

Resilience and Prosocial Behaviour Among Young Adults

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Abstract

Purpose: The purpose of this paper is to investigate the resilience and prosocial behaviour among young adults. Among young adults, resilience and prosocial behavior are interconnected, with resilience facilitating the ability to navigate challenges and prosocial behavior promoting positive actions towards others. This particular research provide the insights into the facts that how social support mediates and moderates the relationship between resilience and prosocial behavior among young adults.

Design: The study relies on secondary data collected from various sources, including Google Scholar, online databases, literature reviews, books, and blogs.

Findings: Research suggests that resilience and prosocial behaviors are crucial for healthy development in Young adults .enabling them to better navigate challenges, avoid conflicts, and thrive in the face of adversity. Several factors can influence the development of resilience and prosocial behavior in young people, including cultural background, self-perception, environmental influences, and personal perspectives. Resilience and prosocial behavior can be fostered in Young adults by encouraging them to develop a positive outlook, form meaningful relationships, and engage in acts of kindness and generosity.

Keywords: Prosocial behaviour, Psychological Resilience, Young adults

INTRODUCTION

Resilience is the process and outcome of successfully adapting to difficult or challenging life Experiences, especially through mental, behavioural, and emotional flexibility and also Adjustment to external and the internal demands. Flexibility, adaptability, and perseverance, individuals can unlock their resilience and develop the mental and emotional agility to navigate challenges and overcome obstacles. Some of the Factors that appear to make person more resilient, such as a positive attitude, optimism, the Ability to manage emotions, and the ability to see failure as a form of helpful feedbacks. Resilience is the process of modify in the face of difficulty, trauma, tragedy, or other significant Sources of stresses. Building resilience not only enables you to navigate challenges, but also empowers you to thrive and continuously grow, unlocking new opportunities for personal growth and fulfillment. People refer to resilience As “bouncing back,” but it is more than of that. Being resilient includes the learning from past Experiences and developing new coping strategies going forward. Resilience can help people To overcome hardship. But resilience is not something we’re born with—it’s built over time as The experiences we have interact with our unique. Prosocial behaviour represents a broad Category of behaviour that refers to some

important segment of the society and one's social Group as generally beneficial to others, such as helping, cooperating, donating, and/or sharing. Prosocial actions lay the foundation for nurturing strong, empathetic relationships, whether with loved ones or strangers in need, fostering a sense of community and social connection.

The study examines young adults' resilience and prosocial behaviour. It has been demonstrated that a community's social support makes people feel stronger and more willing to contribute to the achievement of goals. People are more willing to fight to overcome their distress when they have the impression that they are supported.

RESEARCH OBJECTIVES:

1. To investigate the effect of resilience and prosocial behaviour among young adults
2. To find out the significant difference in resilience among males and females' young adults.
3. To find out the significant difference in prosocial behaviour among males and females' young adults.

RESEARCH METHODOLOGY

This is an exploratory study based on qualitative secondary data analysis approach, academic journals, utilizing existing research studies, and online resources.

RELATED RESEARCH

Mathur M, et.al (2021) Conducted the study on the topic "Adversity Quotient and Resilience: The Predictors of Prosocial Behaviour in Young Adults" The present study was conducted to assess experiences regarding prosocial acts and investigate how these experiences were predicted by adversity quotient, and resilience. This study, using Causal Research Design and Purposive Sampling assessed how the Resilience and Adversity Quotient of the young Adults in India results in prosocial behaviour. The sample of the study consisted of 213 young Emerging adults between the age group of 18-24 years. Three standardized scales, ie, The new adult's Prosocial Behaviour Scale (Caparra et al., 2005); The Brief Resilience Scale (Smith et Al., 2008); and The Adversity Quotient profile (Stoltz, 2007) were used for analysing the Purpose of the research. Findings of the study revealed that there is a significant correlation Between Resilience and Prosocial behaviour. It also suggests that, even though adversity quotient is so strongly related with resilience, there is no significant association between adversity quotient and prosocial behaviour.

Cai D, et.al (2020) studied "Trait emotional intelligence and young adolescents' positive and negative affect: The mediating roles of personal resilience, social support, and prosocial behavior" The study aims to clarify the relation between trait EI and young adolescents' positive and negative affect by further exploring the mediating roles of personal resilience, social support, and prosocial behavior

Moore LQ, et.al (2021) studied "The role of prosocial behaviour in promoting physical activity, as an indicator of resilience, in a low-income neighbourhood "This review explores the interplay between resilience and prosocial behavior among young adults, highlighting the role of social support in mediating and moderating their relationship. By examining existing research, this study provides insights into the factors influencing resilience and prosocial behavior in young people.

Griese R.E, et.al (2016) studied "Peer victimization and prosocial behaviour trajectories: Exploring sources of resilience for victims" This study examined the developmental trajectory of a potential source of resilience, prosocial behaviours, and children's peer victimization from third to sixth grade. Trajectories were examined for 1091 children (540 females, 81.4% Caucasian) from Phase 3 of the NICHD Study of

Early Child Care. Latent growth mixture modelling indicated that three latent classes emerged (labelled resilient, at-risk, and normative). follow-up analyses with covariates further supported the presence of these classes. The resilient class, of particular interest in this study, indicated high initial, but dramatically decreasing victimization coupled with high-stable prosocial behaviours over the 4-year period. These findings suggest the potential protective function of engaging in prosocial behaviours for victims and highlight the need to examine potential heterogeneity among victims.

