

Conceptualizing Resilience: A Process-Oriented Approach

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Resilience is the ability to bounce back from adversity. While traditionally defined as the ability to return to a pre-adversity state, a process-oriented approach to resilience focuses on the dynamic processes that facilitate recovery and growth. This approach emphasizes the role of protective factors, such as social support, coping skills, and personal strengths, in buffering individuals from the negative effects of stressors. Furthermore, it highlights the importance of individual and environmental resources in promoting resilience. This paper reviews the literature on resilience and discusses the implications of a process-oriented approach for research and practice. Key findings include the importance of social support, coping skills, and personal strengths in promoting resilience. The implications of a process-oriented approach for research and practice are discussed, including the need for a more holistic and dynamic view of resilience.

Conceptualizing Resilience: A Process-Oriented Approach

It is important to understand resilience as a dynamic process rather than a static trait. This approach emphasizes the role of protective factors, such as social support, coping skills, and personal strengths, in buffering individuals from the negative effects of stressors. Furthermore, it highlights the importance of individual and environmental resources in promoting resilience. This paper reviews the literature on resilience and discusses the implications of a process-oriented approach for research and practice. Key findings include the importance of social support, coping skills, and personal strengths in promoting resilience. The implications of a process-oriented approach for research and practice are discussed, including the need for a more holistic and dynamic view of resilience.

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Theoretical Perspectives on Stress and Coping

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Table 4. Correlation among main study variables

	1	2	3	4	5	6	7	8	9	10	11
1. A at Wa 3	1.00										
2. G r	-.11	1.00									
3. K / j z o o r t h a r	.09	-.09	1.00								
4. Ra / x a a a t r t h a r	.03	.45	.14	1.00							
5. D at of ar t () r t h a r	-.03	.06	.05	.10	1.00						
6. A roac co	.11	-.12	-.02	-.01	.01	1.00					
7. A o a c co	.06	-.09	-.09	-.10	-.14	-.22	1.00				
8. I t r a b a o r	-.05	.0001	.16	.04	.18	-.01	-.36	1.00			
9. E x t r a b a o r	-.01	-.07	.21	-.04	.01	-.10	-.03	.40	1.00		
10. A a t / ro oc a b a o r	.15	-.22	-.08	-.11	.007	.34	-.15	.07	-.09	1.00	
11. Po tra at c tr to	-.01	.03	.24	.07	.18	.06	-.41	.61	.25	.01	1.00

1.61, $p = .04$), a ar a r T3 t r a b a o r ($b = 1.30, p = .08$).

Gender, age, and mental health. T r ff ct of r a a r tat t ca f ca t o r fo r a a t / ro oc a b a o r at T3. Ma r o r t r T3 a a t / ro oc a b a o r co ar to f a ($b = 2.07, p = .03$). R ar - r a ff ct, r a to a ar a b j ct' a a f ca t a oc at t r a T3 a a t / ro oc a b a o r ($b = 0.28, p = .006$).

Coping and mental health. A roac co a tat t ca f ca t a oc at t r a T3 a a t / ro oc a

b a o r ($b = 0.73, p < .001$). It a a o a oc at t r a a o r T3 x t r a b a o r ($b = 0.20, p = .06$), a t r a b a o r ($b = 0.20, p = .08$). A o a c co a r f ca t a oc at t r a o r T3 t r a b a o r ($b = 1.47, p < .001$), o r T3 a a t / ro oc a b a o r ($b = 0.75, p = .005$), a o r o tra at c tr to ($b = 2.01, p < .001$).

Mediation through approach and avoidance coping

T r t of t r a to a a fo r a at a t t ar r t t Tab 6. W r t t r a roac

Table 5. Estimated regression models predicting Wave 3 mental health outcomes from baseline war exposures, gender, age, and coping with autoregressive controls

	I t r a b a o r B a o r b (SE)	E x t r a b a o r B a o r b (SE)	A a t / Pro oc a B a o r b (SE)	Po tra at c Str S to b (SE)
K o r o o o r t h a r	1.41* (0.69)	1.60** (0.53)	-1.45 (0.78)	3.17*** (0.82)
Wa ra o r x a a a t r t h a r	-0.72 (1.06)	-0.51 (0.74)	-0.24 (1.03)	-0.36 (1.16)
Par t () r t h a r	1.30 (0.73)	0.13 (0.54)	0.86 (0.71)	1.61* (0.75)
F a	-1.05 (0.89)	-0.45 (0.64)	-2.07* (0.87)	0.02 (0.90)
A at T 3	-0.11 (0.09)	0.01 (0.07)	0.28** (0.10)	-0.03 (0.10)
I t r a b a o r at T 1	0.10 (0.06)	0.03 (0.03)	0.05 (0.06)	0.08 (0.06)
E x t r a b a o r at T 1	-0.02 (0.09)	0.09 (0.06)	-0.13 (0.10)	-0.01 (0.10)
E x t r a b a o r at T 2	0.00 (0.09)	0.07 (0.06)	0.04 (0.09)	0.02 (0.10)
A a t / ro oc a b a o r at T 1	-0.09 (0.05)	0.07 (0.04)	0.08 (0.06)	0.02 (0.06)
A a t / ro oc a b a o r at T 2	0.05 (0.05)	-0.04 (0.03)	0.11* (0.05)	-0.02 (0.06)
Po tra at c tr to at T 2	-0.07 (0.89)	-0.01 (0.04)	0.07 (0.06)	-0.10 (0.08)
A roac co	-0.20 (0.11)	-0.20 (0.10)	0.73*** (0.13)	-0.05 (0.14)
A o a c co	-1.47*** (0.23)	-0.12 (0.18)	-0.75** (0.26)	-2.01*** (0.25)

Note: Co ff c t b, t r t at r r o co ff c t fo r t r a oc at r ct o r; SE, t r ta ar r o r fo r t r a oc at r r o co ff c t. $p \leq .1$. * $p \leq .05$. ** $p \leq .01$. *** $p \leq .001$.

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Study strengths and limitations

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