



Role of Compassion in Resilience of Parents

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ORIGINAL ARTICLE



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Received on : 01/01/2021

Revised on : ----

Accepted on : 08/01/2021

Plagiarism : 09% on 01/01/2021



Plagiarism Checker X Originality Report

Similarity Found: 9%

Date: Friday, January 01, 2021

Statistics: 94 words Plagiarized / 1066 Total words

Remarks: Low Plagiarism Detected - Your Document needs Optional Improvement.

ROLE OF COMPASSION IN RESILIENCE OF PARENTS ABSTRACT Role of compassion in resilience of parents' was studied in the present research. It was hypothesized that high compassionate parents would be more resilient than low compassionate parents. A final random sample of 240 parents, equally divided into high (n = 120) and low (n = 120) compassionate parents were studied for their resilience.

Abstract

Role of compassion in resilience of parents' was studied in the present research. It was hypothesized that high compassionate parents would be more resilient than low compassionate parents. A final random sample of 240 parents, equally divided into high (n=120) and low (n=120) compassionate parents were studied for their resilience. The finding confirmed the research hypothesis.

Key Words

Compassion, Resilience.

Introduction

According to Anthony (1987) resilience refers to "the idea of an individuals tendency to cope with stress and adversity. This coping may result in the individual 'bouncing back' to a previous state of normal functioning, or using the experience of exposure to adversity to produce a 'steeling effect' and function better than expected." Masten (2009) asserts that "the resilience process is much like an inoculation which gives one the capacity to cope well with future exposure to disease".

Terr (1983) asserts that there are so many factors that are found to modify the negative effects of adverse life situations. The primary factor is to establish relationships within and outside the family which provide care and support, create love and trust, and offer encouragement. There are additional factors that are associated with resilience. This includes the capacity to make realistic plans,

having self-confidence and a positive self- image, developing communication skills, and the capacity to manage strong feelings and impulses, and the ability to be compassionate etc..

Compassion is the “ability of expressing sympathy and concern for others in thought and action. It is reaching out to others in a spiritual ways of love and respect. A compassionate person has “sense of commitment to others and he takes responsibility for helping others”.

Mongrain et al. (2010) observed that “people with compassion showed sustained gains in happiness and self-esteem over six months, relative to those who did not practice compassion. It was also clear that anxiously attached individuals in the compassionate action condition reported a greater decrease in depressive symptoms following the exercise period”.

Number of studies using a variety of psychological and biological measures and neuroimaging techniques observed that compassion not only stimulates ones pleasure (reward) centers but also leads to a decrease in biological markers of stress and an increase in indices of adaptive immune function.

McClelland & Kirshnit (1988) showed a group of students a film on Mother Teresa. The film showed Mother at work among Kolkata s poor, sick, and destitutes. The students who watched the film described that it made them feel compassionate. Shortly after they had been shown the film, they analyzed the students saliva and found that an increase in the antibody - immunoglobulin - that helps fight respiratory infections. Their feelings of compassion on watching Mother’s work had stimulated the students bodies to produce increased amounts of this antibody. Thus, compassion bellows help not only to the person to whom it is shown, but to the person also who shows compassion to others.

In addition to the beneficial effects of one’s physical health, there is evidence that compassion and caring behaviour contribute to good emotional health. Doggett (2011) stated that “by showing compassion to oneself led to more success and happiness in one’s life.” Post (2011) also concluded that “when people help others, they help themselves, with the caveat that they needed balance in their lives and should not be overwhelmed”. More specifically, compassion constitutes the important component of growth after trauma through higher resilience”.

Problem & Hypothesis

The only problem of the research pertained to role of compassion in resilience of parents.

It was hypothesized that high compassionate parents would excel low compassionate parents in respect of their resilience.

Methodology

Sample

Final random samples of 120 high compassionate parents and 120 low compassionate parents were selected from a larger incidental population of 600 parents.

Tools

Compassion Scale (Ajawani et al., 2009) and Stress Resistance Scale (Ajawani & Varwandkar, 2010) were used to assess compassion and resilience level of parents, respectively.

Procedure

A larger incidental group of parents ($n = 600$) were contacted through schools of Raipur city and were, initially, administered compassion scale. On the basis of Q_1 and Q_3 statistics high compassionate parents (above Q_3) and low compassionate parents (below Q_1) were sorted out and one hundred and twenty high compassionate parents and 120 low compassionate parents were selected randomly.

These finally selected random samples of parents ($n = 240$) were administered a stress-resistance scale to seek resilience scores which served the basis of further statistical computations.

Result & Discussion

Table 1: Average Resilience Scores of High and of Low Compassionate Parents and Obtained Statistics

Parents' Group	N	M	Σx^2	Obtained t value	Level of Significance
High Compassionate	120	11.89	4610.12	4.11	$P < .01$
Low Compassionate	120	8.60	4528.08		

(Source : Primary Data)

It is clear from Table 1 that average resilience scores of high compassionate parents and low compassionate parents are 11.89 and 8.60, respectively. The obtained significant t ratio ($t = 4.11$, $df = 239$, $P < .01$) provided sound statistical ground to accept the research hypothesis, refuting the null hypothesis in regard to difference in average resilience scores of high and low compassionate parents. It can be concluded that high compassionate parents truly excelled low compassionate parents in regard to their resilience.

Compassion is one of the core components of spiritual intelligence which can be considered to play its vital role in resilience of parents. As discussed earlier, compassion is the ability of reaching out to others in a spirit of love and respect. Compassion is fundamentally a humane quality and acts as a form of medicine which dissolves away the hard-hatred and selfish attitudes which are true known sources of stress for the person who carries them.

The Budha also says that the quality of being compassionate leads a man have good health, success in life and happiness which are contributory factors to his resiliency.

The finding of the present study is in consonance to those of McClelland & Kirshnit (1988), Mongrain (2010), Doggett (2011), Post (2011), and Doty (2011), who observed that high compassion led to a decrease in indices of adaptive immune function. Along with, it added to psychological well-being, all of which helped an individual to be more resilient. Ajawani (2013) also observed significant positive role of compassion in stress resilience.

It seems that the quality of being compassionate improves one's physical and psychological health leading them to be more resilient as both the factors contribute to ones resiliency.

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