Haroz E.E, et.al(2013) studied “ Adolescent resilience in Northern Uganda: The role of social support and prosocial behaviour in reducing mental health problems“ They investigated relations between prosocial behaviour, perceived social support, and improvement in depression and anxiety symptoms over 6 months among 102 Acholi adolescent (14–17 years, 58% female adolescents) survivors of war and displacement in Northern Uganda. Adolescents were assessed using a locally developed screener. Regression analyses measured the association between resilience factors and mental health outcomes. Findings indicated that high levels of baseline prosocial behaviours were associated with improvement in anxiety symptoms among adolescents with high symptom improvement. This same trend was seen for depression symptoms ($p = .06$). Experiencing caregiver loss modified this association for depression symptoms. Baseline social support was not associated with improvement in depression or anxiety. Results suggest that prosocial behaviour is associated with increased resilience.

Bean SA,et.al(2019) studies on the topic “Bullying and Resilience in Elementary School children and Mitigating Prosocial Behaviours” this study was to examine the relationship between bullying behaviours, as measured by the Personal Experiences Checklist (PECK), and resilience, as measured by the Social Emotional Assets and Resilience Scales (SEARS), as well as whether the prosocial behaviours of controlling anger, solving problems, and cooperating with others during activities mitigated the effects of bullying behaviours. A relationship between bullying behaviours and resiliency in children has been shown in past research. The theoretical framework for this study was social learning theory. The foundation of social learning theory is that children learned behaviours by imitating the behaviours of others. A sample of 8-to 11-year-old students from local primary schools in Bermuda completed the PECK and the SEARS. Simple regression, multiple regression, and ANOVA were used to analytically examine the relationship between variables. The findings of this study built on existing research, which suggested that children who were more resilient and exhibited more prosocial behaviours, experienced less victimization through bullying. In this study, it was found that the more children were bullied, the less resilient they were. The results of this study have the potential for positive social change through being used for the development and implementation of appropriate social and emotional learning programs. The long-term results of such programs include the reduction of bullying behaviour during childhood, adolescent, and adult years, with children having more control over their behaviours, reducing their involvement with the justice system both in their childhood and adult years.

Hirani S,et.al(2022) studied “Prosocial behavior and youth mental health outcomes: A scoping review protocol” This review aims to explore the existing literature about the virtue of helping others and its association with youth mental health. Mental health of youth is rooted in their social environment. Helping others or engaging in prosocial behavior are activities that youth may participate in. The notion of helping others and its association with individual mental well-being have been well-studied for adults and older adults and to some extent in youth, however, no review has been conducted to understand the intersection of helping others and mental health in the youth population.

Moreno A.G, et.al (2023) studied “Prosocial behaviours and resilience in school coexistence: implications of creative self-efficacy and stress in adolescents” This cross-sectional study investigated the impact of prosocial behaviours and creative self-efficacy on school violence, stress, and resilience in adolescent students. A total of 743 students aged 14–19 years participated. The results revealed positive correlations between the dimensions of prosocial behaviours, creative self-efficacy, and resilience, and negative correlations with perceived stress. Differences were also observed in the relationship between prosocial behaviours, school violence, and stress. Mediation models indicated that creative self-efficacy acted as a mediator between prosocial behaviours and resilience. In addition, stress was found to moderate the relationship between prosocial behaviours and resilience. This study provides evidence on how prosocial behaviours, resilience, and creative self-efficacy act as a positive element in adolescence.

Chandradasa I,et.al(2022) studied “Develop Emotionally Intelligent Undergraduates towards Pro-Social Behaviour for Promoting Resilience of Society” This study was conducted to explore how emotional intelligence influences undergraduates’ prosocial behaviour during the undergraduate period for promoting the resilience of society. This study employed a quantitative deductive research approach. Using a self-administered questionnaire, 175 responses of Management undergraduates, the University of Ruhuna, were gathered by employing the convenient sampling technique. Study results revealed that emotional perception, emotional understanding, emotional use, and emotional management have a positive influence on the pro-social behaviour of Management undergraduates for promoting resilience of society. Study provides vital implications to the practitioners and researchers and for future studies suggested to use larger sample size to get more clear insights regarding study phenomenon.

Prabakar S(2024) studied “The effect of cultural socialization on the development of prosocial behavior and academic performance in young adults” This study is a unique attempt to understand and discuss the relationship between cultural socialization, prosocial behavior, and academic performance in a diverse cultural setup. The study quantitatively evaluates the indigenized version of cultural socialization and prosocial behavior, as previous studies perceive it to be ethical/racial socialization.

Howell K.H,et.al(2010) studied “Assessing resilience in preschool children exposed to intimate partner violence” This study examined why some preschool-age children exposed to intimate partner violence (IPV) showed deleterious outcomes and others appeared more resilient. Resilience, conceptualized as strengths in emotion regulation and prosocial skills, was evaluated using the Social Competence Scale developed by the Conduct Problem Prevention Research Group. The sample consisted of 56 mothers and their 4-to 6-year-old children exposed to IPV within the past 2 years. After controlling for relevant demographic factors, hierarchical regression analyses indicated that better parenting performance, fewer maternal mental health problems, and less severe violence exposure predicted better emotion regulation and prosocial skill scores, which in turn were negatively correlated with maladaptive child behaviors. These findings can be used to inform and enhance clinical services for children exposed to IPV.

