

The concept Resilience and capacity building in the context of family - towards an understanding of the concept

Maja Söderbäck, PhD, RNSC, RNT, BSc

Associate professor
School of Health, care and Social welfare
Mälardalen university
Sweden

2014-05-21





Resilience

- The ability to become strong, healthy, - or successful again after something bad happens
- The ability to something to return to its original

2



Resilience

- Swedish – Motståndskraft
- Danish - modstandskraft
- Finnish – Vastus
- Lithuanian – atsparumas
- Estonian – Vastupidavus
- German - Widerstand

3



The focus of resilience in this intensive course:

• Couples



• Family

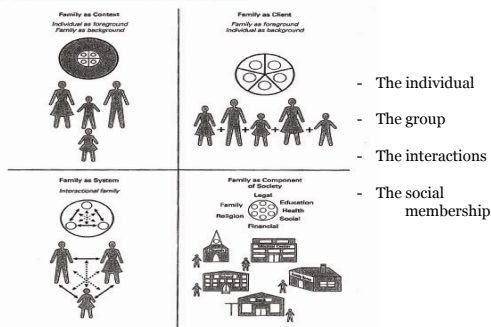
Rights and Health



4

The perspective of a couple / family in the community

Unit 1 FOUNDATIONS OF FAMILY HEALTH CARE NURSING



- The individual
- The group
- The interactions
- The social membership



What does it mean in nursing / midwifery to focus individuals / a couple / the family interaction or the family as a client in the community?



Individuals; adults & children

The familygroup; Who are included?

6



The theme of this intensive course:

How to strengthen the **resilience** of *couples and families* in nursing.

The *significance of social and cultural factors* for family and community health promotion.

How to build positive capacity and promote health on every stage of life.

7



The concept Resilience

Used in several disciplines;

- Health promotion;
- Nursing;
- Positive psychology;
- Social work
- Pedagogy
- etc.

(In the database 'Discovery' from 1974 :15 605 hits)

Why and when is the understanding of the concept useful ??

8



Related concepts to resilience

- Coping - 'to manage successfully' (Oxford American Dictionary)
does not include the dimension of risks
- Salutogenes – a process towards health; a community perspective
- Sense of Coherence (KASAM) (Antonovsky, 1988)
 - *manageability*
 - *meaningfulness*
 - *comprehensibility*

- A psychological state
- Pseudoresilience – have to do with creativity and art competence

9



What is resilience ? – During the -90s

Characteristics in early research:

- Capacity to 'bounce back' in spite of stress or adversity
- Complex interplay between certain characteristics of individuals and their broader environments
- Balance between stress and the ability to cope
- Protective factors
- Dynamic
- Important during times of transitions!

(1997)

Stewart, M., Reid, G. & Mangham, C.

10



Critical attributes in a concept analysis of resilience

- Rebounding and Carrying On
- A sense of Self – a balanced perspective of one's life
- Determination - No 'black and white thinking'
- Prosocial Attitude – encourage others

T. (1996).

Dyer, J.G. & Minton McGuiness,

11



Protective factors / Attributes

(Concept analysis from nursing literature made by Earvolino- Ramirez, 2007)

- Good natured, Easy temperament
- Problem-solving ability, Decision-making ability, Future oriented
- Positive relationship, Communicates effectively, Sense of personal worthiness, Effective in work, play and love
- Positive social orientation, Assertive / asks for help, Informal social support network, Ability to have close relationships,
- Healthy expectations and needs, Uses talents to personal advantage, Flexibel, Believes in her or his self-efficacy,
- Interpersonal sensitivity, Abilities to have close relation, Trust in others
- Sense of humor, Productive critical thinking skills, Manages range of emotions, Adaptive distancing
- Spiritual meaning of life, High expectations

Earvolino-Ramirez, M. (2007)

12



Antecedents and Critical attributes and Consequences in a concept analysis

Gillespie, B.M., Chaboyer, W. & Wallis, M. (2007).

- ANTECEDENTS
 - Adversity
 - Interpretation as traumatic
 - Cognitive ability
 - Realistic world-view
- DEFINING ATTRIBUTES
 - Self-efficacy
 - Hope
 - Coping Mastering
- CONSEQUENCES
 - Integration, Control, Adjustment and Growth

13



Resilience in Health Promotion

- Is a process - Not a state: A dandelion flower/child /
Swedish. Maskrosblomma/barn /
- Is an interaction between *Internal resources* and *External environment*
- Include *protective factors*
- Include *socio-spiritual-cultural traditions and beliefs*
- Have to do with *strategies* to master situations / life threatening issues

14



Resilience - a process

- Include *opportunities* / 'To be a dandelion flower in a asphalt road might be a result

