



RESILIENCE: CORE ESSENCE OF FUTURE CLASSROOMS

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Abstract:

Children are every country's future. It is very important to groom them in the right way. School is the first formal agent of socialization and it tries its level best to train students to excel in different subjects and in life. NEP 2020, has come up with a new life skill which has to be part of every classroom and it is RESILIENCE. The paper explores on the theoretical background of resilience, the present status of students with respect to resilience and strategies to develop resilience.

Key Words- Resilience, School, Skill, Adversity, NEP.

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Introduction to the concept of Resilience:

Resilience is the capacity to withstand or to recover quickly from difficulties.

According to **American Psychological Association**, “Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress”.

Some more definitions of Resilience-

Resilience is “the ability of a substance or object to spring back into shape” or “the capacity to recover quickly from difficulties, toughness.

Resilience sometimes is viewed as a trait. Resilience can be developed among individuals with the help of intervention programs. Resilience helps people to bounce back in difficult times. Resilience helps people to face adversity boldly. Resilient people are able to face adversity in a better way.

Objectives of the paper:

1. To understand the theoretical background of resilience.
2. To check the status of Resilience in present scenario.

3. To state the significance and strategies to develop resilience among students.

Roots of the term ‘Resilience’:

At present the concept of ‘Resilience’ has gained attention of academicians, practitioners and policy makers. It is a talk of the town everywhere. National Education Policy also has considered this as new emerging life skill. Japanese philosophy named ‘Kintsugi’ (Kin means Gold and Tsugi means Joinery) takes us to the roots of Resilience in 15th century. ‘Kintsugi’ is considered as an ancient philosophy where the broken potteries were not thrown instead they were fixed with gold coated powdered glue. This philosophy suggest that even in life an individual can be broken but Kintsugi philosophy believes that Resilience can bring him back.

Its origin also roots back to 17th century, where the term Resilience was first introduced into the English Language from the Latin verb **resilire**, means to **rebound or recoil** (Concise Oxford Dictionary, Tenth Edition).

Initial Research on Resilience:

In 1973, the first research on resilience was published. Actually that study was used in epidemiology (study of disease) which further helped to define the concept of resilience.

Emmy Werner becomes one of the early researcher to conducted research on Resilience. She conducted a longitudinal research on children who lived in Kanai, Hawai who were poor and had parents who were alcoholic, mentally ill and unemployed. Werner observed that among these children two third showed destructive behavior but one third still were not showing such destructive behavior. The one third group who did not showed destructive behavior were called **RESILIENT**.

In 1980's also resilience studies were conducted. The studies in 1980's were done on children whose mothers were diagnosed with schizophrenia. Children with schizophrenia parents were not able to obtain a suitable level of care compared to healthy parents and that may affect child's development. Instead, it was evident that some children of schizophrenia parents did well in academic achievements and that led the curiosity of the researcher to find out who helped such children to respond to adversity. Since then many researchers have conducted research on resilience.

In simple words Resilience is defined as the **skill to overcome/ become adapted to highly difficult circumstances**. It is considered as an ability through which a person can bounce back. **Resilience** is considered as a skill that every individual has and can further develop. It helps an individual to overcome difficulty and stay strong even in difficult situations.

Theories of Resilience:

Many experts have contributed to the field of Resilience. **Dr. Norman Garmezy, Martin Seligman, Michael Rutter, Emmy Werner, Brene Brown** are the notable contributors to the field of Resilience.

- **Michael Rutter's Theory of Resilience-** According to Michael Rutter, Resilience is an ability to adapt. He believed that resilient people have some qualities that are- self- efficacy, action oriented, have strong self-determination, high self-esteem, good support, problem solvers and believer of faith.
- **Dr. Norman Garmezy's Theory of Resilience-** According to Dr. Norman Garmezy, Resilience is the quality of recovering from emotional distress. He has explained three factors which he calls as protective factors that helps an individual in adversity. They are individual's own characteristic, second is his relationship with family and the third is his social support.
- **Seligman's 3 P's Model of Resilience-** Personalization, Pervasiveness and Permanence are the three P's in Seligman's Model of Resilience. Personalization indicates not blaming oneself for failures, Pervasiveness means bad thing don't have an impact on the entire life, one needs to move ahead in life and Permanence means developing a belief that bad things are not going to last forever.
- **Gary Browen's Community Resilience Theories-** Gary Browen is a notable contributor to Community Resilience Theory. The theory states four important dimensions of community resilience and they are physical infrastructure (water, electricity etc), socio-demographic dimension (people's profile), institutional capacity (institutions) and Social Organization (connection).
- **Caplan's Family Resilience Theory-** According to Caplan's it is the love, care, affection and connect between family members that helps an individual in adverse situation.
- **Duchek's Organizational Resilience Theory-** According to Duchek, organizational resilience includes three stages namely, anticipation, coping and adaptation.

NEP and Resilience:

NEP has highlighted the significance of life skills among children. Along with Communication, teamwork, cooperation, for the first time in Indian Education System, Resilience as a life skill has got its prominent position. Schools now has immense responsibility to develop resilience as a life skill so that children faces adversity effectively. This resilience

should function as “KAWAJ” to protect the children against difficulty.

Status of Resilience at the present scenario:

Researcher has used a primary source of data collection for which a standardized tool was used. There were 6 schools which were selected by researcher by using simple random sampling method. Researcher has selected only ICSE Schools.

Sr. No	Details	Numbers	Percentage
1	Total Number of Schools	12	100%
2	Total Number of Schools visited for data collection	06	50%

Sr. No.	School	Boys	Average Resilience Score of Boys	Resilience Level	Girls	Average Resilience Score of Girls	Resilience Level
1	School 1	30	215.43	Average	30	211.5	Average
2	School 2	40	216.27	Average	35	221.6	Average
3	School 3	31	213.866	Average	31	208.5	Average
4	School 4	34	214.64	Average	30	209.66	Average
5	School 5	12	214.64	Average	2	209.66	Average
6	School 6	32	211.12	Average	32	203.12	Below Average
		179			160		
		Total Students =339					

Thus, we can conclude that the average level of resilience among children is moderate.

Strategies to develop Resilience:

To build resilience following strategies can be practiced-

1. Teaching to think optimistically- Teaching to think optimistically can help children to look at adversities also as opportunities.
2. Teaching to seek out for support whenever required- Children need to have a good social support, they need to be taught to ask for help when they need it, they should not hesitate for it.
3. Fixing goals- Children need to be trained to have goals in life. If they have goals, it will channelize their energy in a positive way.

4. Practicing acceptance- Children need to be taught to accept the reality. Moving away from reality is not the solution.
5. Teaching self-control- One of the most difficult but one of the most essential skill to have. Children need to be taught to control their emotions.

Resilience strategies helps children to become strong to face adversity or difficult situation effectively. Resilience strategies are ways to children with skills that will work as KAWAJ to protect them against all odds.

Conclusion:

Future Classrooms will be classrooms where teachers will have to deal with Generation Alpha, Generation Beta. The world is changing and thus the nature of problems too is changing. We may not be in position to

stop problems or adversities but through resilience training we can definitely develop among children the capacity to face adversity. Future classrooms can groom children to understand why adversities are part of life and how every individual has to go through it. In future classrooms we need to teach children importance of failure. We need to tell them that the word fail means FAIL- First Attempt In Learning.

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