Singh R,et.al(2019) studied “Resilience in Nepalese adolescents: Socio-demographic factors associated with low resilience” The purpose of this study was to measure resilience and the socio-demographic characteristics of Nepalese adolescents with low resilience. This first investigation of resilience in Nepalese adolescents using a standardised measure of resilience identified a number of socio-demographic factors as being associated with low resilience. While most socio-demographic factors are not modifiable, they can be used to guide educators and health professionals working with adolescents to identify those who may need greater support to achieve positive outcomes in the often challenging transition through adolescence and into adulthood.

Neff KD, et.al (2010) studies on the topic “Self-compassion and psychological resilience among adolescents and young adults” The study examined self-compassion among adolescents (N = 235; Mage = 15.2) and included a sample of young adults as a comparison group (N = 287; Mage = 21.1). Results indicated that self-compassion was strongly associated with wellbeing among adolescents as well as adults. In addition, family and cognitive factors were identified as predictors of individual differences in self-compassion. Finally, self-compassion was found to partially mediate the link between family/cognitive factors and well-being. Findings suggest that self-compassion may be an effective intervention target for teens suffering from negative self-views.

Gooding PA, et.al (2012) Studied on the topic “Psychological resilience in young and older adults “The Study was to investigate psychological resilience in the older adults (>64 years) compared with that of the young ones (<26 years). Questionnaire measures of depression, hopelessness, general health and resilience were administered to the participants.the resilience measure comprised three sub-scales of social support, emotional regulation and problem solving. The older adults were the more resilient group especially with respect to emotional regulation ability and problem solving. The young ones had more resilience related to social support. Poor perceptions of general health and low energy levels predicted low levels of resilience regardless of age. Low hopelessness scores also predicted greater resilience in both groups. Experiencing higher levels of mental illness and physical dysfunction predicted high resilience scores especially for the social support resilience scale in the older adults. The negative effects of depression on resilience related to emotional regulation were countered by low hopelessness but only in the young adults.

Campbell-Sills L, et.al(2006),conducted on the topic of the study “ Relationship of Resilience to personality, coping, and psychiatric symptoms in young adults” The study investigated the relationship of resilience to personality traits, coping styles, and psychiatric symptoms in a sample of college students. Measures included the Connor–Davidson Resilience scale, NEO Five Factor Inventory, Coping Inventory for Stressful Situations, and Brief symptom Inventory. Results supported hypotheses regarding the relationship of resilience to personality dimensions and coping styles. Resilience was negatively associated with neuroticism, and positively related to extraversion and conscientiousness. Coping styles also predicted variance in resilience above and beyond the contributions of these personality traits.task-oriented coping was positively related to resilience and mediated the relationship between conscientiousness and resilience. Emotion-oriented coping was associated with low resilience. Finally, resilience was shown to moderate the relationship between a form of childhood maltreatment (emotional neglect) and current psychiatric symptoms. These results augment the literature that seeks to better define resilience and provide evidence for the construct validity of the Connor–Davidson Resilience Scale.

Narendorf SC, et.al (2018) these studies on “Risk and resilience among young adults experiencing homelessness: A typology for service planning “This study examined risk and resilience indicators in a sample of young adults experiencing homelessness to identify subgroups with different service needs. Data came from a 2014 survey of homeless young adults (age 18–24) in Houston (n = 374). Participants self-reported risk and resilience indicators which were used to fit a latent class model. A four-class solution was the best fit. Group-1 (n = 73) had high adult support and low trauma. Group-2 (n = 60) had low trauma but low adult support. Group-3 (n = 151) had high trauma exposure, high rates of mental health problems and low substance use. Group-4 (n = 90) had high rates across all risk variables.

Holleran L.K,et.al(2003) studied “Sources of resilience among Chicano/a youth: Forging identities in the borderlands “study explores the relationship between ethnic identity, particularly identification with traditional Mexican values and beliefs, and contemporary Chicano/a adolescents’ perceptions of life

challenges. Findings suggest that identification with core values and beliefs rooted in traditional Mexican American culture may be a protective factor contributing to resilience among second generation Mexican American adolescents. The authors discuss implications for practice and research based on the respondents' narratives.

Smith S,et.al(2019) studied "Growing resilience through connecting with nature" This chapter proposes strategies for reconnecting young people to nature and how the rekindling of this relationship can be used to boost young people's psychological resilience, ameliorate their psychological wellbeing and promote the prosocial behaviors required for the future conservation of the planet.

Wentzel K.R,et.al(1999) studied "Interpersonal relationships, emotional distress, and prosocial behavior in middle school" this study was the contribution of peer acceptance, perceived support from peers, and family cohesion to prosocial behavior in young adolescents. Based on theories of peer socialization, it was hypothesized that being accepted by peers would have a direct relation to prosocial behavior. In addition, emotional distress was examined as a possible mediator between adolescents' perceptions of family and peer relationships and prosocial outcomes. In a sample of 167 sixth-grade students, hypotheses were supported in that peer acceptance was related directly to prosocial behavior and emotional distress mediated relations between perceived support from peers and prosocial behavior. Family cohesion was related negatively to distress but not to prosocial outcomes. The roles of parents and peers in promoting young adolescents' social competence, as well as the importance of emotional well-being for positive social adjustment in middle school are discussed.

