

# Enhancing Resilience Mechanisms among Children to Cope up with the Emerging Catastrophic Events in Society and Personal Life in the Digital Era

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## ABSTRACT

Resilience is an adaptive bounce back mechanism that is visible among people who possess good mental health and coping mechanisms. As we can notice this inner resource helps people to retain balance in life. Living with self-awareness and resilience to deal with the ups and downs are absent in most of the technologically advanced generation. They find it hard to deal with stressful and extreme painful moments in life. Most of them are trapped into depression and even chronic psychiatric problems like PTSD. An early intervention and employing good parenting techniques in the early stages of life can make a tremendous impact. There are numerous studies that tries to prove that resilience is a genetic disposition, we can also train people to be more resilient and optimistic about life. Psychologists explore the possibility of various coping mechanisms that can be developed in children in the digitalized era.

**Keywords:** Depression; Psychiatric problems; Mental health; Stress

## INTRODUCTION

Resilience is how well a person may respond to the circumstances of their life when confronted with a crisis, natural disaster, health concern, marriage, job or school issue. A person with good resilience will bounce back quicker and feel less stressful than someone with less developed resilience (O'Brien).

Resilience is an adaptive mechanism that helps human beings to recover and face adverse and uncontrollable events in their life. It can be called a response mechanism that helps to build a positive trajectory in life. There are many contradictions regarding building resilience power among children. A recent report states that a twenty-year-old American witnesses more than 4000 murders through the digital platforms and those recurring negativity from media traumatises them. The idea of resilience is grounded in adversity study. During the Second World War, psychologists became fascinated how children react to war tension and severe trauma. This incident opened platform for several discussions that are connected with resilience mechanisms among children.

Psychologists often describe resilience as the act of coping well in the face of hardship, loss, disaster, risks or major stress sources such as family and relationship issues, severe health concerns or job

and financial stressors. The “bouncing back” from these traumatic encounters requires persistence; it may also require significant personal development. Although such catastrophic experiences are definitely unpleasant and daunting, just like turbulent river waters, they don't have to decide the outcome of your life. There are several facets of the life in which you can monitor, change and evolve. This is the resilience function. Parents must give them the idea of shifting the thinking paradigms in children. As per the concept of Tabula Rasa, the mind of a child is like a clean slate and experiences makes the imprints. According to a research by Susan Kobasa, resilient people will be able to accept their mistakes and they will learn from the troublesome experiences. Resilient people will possess commitment in whatever they plan; it may be related to their family or friendships goals in personal life. They possess several winner attributes such as personal control, perseverance and compassion. Those who have good resilience power will can maintain good relationships [1].

During this century children and adults face various kinds of problems such as PTST (Post Traumatic Stress Disorder), Depression and Anxiety related psychological problems such as Social anxiety disorder or phobias. Even the extreme suicidal tendency and problems such as panic disorder, Social anxiety

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disorder are common among these days. The digitalization gives access to all contents that may not be always appropriate for the young minds. Parents may evaluate the issues based on their childhood experiences and most of them compare the scenario with their experiences. But it's a wrong approach and that may provide a negative feedback in the kid's mind.

Children are to be protected, loved and nurtured. They should be resilient too. They must learn to analyse and react critically and think in the right manner when the situation calls for it. Children will one day leave their parent's side and stay independent in the unknown world. A world often competitive, dangerous, unjust and sometimes cruel. We will motivate them by building resilience in children by employing proper parenting techniques and hidden curriculum methods in educational system too.

Build a healthy, secure and health-care home for your child. Parents should create a secure, stable and well-maintained home environment for their child. At least one stable and nurturing relationship with a supportive parent, caregiver or any other adult is the single most important factor in developing resilience in children. Such relationships create main capacities—such as being able to schedule, track, and control behaviour. Such capability helps children to respond to adversity and succeed adaptively [2].

Parents must show faith in the abilities of their child. Child must develop confidence and trust in t Their trust and mental toughness will grow. They will, over time, start to learn the requisite skills to tackle challenges and become more successful problem-solver. Don't always rush to meet every need, Parents are often faced with a tough choice between their natural instinct to care for and spoil their babies. Don't feel the need to express every need your child has. You don't spoil them if your actions move your child closer to emotional security and positive improvements. You give them the best you can. If they are in trouble, give them a chance to come out of it using their own skills. If you want children to grow resilience, you have to let them make mistakes. It is tempting, as parents, to try to shield them from any loss and setback. Yet, to some degree, you should be doing it.

Letting your child make mistakes strengthens its resolve. You have to instil the sense that whatever life throws at them, they can handle it. To allow them to commit mistakes is to help them grow appreciation and compassion. It is important to develop compassion and gratitude in a world of inequality, increasing prejudice and the coarsening of cultural values. Let their teachers and coaches write their own Thank-you cards. Teach them how to care of other people's feelings. Developing compassion and gratitude will also help them in real-life scenarios [3].

For example, when something goes wrong with a friendship or an issue with schoolwork. Ask them how they think they could improve the situation instead of asking why and jumping in with the solution. Encourage your children to solve problems. There are moments, however, when parents need to step back and let them handle the situation themselves. Encourage them to persevere through hard-fought stuff. They can only then develop

behaviours that will help them cope with potential adversity.

For instance, when something goes wrong with a friendship, or a school or work issue. Tell them if they think they are co-opting. Encourage your kids to solve problems and persevere in things they find hard to do. Only then will they develop behaviours which will allow them to cope with potential adversity [4].

In order to become socially stable, the infant has to have the necessary social building blocks. Encourage your child to communicate with others and depend on trustworthy people such as teachers, counselors and peers. They will develop their social awareness skills by engaging with the community.

Building children into healthy, thriving adults isn't about clearing adversity out of their way. Of course, if we could scoop them up and lift them over the things that would cause them to stumble, that would be a wonderful thing, but it wouldn't necessarily be doing them any favours. A little bit of stress is life-giving and helps them to develop the skills they need to flourish. Strengthening them towards healthy living is about nurturing within them the strategies to deal with that adversity. Exercising strengthens and reorganizes the brain to make it more stress resilient. Through the neurochemicals that can relax the brain in times of stress is one way it does that. Everything that causes children to move is fantastic, but, of course, if you can make it fun, it gives you the status of a hero pretty much. Here are few suggestions but let them consider and they're going to have plenty of their own [5].

Allow your children to feel all the emotions. When something trivial occurs, remind them about how they solved a problem during the past. Parents must trust their kids and that will help them to achieve good resilience power. The potential to change the perspectives towards a situation can be built from childhood. Reframing is such a precious talent to possess [6]. When problems occur in their life parents and elders must be able to see that in a new light. Every child possesses a mind which is like a blank state. The character gets decided by the experiences in their life. We can indirectly instill the idea that all the setbacks are momentary, and failures are essential to reach success [7].

To make the next generation capable of coping with the changing scenario in society such as the outbreak of deadly epidemic like COVID-19, parents and elders must start a new approach towards treating children. Teaching the magical words such as thanking phrases can improve their compassion and empathy towards other human beings. And parents must understand and respect each other in a family ambience to give a good model for students [8].

## CONCLUSION

While giving instructions, parents must be clear and assertive to improve the quality of thinking patterns among children. Parents must also try to respect their kids and their identity. And parents must avoid saying no to their kids when they are experimenting new things in their life. All such elements will gradually improve the confidence level of students and their quality of life. "It's not

what you do for your children, but what you have taught them to do for themselves, that will make them successful human being” Ann Landers.

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