RELATIONSHIP BETWEEN RESILIENCE AND POSTTRAUMATIC STRESS
DISORDER AMONG GRADUATE STUDENTS

Muath Ahmed Mohammed Qaid Mekran and
Mamun Ali Naji Qasem

RESEARCH ARTICLE

RELATIONSHIP BETWEEN RESILIENCE AND POSTTRAUMATIC STRESS DISORDER AMONG GRADUATE STUDENTS

Muath Ahmed Mohammed Qaid Mekran[1] and Mamun Ali Naji Qasem[2]

Faculty of Education, IBB University, Yemen

ABSTRACT

The study was conducted to know the level of Resilience and Posttraumatic Stress Disorder among graduate students of Ibb University, difference among graduate students in the level of Resilience and Posttraumatic Stress Disorder according to gender (male–female), and relationship between Resilience and Posttraumatic Stress Disorder among graduate students studying in Ibb University. The descriptive survey method was used in the study. The sample of the study consisted of 260 graduate students studying in the college of Education at Ibb University, Yemen, in the academic year (2015- 2016). It was selected by employing stratified random sampling technique. The data was collected by administering two scales i.e. 'Resilience Scale' constructed By Mekran (2014), and 'Posttraumatic Stress Disorder scale' constructed by Mekran (2014) on the selected sample. The findings of the study revealed that: 1- The level of Resilience among graduate students in Ibb University is good. 2- The male students have higher level of Resilience than female students. 3- The level of Posttraumatic Stress Disorder among graduate students in Ibb University is low. 4- The female students have high level of Posttraumatic Stress Disorder than their counterparts. 5- There was significant negative relationship between Resilience and Posttraumatic Stress Disorder among graduate students of Ibb University.

INTRODUCTION

Resilience refers to the patterns of positive adaptation in the context of past or present adversity.

It is the ability to recover from depression, adversity and sufferings etc. It refers to the capacity of an individual to cope effectively with difficulties or adversity, adjust well in life and pass stress free life. Life is challengeable and includes many stressful situations, which are not under control of human being. These kinds of situation may cause negative effect on individual's life and in such conditions only resilience may be helpful to handle the stressful incidents, thrives and challenges etc. If individual responds well to hardships and overcome on those events, he lives happy, stress free and successful life. Resilience is visible in the conditions when one has successfully come out from adverse situations or threats. There are various attributes that have been associated with it such as: self-awareness, self-efficacy, optimism, confidence, problem solving skills, empathy and values etc. (Riley & Masten, 2005). Post-Traumatic Stress Disorder is an ongoing, life-affecting disorder resulting from experiencing a traumatic event. An individual who survives a traumatic experience may be irrevocably changed, reoriented to life in a distinctly different way, and may be somewhat or severely disabled. Traumatic stresses may be caused by natural disasters such as floods, earthquakes, tornadoes, hurricanes, or fires or they may be caused by human actions, such as war, torture, abuse, rape, or auto or plane accidents etc. (Cheryl, 2011). The people of Yemen have been facing harrowing conditions, violence, political and regional conflicts because of war, which has been going on since years. They are unable to fulfill their basic needs and suffering from hunger crisis, electricity, poor transport, health issues and security issues etc. In such conditions, the researchers wanted to know the level of resilience and post-traumatic stress disorder and relationship between Resilience and Posttraumatic Stress Disorder among graduate students of Ibb University.

Research Problem

The present research aims to answer the following questions:

1. What is the level of Resilience among graduate students of Ibb University?
2. Is there statistical difference among students in the level of Resilience of Ibb University according to gender (male–female)?

Corresponding author: **Muath Ahmed Mohammed Qaid Mekran**
Faculty of Education, IBB University, Yemen

3. What is the level of Posttraumatic Stress Disorder among graduate students of Ibb University?
4. Is there statistical difference among students in the level of Posttraumatic Stress Disorder students of Ibb University according to gender (male–female)?
5. What is the relationship between Resilience and Posttraumatic Stress Disorder among graduate students of Ibb University?

Research Objectives

The present research aims to

1. To know the level of Resilience among graduate students of Ibb University.
2. To find the statistical difference in the level of Resilience among graduate students of Ibb University according to gender (male–female).
3. To know the level of Posttraumatic Stress Disorder among graduate students of Ibb University.
4. To know the statistical difference in the level of Posttraumatic Stress Disorder among students of Ibb University according to gender (male–female).
5. To know the relationship between Resilience and Posttraumatic Stress Disorder among graduate students of Ibb University.