Caprara G.V,et.al(2014) studied "Positive effects of promoting prosocial behavior in early adolescence: Evidence from a school-based intervention" The purpose of this study was to evaluate the effects of a pilot school-based intervention called CEPIDEA, designed to promote prosocial behavior in early adolescence. The study took place in a middle school located in a small city near Rome. The intervention group included 151 students (52.3% males; Mage = 12.4), and the control group 173 students (50.3% females; Mage = 13.0). Both groups were assessed at three time points, each 6 months apart. A Latent Growth Curve analysis revealed that the intervention group, compared to the control group, showed an increase of helping behavior along with a decrease of physical and verbal aggression across time. Current results also showed that the increase of helping behavior mediated the decline of verbal aggression in adolescents who had attended the intervention.

Griese E.R(2013) studied "Peer victimization and prosocial behavior trajectories: Exploring a potential source of resilience for victims" The purpose of this study was to examine the developmental trajectory of a potential source of resilience, prosocial behaviors, and its association with children's peer victimization from third to sixth grade. Latent growth mixture modeling (LGMM) was employed to explore first whether there were latent classes that emerged from these associations over time, and second, if there was a latent class indicating a potentially resilient pattern for victims. That is, a class with decreasing peer victimization and increasing or high-stable prosocial behaviors. Results highlight the need for further examine potential heterogeneity among victims, in particular, examining a source of resilience the victims themselves can enact.

Flores E,et.al(2005) "Predictors of resilience in maltreated and nonmaltreated Latino children" In the current investigation, multiple aspects of functioning, personal resources, and relationship features were examined in school-age maltreated and nonmaltreated Latino children. Maltreated Latino children were found to have fewer areas of resilient functioning. Ego-resiliency and ego-control, as personal resources, and the ability to form a positive relationship with an adult figure outside of the immediate family

predicted resilience. However, certain aspects of interpersonal functioning were differentially related to resilience for maltreated and nonmaltreated Latino children. These findings have implications for understanding how resilience can be promoted in maltreated and nonmaltreated Latino children.

Shek D.T.L,et.al(2013) studied” Positive youth development: Social connectedness, psychosocial competencies, resilience and recognition for positive behavior” There are many research studies showing that connectedness with other people is an important protective factor for healthy adolescent development. Besides forming good networks with positive peers and healthy adults, it is equally important to develop prosocial norms which include rules and regulations, clear and healthy standards and behavior guidelines which promote prosocial behavior. Evaluation studies utilizing objective outcome evaluation, subjective outcome evaluation and process evaluation have shown that the course was able to promote holistic development in the students taking this course (13-18). Because growing attention has been given to the role of positive youth development in adolescent development, there is a need to document the conceptual frameworks for the related positive youth development constructs

Hall N(2011) studied" Give It Everything You Got": Resilience for Young Males Through Sport” This paper reports on doctoral research with young males. The stories of their sporting experiences provide rich insight into the ways that sport does, and does not, build resilience to facilitate the transition to adulthood and negotiate the adversities of adolescence.

Carlo G,et.al (2011) studied”The socialization of prosocial behavioral tendencies among Mexican American adolescents: The role of familism values” This study investigates the role of familism values in fostering socialization experiences that promote prosocial behavioral tendencies among Mexican American adolescents. Two hundred and four Mexican American mothers and their adolescent children (104 girls, age $M = 10.91$ years) completed measures of familism values, prosocial parenting practices, and prosocial behavioral tendencies. Structural equation modeling tests indicated that mothers’ familism values are related to parenting behaviors that promote prosocial behavioral tendencies, which in turn are related to adolescents’ perception of prosocial parenting practices. Furthermore, adolescents’ perception of prosocial parenting practices is related to familism values and prosocial behavior tendencies.

Martí-Vilar M,et.al(2019) studied” Emotional, cultural and cognitive variables of prosocial behaviour” The objectives of this research were: 1) To establish prosociality as a phenomenon which is related to emotional, contextual and cognitive factors. 2) To establish a model for emotional intelligence which explains prosocial behaviour in Spanish university students. 3) To determine which factors in individual culture explain, to a larger extent, prosocial behaviour. The sample was composed of 180 Spanish college students aged 18 to 25 (135 women; mean of age = 21.17; standard deviation = 1.53). Correlation analysis showed a positive relationship in emotional intelligence, individual culture and criminal thinking. The regression analyses showed that the mixed model of emotional intelligence is the best predictor of prosocial behaviours. Regarding individual culture, high levels in collectivism and long term orientation, and low levels in distance to power, were the best predictors of these behaviours.

Penner A,et.al(2005) studied”Prosocial behavior: Multilevel perspectives”Current research on prosocial behavior covers a broad and diverse range of phenomena. We argue that this large research literature can be best organized and understood from a multilevel perspective. We identify three levels of analysis of prosocial behavior: (a) the “meso” level—the study of helper-recipient dyads in the context of a specific situation; (b) the micro level—the study of the origins of prosocial tendencies and the sources of variation in these tendencies; and (c) the macro level—the study of prosocial actions that occur within the context of groups and large organizations. We present research at each level and discuss similarities and

differences across levels. Finally, we consider ways in which theory and research at these three levels of analysis might be combined in future intra- and interdisciplinary research on prosocial behavior.