'Small things on the way can make a massive difference'

It is about what can we do/support/change by time

- *Interaction between Internal resources and an External environment*

15



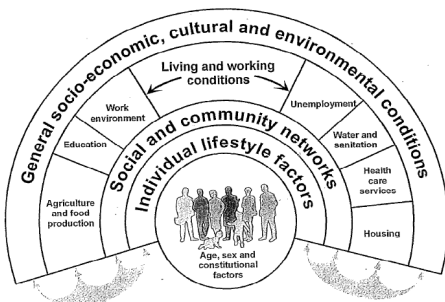
Protective factors / Attributes

(Concept analysis from nursing literature made by Earvolino- Ramirez, 2007)

- Good natured, Easy temperament
- Problem-solving ability, Decision-making ability, Future oriented
- Positive relationship, Communicates effectively, Sense of personal worthiness, Effective in work, play and love
- Positive social orientation, Assertive / asks for help, Informal social support network, Ability to have close relationships,
- Healthy expectations and needs, Uses talents to personal advantage, Flexibel, Believes in her or his self-efficacy,
- Interpersonal sensitivity, Abilities to have close relation, Trust in others
- Sense of humor, Productive critical thinking skills, Manages range of emotions, Adaptive distancing
- Spiritual meaning of life, High expectations

Which are internal; external and cultural factors ????

16



Eco-cultural factors / Determinants influencing Couples/Families in the community



Cultural-specific resilience factors

- Religiosity and spiritual connectedness
- Extended family support arrangements
- Adoption of a kin or kinship / Belonging
- Identification of ethnic / cultural group

(Montgomery-Andersen & Borup, 2012)

18



Strategies to master situations / life threatening issues = **Building strengths**

- Communitybased programs; ex. *encourage neighborhood*
- Programs involve multiple agencies; *Collaborative services*
- Family programs; Intergenerational activities
- Comprehensive programs; ex. *Focusing family's needs*
- Empowering; *nurturing connections with others; support own resources*
- Culturally relevant programs

19



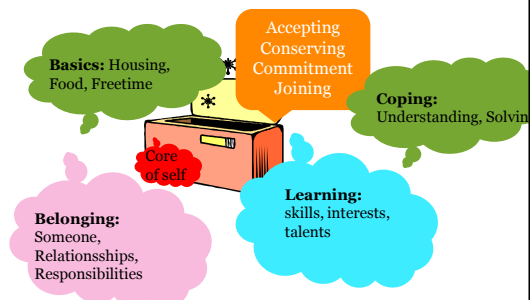
Interventions which are found to provide potential to build strengths and protective factors

- Holistic interventions that don't just tackle 'the issues' or 'on issue'
- Having mentors who stick with disadvantages over time
- Belonging to something / someone (Family, peer group, kin ship, group etc.)
- Doing 'good things' / volunteering
- Using media
- Exploiting the full potential of the Internet, mobile, phones and other new technologies

20



'Resilient Therapy' need participating factors (in UK by Angie Hart , social worker)



21



References

- Dyer, J.G. & Minton McGuiness, T. (1996). Resilience: Analysis of the Concept. Archives of Psychiatric Nursing No 5 pp 276-282.
- Earvolino-Ramirez, M. (2007). Resilience: A Concept Analysis. *Nursing Forum*. Vol. 42, No2.
- Gillespie, B.M., Chaboyer, W. & Wallis, M. (2007). Development of a theoretically derived model of resilience through concept analysis. *Contemporary Nurse* Vol. 25, Issue 1-2: 124-135
- HelmenBorge, A.I. (2005). *Resiliens – risk och sund utveckling*. Studentlitteratur.
- Luthar, S.S., Cicchetti, D., & Becker, B. (2000). The construct of resilience: A critical evaluation and guidelines for future work. *Child Development*. 71; 543-562
- Montgomery-Andersen, RA & Borup, I. (2012). Family support and the child as health promoting agent in the Arctic – "the Inuit way". *Rural and Remote Health*
- Patterson, J.M. (2002). Understanding Family Resilience. *Journal of Clinical Psychology*, Vol. 58(3), 233-246.
- Stewert, M., Reid, G. & Mangham, C. (1997). Fostering Children's Resilience. *Journal of Pediatric Nursing* Vol.12, No 1.
- National Network for Family Resiliency Children, Youth and Families Network (1995). Family Resiliency: Building Strengths to Meet Life's Challenges.

22



Refleksjons

- What is the connection between resilience and transitions ?
- How can we get knowledge of
- a person's resilience or in a family ?
- In what way can you use the concept / the phenomenon in nursing ?
- Is it possible to screen young peoples resilience ?

23