Research Hypotheses

The present research aims to test the following hypotheses:

1. There is no difference between real mean and assumed mean in the level of Resilience among graduate students of Ibb University.
2. There is no statistical difference in the level of Resilience among graduate students of Ibb University according to gender (male–female).
3. There is no difference between real mean and assumed mean in the level of Posttraumatic Stress Disorder among graduate students of Ibb University.
4. There is no statistical difference in the level of Posttraumatic Stress Disorder among students of Ibb University according to gender (male–female).
5. There is no relationship between Resilience and Posttraumatic Stress Disorder among graduate students of Ibb University.

RESEARCH METHOD AND PROCEDURE

To achieve the above mentioned objectivities of the study, the researchers used descriptive survey method. As it is common approach used in the field of social and human sciences. Descriptive research observes and records carefully a certain phenomenon or problem during certain periods of time with the purpose of exploring such problem in terms of content and characteristics to reach certain conclusions and generalizations which can help in understanding the current situation and improving it (A'llam, 2006).

Research Sample

The stratified sampling technique was used for selecting (260) graduate students from the College of Education at Ibb University, Yemen, in the academic year (2015- 2016).

Research Tool Used

In the study, two standardized scales have been administered on the selected sample. First scale is 'Resilience Scale 'constructed By Mekran, M. A. (2014), second scale is 'Posttraumatic Stress Disorder' constructed by Mekran, M. A. (2014). All of the scales have been validated by using two methods i.e. content validity and construct and reliability values of the scales are: 0.84 and 0.79 respectively.

Statistical Methods

The obtained data has been analyzed through SPSS program. The following statistical methods have been used:

- One sample 't' test
- Independent samples 't' test
- Pearson correlation coefficient

Analysis and Interpretation

In order to achieve the objectives formulated in the present study, the data has been analyzed and interpreted, which has been presented through the following tables and figures:

First objective: *To know the level of Resilience among Graduate Students in Ibb University.*

The inferential statistics t-test for one sample has been used to know the level of Resilience among Graduate Students in Ibb University.

Table No. 1 Result of t-test for One Sample

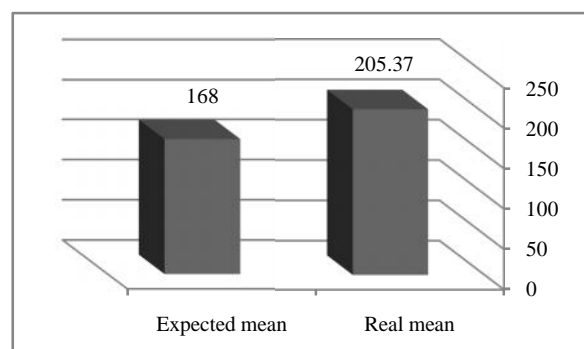| N	Real mean	Expected mean	s. d.	df		Sig.
260	205.37	168	21.36	259	27.85	0.00

Figure 1 Level of Resilience among Graduate Students

Table no. 1 and figure no. 1 clearly depict that the t-value (27.85, P<0.01) is significant, which confirms that there is significant difference between the real mean (205.37) and the assumed mean (168). It also confirms that obtained mean is greater than expected mean. Therefore,

it can be concluded that level of Resilience among graduate students in Ibb University is good.

Second objective: *To find the statistical differences in the level of Resilience among graduate students in Ibb University according to gander (male – female).*

The inferential statistics independent samples t-test has been applied to find out the statistical difference in the level of Resilience among graduate students in Ibb University according to gander (male – female).

Table No. 2 Result of Independent Samples t-test

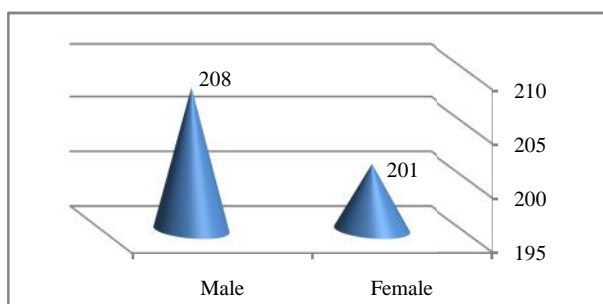| Group	N	Mean	s. d.	df		Sig.
Male	140	208	21.49	258	40.2	0.017
Female	120	201	21.37			

Figure 2 Difference among graduate students in Resilience Level according to Gender

Table no. 2 and figure no. 2 clearly depict that the t-value (40.2, P<0.01) is significant, which confirms that there is significant difference in the level of Resilience among graduate students in Ibb University according to gander (male – female) (where, mean of male=208 & mean of female=201). Therefore, it is clear that male students possess high level of Resilience.