Schechter R,et.al(2014) studied “Fostering resilience among youth in inner city community arts centers: The case of the artists collective” This article explores the role of community arts centers in fostering resilience among youth living in the inner city. A review of the literature of risk factors associated with growing up in an inner city environment provides a rationale for the need for interventions that promote resilience by creating a refuge from the surrounding poverty and violence, and which strengthen youth’s personal and social resources. We examine the case of the Artists Collective, an inner city community arts center in Hartford, Connecticut, and propose that there are three components of community arts centers that contribute to youths’ resilience. First, features of the physical space promote resilience. Second, they are a place where prosocial relationships and social capital contributing to resilient functioning can be formed. Finally, we hypothesize that learning about and participating in the arts fosters resilience through the development of person-level protective factors such as self-efficacy, improved emotional regulation, social skills, coping skills, and ethnic pride.

Bhave S.Y,et.al(2024) studied “Resilience in young people: the need of the hour” a study was conducted to understand resilience, self-esteem, social self-efficacy, self-regulation, and emotional intelligence among adolescents and young adults. We can conclude that to build resilience we must build social self-efficacy, emotional intelligence and self-regulation. More research can be done to study resilience and self-esteem, especially among females.

Reavley N,et.al(2015) studied “Interventions to build resilience among young people” Resilience refers to the ability to adapt to stress and adversity. In recent years, due to its potential influence on health, wellbeing and quality of life, resilience has become a major focus of interest for academic researchers, policymakers and practitioners working in the area of mental health and wellbeing.

Tendhar T,et.al studied “Compassion education for prosocial behavior and well-being among college students” This review examines the potential benefits of compassion education to enhance the prosocial attitudes, mental health, and well-being among undergraduate college students. The two overarching goals of this paper are first, to highlight the current mental health challenges facing undergraduate college students and their causes, and second, to propose possible solutions to address these issues. Data from empirical studies on compassion are reviewed to examine the effectiveness of compassion education and training approaches in establishing a safer, healthier, happier, and more inclusive educational learning environment leading to enhanced prosocial behaviors and positive mental health.

Theron L.C,et.al(2013) studied ”Toward an African definition of resilience: A rural South African community’s view of resilient Basotho youth”In this article, the authors report on an exploratory qualitative study, rooted in a constructivist grounded theory approach, in which 11 South African adults from an impoverished rural area were invited to provide a description of resilient Basotho youth. In contrast to Eurocentric perspectives, their descriptions, verbal, written, and hand-drawn, offer an Africentric understanding of resilience. This emerging African conceptualization of resilience advocates for deeper exploration of collectivist philosophies underpinning Black youth resilience and continued research into the process of African resilience.

Gilligan R(2008) studied “Promoting resilience in young people in long-term care—The relevance of roles and relationships in the domains of recreation and work”This paper seeks to highlight the resilience-enhancing potential for vulnerable young people of roles and relationships in the domains of recreation and work. The paper explores its theme through a specific focus on the needs of young people in long-

term care. The paper has four sections: the first deals with some key conceptual propositions relevant to understanding resilience-related processes; the second with the resilience-enhancing potential of recreational activities; the third with the resilience-enhancing potential of work roles; and the fourth with the implications for practices by carers and professionals in relation to helping young people in care to derive benefits from the positives that recreation and work experiences may have to offer. The paper reviews relevant research evidence from a range of perspectives and through related case examples.

Lebre P,et.al studied “Promoting resilience at schools: The RESCUR project” This paper aims to present the curriculum and the results from a pilot implementation of the theme Developing Selfdetermination, which took place in 27 Portuguese classes. Overall, the assessment made by teachers, considering both training and class implementation was very positive. Children’s improvements were observed in the classes, namely in what concerns problem-solving and prosocial behaviours. The active strategies devised in the curriculum sessions were one of the common aspects highlighted by teachers.

Woodier D,(2011) studied “Building resilience in looked after young people: A moral values approach “ The first study shows how a young person was helped to self-reflect, including identifying positive values as strengths in his life. The other study shows how a young person’s moral identity was nurtured by volunteering in his community and the impact of this on his resilience. The importance of self-awareness, self-efficacy and self-esteem is discussed with reference to both moral identity and resilience. Examples are given of how resiliency emerges with well-attuned support.

Tee K.S,et.al(2023) studied ”Emotional intelligence, prosocial behaviours, and coping responses in young adults: A conceptual framework for effective emotional regulation” The current research shifts the emphasis of attention to provide a conceptual framework to guide more targeted intervention programs that may aid in the treatment of emotional regulation difficulties in young adults. Emotional intelligence, prosocial behaviours, and positive coping strategies may serve a homeostatic role by allowing the reduction of negative emotions and enhancing the functioning coping strategies among young adults. The conceptual framework will employ existing literature to demonstrate the interrelationships between emotional intelligence, prosocial behaviours, and coping responses, as well as explain how these components interact to predict young adults’ emotional regulation. The conceptual framework guides the universities in reconsidering the needs of young adults and paving a new path for intervention programs to help young adults develop healthy emotional regulation skills.

Benatov J,et.al(2018) studied “Enhancing resiliency and promoting prosocial behavior among Tanzanian primary-school students: A school-based intervention” The results indicate that a culturally adapted universal school-based intervention can be effective in enhancing Tanzanian students’ resiliency and promoting prosocial behaviors. Should these results be replicated and found enduring, the modified ESPS could be a valuable mental health-promoting intervention in other low-income countries.

