

# The Importance of Parents for a Resilient Undergraduate

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**Abstract**—Health can be referred to as the attainment of optimum levels of physical, mental, social and spiritual well being. Resilience is the ability to readily cope with stressful events, in turn leading to the development and enrichment of oneself. The present study focused on the relationships of the undergraduate students with their families, specially parents and stressors emerging out of it. Focusing on the same lines, the level of stress and resilience of the participants were assessed. Participants belonging to the intact families (Joint and Nuclear family setup) were found to be more resilient than the participants from lone families (divorced and widowed parent). Moreover, the participants from lone families were specifically found low on purposefulness as a dimension of resilience. Within the intact family setup, participants belonging to the nuclear families were more resilient than those living in joint family setup. It was also found that the working status of parents too had an impact on stress and resilience levels of the participants. The participants who are able to spend quality time with their fathers despite the fact that the fathers are full time working were found high on hardiness and purpose as the dimensions of resilience. Also, participants who had their mothers working were found to be higher on optimism as compared to those whose mothers were non- working. Co relational studies show that children who have their fathers employed in government setups are able to spend more quality time with them. It was repeatedly found from both quantitative and qualitative data that a father figure had an important impact on the participants in terms of becoming resilient and de-stressed. The presence of father when needed increased their level of resilience. However, irrespective of being a father or mother, parents should spend quality time with their college going children. This has also been validated by the qualitative themes that emerged as major stressors such as family fights, misunderstandings with parents, absence of father etc leading to high levels of stress among the participants.