Third objective: *To know the level of Posttraumatic Stress Disorder among Graduate students of Ibb University.*

The inferential statistics t-test for one sample has been applied to know the level of Posttraumatic Stress Disorder among graduate students of Ibb University.

Table No. 3 Result of t-test for One Sample

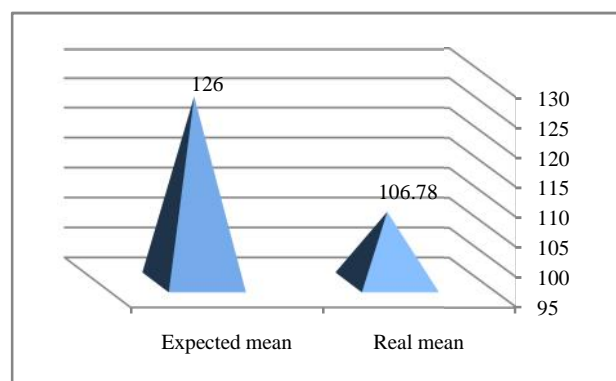| N	Real mean	Expected mean	s. d.	df		Sig.
260	106.78	126	23.56	259	9.51	0.00

Figure 3 Level of Posttraumatic Stress Disorder among graduate students

Table no.3 and figure no. 3 clearly depict that the t-value (9.51, P<0.01) is significant, which confirms that there is significant difference between the real mean (106.78) and the assumed mean (126). The real mean is less than assumed mean indicating that the level of Posttraumatic stress disorder among graduate students of Ibb University is weak.

Fourth objective: *To know the statistical differences in the level of Posttraumatic Stress Disorder among graduate students of Ibb University according to gender (male – female).*

The inferential statistics independent samples t-test has been applied to know the statistical difference in the level of Posttraumatic stress disorder among graduate students of Ibb University according to gender (male – female).

Table No. 4 Result of Independent Samples t-test

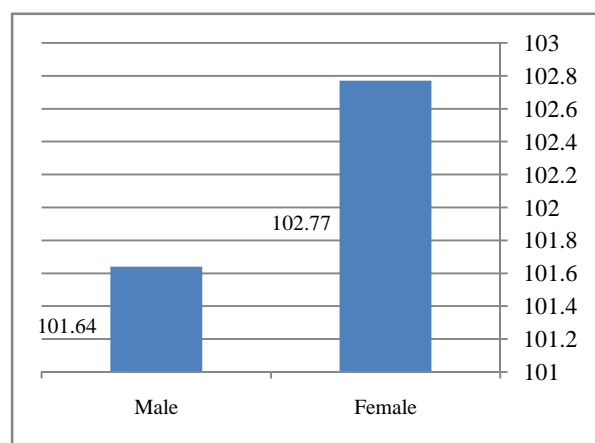| Group	N	Mean	s. d.	df		Sig.
Male	140	101.64	20.80	258	2.772	0.00
Female	120	102.77	23.72			

Figure 4 Difference among graduate students in Posttraumatic stress disorder according to Gender

Table no. 4 and figure no. 4 clearly depict that the t-value (2.77, P<0.01) is significant, which confirms that there is significant difference in the level of Posttraumatic stress disorder among graduate students of Ibb University according to gender (male–female) (where, mean of male=101.64 & mean of female = 102.77). It can be concluded that the female students have high level of Posttraumatic stress disorder than their male counterparts.

Fifth objective: *To know the relationship between Resilience and Posttraumatic stress disorder among graduate students of Ibb University.*

The inferential statistics 'Person correlation coefficient' has been applied to assess the relationship between Resilience and Posttraumatic stress disorder among graduate students of Ibb University.

Table No. 5 Result of Person Correlation Coefficient

N	Correlation (r)		Sig.
260	-0.301	0.09	0.000

Table no.5 clearly depicts that the r-value (-0.301, P<0.01) is significant, which confirms that there is significant negative relationship between Resilience and Posttraumatic stress disorder among graduate students of Ibb University. The table

also explores that the value of R^2 is 0.09, which indicates that posttraumatic stress disorder affects resilience level of graduate students by 9%.

CONCLUSION

1. It can be concluded that the level of Resilience among graduate students of Ibb University is good and higher than average level.
2. The result revealed that the male students have higher level of Resilience than their female counterparts.
3. It can be concluded that the level of Posttraumatic stress disorder among graduate students of Ibb University is low.
4. The result revealed that the female student have higher level of Posttraumatic stress disorder then male students.
5. It can be inferred that there is significant negative relationship between Resilience and Posttraumatic stress disorder among graduate students of Ibb University.

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