Zhang R,et.al studied “Emotional neglect and prosocial behavior among left-behind youth in China: roles of resilience and family socioeconomic status” This study found a significant negative correlation between emotional neglect and prosocial behavior, supporting H1. Specifically, individuals who experience emotional neglect tend to exhibit lower levels of prosocial behavior. This finding is consistent with established theoretical frameworks and empirical research. According to attachment theory, early emotional bonds play a crucial role in shaping prosocial behavior. Children who experience emotional neglect may struggle to form secure attachments, which can influence their capacity for prosocial conduct (Belsky et al., 1991). These children may view relationships as unreliable, which can contribute to social

withdrawal, reduced interpersonal engagement, and diminished concern for others (Liu et al., 2017; Music, 2011; Yu et al., 2020).

Heesterman C(2021) studied “The Relationship Between Social Functioning and Resilience in Young People with Conduct Problems and Callous-Unemotional Traits” These results suggest the importance of considering how these difficulties interact as greater resilience might be fostered in different ways depending on the unique pattern individuals exhibit of callous-unemotional traits and conduct problems.

Zhang M,et.al (2024) studied “ Sex and Dominance Differences in the Relationship Between Childhood Trauma and Prosocial Behavior: The Roles of Meaning in Life and Resilience” this research offers new insights into the mechanisms by which childhood trauma affects prosocial behavior and emphasizes the need to consider sex and social dominance goals in trauma interventions.

Ghazal H,et.al (2004) studied “ Use of population measures and norms to identify resilient outcomes in young people in care: An exploratory study” Resilience among the young people in care was operationally defined, on each outcome variable, as average or above-average functioning relative to that of the general-population sample of the same age range. The percentage experiencing resilience was relatively high on the outcomes of health, self-esteem, and pro-social behaviour, moderate on the outcomes of relationship with friends and anxiety and emotional distress, and low on the outcome of academic performance. The implications of the findings are discussed.

Achterberg M,et.al (2022) studied “Prosocial development in adolescence” these studies demonstrate that prosocial motivations are dependent on contextual social influences such as an individual's strategic motivation, the social relation to the recipient, and whether the recipient is a target in need. These findings fit with a larger body of evidence showing that adolescence is an important transition period for developing prosocial intentions .Prosocial intentions may provide the building blocks for engaging in broader societal contributions .Adolescence might be a specifically sensitive period for developing prosocial intentions owing to ongoing maturation of brain regions involved in social processing.

Eisenberg N,et.al(2013) studied “The relations of ego-resiliency and emotion socialization to the development of empathy and prosocial behavior across early childhood.”The present study explored early personality and environmental predictors of the development of young children’s empathy, as well as relations of empathy to prosocial behavior with peers at a later age.

Sprague C.M,et.al (2015) studied ” Youth psychosocial adjustment following wildfire: The role of family resilience, emotional support, and concrete support” Youth gender and perceived parental emotional support were significantly related to youth-reported emotional symptoms, but youth perceived fire-related stress was not. Emotional support significantly moderated the relationship between fire-related stress and parent report of youth prosocial behaviors. Specifically, under conditions of high fire stress, emotional support mitigated the relationship between stress and prosocial behaviors.

Ungar M(2013) studied “The impact of youth-adult relationships on resilience” Case material and research that shows the link between resilience and engagement of youth with adults is discussed as a way to show that resilience is not an individual quality, but instead a quality of the interaction between individuals and their environments. The benefits of youth-adult partnerships are realized for marginalized youth when specific conditions that promote interactions that contribute to resilience are created.

Henley R (2010) studied “Resilience enhancing psychosocial programmes for youth in different cultural contexts: Evaluation and research” This article takes a first step towards developing a resilience assessment scale for use by development organisations offering services to youth and young adults in different cultural contexts. The purpose of a resilience assessment scale would be to assess effectiveness of services in enhancing competencies of youth in managing and adapting to adversities they experience.

An in-depth conceptualisation of individual resilience and how this interacts with multi-layered social resilience is explored: Organisations provide psychosocial services to help strengthen competencies of vulnerable young people, who in turn can help enhance resilience in the family, neighbourhood and community.

Li L(2025) studied “Exploring the digital altruism: how shyness shapes prosocial behaviours in young adults through emotional and cognitive lenses” This study advances the understanding of how shyness interacts with socio-emotional factors to shape online behaviour, particularly in prosocial activities. It highlights the significance of considering individual psychological traits in designing inclusive and supportive online communities. Additionally, it offers guidelines for developing digital platforms and initiatives that foster prosocial behaviour, especially among shy individuals.

Ziaian T,et.al (2012) studied “Resilience and its association with depression, emotional and behavioural problems, and mental health service utilisation among refugee adolescents living in South Australia” There was little evidence of an association between resilience scores and exposure to trauma or service utilisation. Discussion. Fostering resilience may be critical to efforts to prevent or reduce mental health problems in refugee adolescents.

Cohen H,et.al(2013) studied “Understanding resilience” This review focuses on recent findings regarding genetic, epigenetic, developmental, psychosocial, and neurochemical factors that are considered essential contributors to the development of resilience. Neural circuits and pathways involved in mediating resilience are also discussed. The growing understanding of resilience factors will hopefully lead to the development of new pharmacological and psychological interventions for enhancing resilience and mitigating the untoward consequences.

Russell P,et.al(2014) studied “School-based interventions to enhance the resilience of students”The biases of funders, researchers and educators also influence the choice of resilience-promoting intervention made available in a school rather than the specific needs of the targeted student population. We conclude with several recommendations for more effective interventions with students and the implications of our findings to the evaluation of program outcomes.

