

Factors	Risk	Resilience
Dispositional (personal characteristics)	<ul style="list-style-type: none">• Prenatal/perinatal stress• Poor expressive language• Physical impairment• Aggressive temperament• External locus of control• Lower intelligence• Learning problems• More traditional sex role• Changes of puberty	<ul style="list-style-type: none">• Spirituality• Positive social skills/ orientation to other person• Internal locus of control• Higher intelligence (e.g., average)• Positive self-concept• More androgynous• Higher self esteem

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First Generation Components of Risk and Resilience

Factors	Risk	Resilience
Family	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Connectedness with at least one parent• Family cohesion• Family structure• Sibling closeness

First Generation Components of Risk and Resilience

Factors	Risk	Resilience
External	<ul style="list-style-type: none">• Few, if any, external supports (formal or informal)• More than four stressful life events	<ul style="list-style-type: none">• 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