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**RESILIENCE BEHAVIOUR MONG B.ED.COLLEGE GIRLS  
STUDENTS IN MADURAI DISTRICT**

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**Abstract**

*Resiliency is the ability to overcome challenges of all kinds—trauma, tragedy, personal crises, plain 'ole' life problems—and bounce back stronger, wiser, and more personally powerful. It's important because this is what we need to do when faced with life's inevitable difficulties. AND it's important because there is a growing body of social science research that explains how: How can you bounce back, even from a lifetime of "risk factors" or very painful trauma or tragedy, and how can you help those you care about bounce back? We tend to idealize childhood as a carefree time, but youth alone offers no shield against the emotional hurts and traumas many children face. Children can be asked to deal with problems ranging from adapting to a new classroom to bullying by classmates or even abuse at home. Add to that the uncertainties that are part of growing up, and childhood can be anything but carefree. The ability to thrive despite these challenges arises from the skills of resilience.*

*Design: Descriptive, Method: Normative, Technique: Survey, Sample: random sample of 300 girl students in Madurai district with due representation given to the variable viz. Residence, Subject of study, Food habit, College kind and location of the college.*

*The major conclusions emerged out of the study are presented below:*

- 1. Resilience behavior among female B.Ed. college students in Madurai District is found low.*
- 2. Resilience behavior among female B.Ed. college students in Madurai District is dependent upon-Food habit and Location of the College.*
- 3. Resilience behavior among female B.Ed. college students in Madurai District is independent upon—Residence, Subject of study and College kind.*

**Keyword** - Resilience

**Introduction**

Resilient people are able to utilize their skills and strengths to cope and recover from problems and challenges. These problems may include job loss, financial problems, illness, natural disasters, medical emergencies, divorce, or the death of a loved one. Instead of falling into despair or hiding from problems with unhealthy coping strategies, resilient people face life's difficulties head on. This does not mean that they experience less distress, grief, or anxiety than other people do. It means that they handle such difficulties in ways that foster strength and growth. In many cases, they may emerge even stronger than they were before.

Those who lack this resilience may instead become overwhelmed by such experiences. They may dwell on problems and use unhealthy coping mechanisms to deal with life's challenges. Disappointment or failure might drive them to unhealthy, destructive, or even dangerous behaviors. These individuals are slower to recover from setbacks and may experience more psychological distress as a result.

Resilience does not eliminate stress or erase life's difficulties. People who possess this resilience don't see life through rose-colored lenses. They understand that setbacks happen and that sometimes life is hard and painful. They still experience the emotional pain, grief, and sense