Fang J,et.al(2024) studied” The awe promotes prosocial behavior: the mediating role of psychological resilience “ these findings suggest that state /trait awe can both directly predict prosocial behavior and indirectly influence prosocial behavior through the mediating role of psychological resilience. Psychological resilience played a significant role in the process by which the experience of awe promotes individuals’ prosocial behavior. This study helps to reveal the potential mechanism of awe enhancing prosocial behavior, which has important practical value for the harmonious development of society.

Damme L.V,et.al(2022) studied “The Role of Personal Resilience and Interpersonal Support in Building Fulfilling and Prosocial Lives: Examining the Good Lives Model among Young Women Four Years after Youth Detention” our results support the applicability of the GLM to former DFA, showing evidence for the importance of both internal and external resources in building fulfilling and prosocial lives.

Oshri A,et.al (2017) studied “Positive youth development and resilience: Growth patterns of social skills among youth investigated for maltreatment” The primary aim was to identify social skills growth trajectories among at-risk youth to understand processes underlying resilience. Nationally representative, longitudinal data from 1,179 families investigated for child maltreatment (Mage = 12.75) were obtained from the National Survey of Child and Adolescent Well-Being. Four trajectories were identified—stress-resistant, emergent resilience, breakdown, and unresponsive-maladaptive. Protective resources from multiple levels of the youth ecology (individual, family, school, and social service) predicted positive

growth social skills trajectories. Resilience process and attendant positive outcomes in multiple domains of functioning were evident among the stress-resistant and emergent resilience trajectories. Results underscore the saliency of social skills development for resilient outcomes in youth.

Woodier D(2011) studied “Building resilience in looked after young people: A moral values approach” study shows how a young person was helped to self-reflect, including identifying positive values as strengths in his life. The other study shows how a young person’s moral identity was nurtured by volunteering in his community and the impact of this on his resilience. The importance of self-awareness, self-efficacy and self-esteem is discussed with reference to both moral identity and resilience.

Dumitrescu D.I(2023) studied “Comparing resilience and coping among emerging, young, and middle-aged adults”The present study was aimed at better understanding resilience and coping in emerging (i.e., 18 to 25 years), young (i.e., 26 to 44 years), and middle-aged (i.e., 45 to 64 years) adults in Saskatchewan by examining whether certain age groups demonstrated higher levels of coping and resilience and the factors (adverse events, coping style, social support, wisdom) that might be connected to these higher levels. A total of 297 Saskatchewan adults were included in the final sample, with 67 emerging, 164 young, and 66 middle-aged adults. Analyses of variance (ANOVAs) and simple linear regressions were performed. While no differences across age groups were identified for problem-focused coping, emerging and young adults reported higher levels of emotion-focused and avoidant coping compared to middle-aged adults. Social support and wisdom were found to significantly influence coping above and beyond age. These findings support existing literature on lifespan coping and point to the need to promote social support and wisdom expansion for well-being across adulthood.

Glennie E.J(2010) studied “Coping and resilience” This review presents the definitions of coping and resilience, the ways in which they have been measured, and their associations with academic outcomes.

Batool S,et.al (2025) studied “WOMEN’S PROSOCIAL BEHAVIOUR ON WORKPLACE LONELINESS”The results suggest that a successful treatment against loneliness among young adults might entail providing women with more chances for meaningful social contact both at home and at work.

WANG S.J,et.al (2023) studied “Longitudinal changes in resilience mediate the Relationship between child maltreatment and emotional-behavioral problems in an early adolescent cohort “ the results revealed that resilience changes could partially mediate the association between child maltreatment and emotional problems, conduct problems, hyperactivity-attention, and peer problems during early adolescence. Further, changes in resilience could completely mediate the association between child maltreatment and prosocial behaviors. The resilience of adolescents is slightly improved during early adolescence. Resilience changes can mediate child maltreatment and EBPs, implying that maltreatment during childhood could hinder the development of resilience during early adolescence. Together, this could lead to the development of severe EBPs. Therefore, supporting the establishment of internal and providing external resilience resources could help prevent EBPs during early adolescence.

Alvord M.K,et.al (2016) studied “Resilience interventions” This chapter describes resilience and identifies factors that contribute to its complexity, underscoring the dynamic process of resilience. Interventions that promote resilience are outlined, highlighting their application and evidence base. We conclude by forecasting future directions for theory, research, practice, and training in resilience interventions.

Lebre P,et.al studied “Promoting resilience at schools: The RESCUR project” This paper aims to present the curriculum and the results from a pilot implementation of the theme Developing Self-determination, which took place in 27 Portuguese classes. Overall, the assessment made by teachers, considering both training and class implementation was very positive. Children’s improvements were observed in the

classes, namely in what concerns problem-solving and prosocial behaviors. The active strategies devised in the curriculum sessions were one of the common aspects highlighted by teachers.

Oliver A,et.al(2023) studied “A psychometric study of the prosocial behavior scale: differential item functioning by gender” the results obtained imply that gender differences in the manifestations of prosocial behavior require measurements that can fairly sample behaviors characteristic of each gender.

