

Sibling Relationships and Developing Resilience

Nupur Singh

Student Daulat Ram College University Of Delhi

Abstract—Good health is a state of equilibrium achieved through continuous adjustments made by our body to the external and internal environment. It constitutes of 3 important and interdependent aspects- physical health, emotional health and mental health. An important component of good health is our ability to cope with stress and emerge as a resilient being. The aim of the present research was to study the impact of sibling relationships on the levels of stress and resilience among undergraduate students. Sibling relationships are affected by various factors including the number of siblings an individual has, attachment with the sibling(s), sibling rivalry and jealousy. The participants in our study comprised of the ones who are the only child of their parents and also those who have siblings. In comparative analysis it was found that, lower the number of siblings, higher was the level of resilience of the participants. Those not having a sibling emerged more resilient and were especially high on the dimension of resourcefulness. Participants having more than 3 siblings were least resourceful. It was also seen that those participants who are involved in the same academic stream as their siblings were significantly less hardy, resourceful, purposeful and optimistic as well as less resilient than those who weren't. However, participants who engaged in the same extracurricular activity as their siblings were found out to be higher in overall resilience and also high on the dimensions of hardiness, optimism and resourcefulness. Findings also indicated that participants who get moderately compared with their siblings are more resilient and are high on the hardiness and resourcefulness dimension of resilience as compared to the ones who are mostly compared or not at all compared. Focusing on the extent of attachment, it was found that participants who lacked attachment with their siblings were suffering from significant levels of stress. On the other hand, those who were extremely attached were found to be highly resilient. Attachment leads to mutual appreciation between the siblings and it was found that acceptance of one's sibling being appreciated made one resilient. Further the effects of parental presence on this sensitive relationship were also studied.