Jarrett R.L,(1997) studied “ Resilience among Low-Income African American Youth: An Ethnographic Perspective” This commentary uses ethnographic data on low-income African American youth and their families to expand on theoretical discussions of resilience. Substantive findings are presented to highlight the impact of environmental conditions and family characteristics on specific processes. The discussion further considers the methodological contributions of ethnographic research for generating key insights on youth resilience.

Kanhere G,et.al (2020) studied “Relationship between perceived parenting style, gratitude and resilience in college students of Gwalior, Madhya Pradesh” The present study aimed to assess the relationship between perceived parenting styles, resilience, and gratitude among young adult college students of Gwalior, Madhya Pradesh. A purposive sample of 73 college going students was assessed using three questionnaires. A significant relationship was found between authoritative parenting and gratitude and the same has been discussed.

Belous E,studied “Resilient Personalities: Exploring the Psychological Resilience of Young Adults Through the HEXACO Model of Personality” These findings highlight the substantial role personality traits play in resilience. While personality traits are deeply engrained, they can be changed with intentional effort; this may be a focus of personal development or psychotherapy. Additionally, the notably low resilience levels observed in the young adult sample suggests a need for further research into generational differences and the environmental factors contributing to these patterns.

Vats K,et.al(2024)studied “Examining the influence of Gratitude and Resilience on the Subjective Well-being among Young Adults in Delhi NCR”These findings carry implications for interventions and initiatives aimed at bolstering well-being and resilience in this demographic, providing valuable insights for mental health practitioners, educators, and policymakers in Delhi NCR and beyond.

Zukerman N,et.al(2024) studied, “Resilience and adolescence-transition in youth with developmental disabilities and their families: a scoping review” The review emphasizes the need for a holistic approach to support youth with NDDs and their families during adolescence transition. To enhance their resilience, recognizing caregivers’ roles, customizing interventions, and exploring new implementation formats are avenues that align with the current evidence and opportunities for practical development in this field.

Ungureanu R,et.al(2021) studied “The resilience of youth delinquent. Education as a protective factor” The conclusions show us that the basic pillar of reeducating these young people relies in completing their studies at least at the level of primary school and the orientation towards learning a profession, so that those who blame material deprivation as the cause of delinquency have the possibility to earn a living through work.

Alamri A.A.H,et.al(2024) studied “Gratitude predicts prosocial tendency through psychological resilience—cross-sectional study in Arab cultures” The results showed no significant differences in gratitude, prosocial tendency and psychological resilience according to culture or gender in both countries. Moreover, gratitude positively correlated with prosocial tendency and psychological resilience. Furthermore, the results revealed that psychological resilience significantly mediated the association

between gratitude and prosocial tendency. We conclude that gratitude predicts prosocial tendency and psychological resilience plays a mediating role in this association among Arab societies.

Windle G,(2011) studied “What is resilience? A review and concept analysis” “This paper analyses the concept of resilience from a range of disciplinary perspectives and clarifies a definition in order to inform research, policy and practice. The work takes a life course approach to resilience, examining evidence derived from research across the lifespan. It incorporates the methods of systematic review, concept analysis and consultation through face-to-face meetings. A major contribution to resilience research could be made through more multi-disciplinary studies that examine the dynamics of resilience across the lifespan, its role in healthy ageing and in managing loss, such as changes in cognitive functioning.

Graber R,(2015) studied “Psychological resilience” This report investigates new insights in contemporary psychological resilience research. The research draws on peer reviewed studies and articles examining how psychological resilience is built through protective mechanisms, evolves as a dynamic psychosocial process, and can be facilitated through positive adaptation. This research highlights how experiences of coping with traumatic shocks and stresses vary according to age, gender, culture, and socioeconomic status, and how future lines of research can illuminate biological, psychosocial, and lifecycle factors and skills that can support resilience a priori to a shock.

ANALYSIS AND INTERPRETATION

The study reveals a significant negative and positive correlation between resilience and prosocial behaviour among male and female young adults. Young adults with higher levels of resilience are more likely to engage in prosocial behavior, such as volunteering and helping others. Social support from family, friends, and community networks can enhance the relationship between resilience and prosocial behavior. The findings of this study have implications for the development of interventions aimed at promoting resilience and prosocial behavior among young adults. Developing programs that enhance coping skills, self-efficacy, and emotional regulation can help young adults build resilience. Building strong social support networks can help young adults develop a sense of belonging and connection, which can in turn promote prosocial behavior.

OBJECTIVES EXPLAINED

1. To investigate the effect of resilience and prosocial behaviour among young adults: the effect of resilience and prosocial behavior can inform the development of interventions koaimed at promoting positive outcomes among young adults. Resilience and prosocial behavior can contribute to better mental health outcomes
2. To find out the significant difference in resilience among males and females’ young adults: Some studies indicate no statistically significant difference in resilience levels between males and females. A study on Indian adolescents found that both males and females exhibited similar levels of resilience, suggesting that gender may not be a determining factor.
3. To find out the significant difference in prosocial behaviour among males and females’ young adults: there are differences in prosocial behavior between males and females, Studies have shown that females tend to score higher on emotional support and altruistic behaviors, such as comforting others and showing empathy. Males, on the other hand, tend to score higher on public prosocial behavior, such as heroic acts and behaviors that involve physical strength.

CONCLUSION

The study concludes that there is no significant difference in resilience and Prosocial behaviour among young adult males and females. Resilience and prosocial behavior are crucial for the well-being and development of young adults. Engaging in prosocial behavior can also promote resilience, helping young adults navigate challenges and adversity.

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