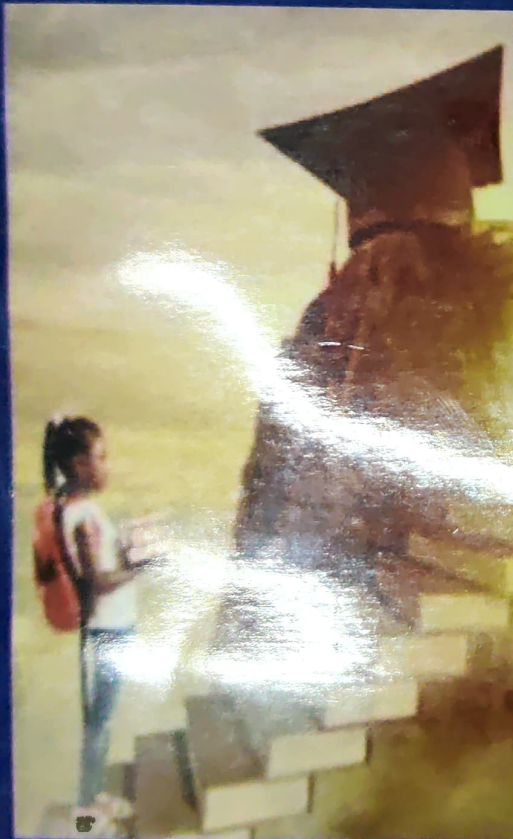


NITYA

Academic Resilience

Issues, Challenges
and
Strategies



**Prof. (Dr.) Adnan Khan Lodi
Dr. Geetika Nidhi
Dr. Divya R. Panjwani**

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**Prof. (Dr.) Adnan Khan Lodi, Dr. Geetika
Nidhi, Dr. Divya R. Panjwani**

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FOREWORD

Enduring different levels of teaching has been an important component of my professional expanse. In my long journey in field of education I have undergone many challenges each of which has made me stronger and better. This has been an inspiration for this book to emerge. I felt the need to initiate a discussion the fraternity of educators the significance resilience in the field of education in present context. Gathering together multiple ideas on a concept creates a way to understand and appreciate which I have tried to do in this book. The range of teacher education is from primary to higher, student to parent and humanities to science therefore it is most suitable platform on which we can discuss about resilience and components involving it.

Resilience accounts to managing the everchanging situation so as to coordinate unavoidable changes having a positive impact on the individuals. In this book I have tried to expose the readers to the influence of resilience in the diverse aspects including academics , technology, personality. The experts in the field have put in their best to furnish maximum possible dimensions to resilience in academic situation. It also expresses the ideas how to empower pupil teachers regarding resilience. Different philosophies have proposed their own way of promoting resilience in this book the contributors have covered percepts from the Bhagvad Gita and also from the Islamic Philosophy.

Success is most sought after aspect in the present context which has taken up multiple aspects and dealing with it has become a challenge developing resilience is way towards it. In this book each chapter is dedicated to an important aspect of resilience such as academic achievement, technology and resilience, student engagement and resilience parental involvement and resilience and obtaining academic resilience though social capital. I hope this book will provide the readers with elevating experience towards their perception about resilience and adding to acquaintance. This book is also an effort to embark resilience though knowledge and I hope that all the readers will admire the concepts presented in this text.

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Chapter 15

Academic Resilience Through Social Capital

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Abstract

Resilience is an important personality trait imperative for an individual to succeed in life. It is the ability of an individual to overcome challenges and adversities encountered during persuasion of any task. Academic resilience enables students to face challenges during the course of education. It helps students to deal with unfavourable conditions effectively. It has been seen that the students are faced with several challenges during their course of learning period like classroom difficulties, adjustment problems with peer groups, home or family problems, inequalities in the education system and so on. Academic resilience is vital for them to get through all these challenges. Researchers had revealed that families, schools and communities are the main protector factors that help in fostering academic resilience among students (Bernard, 1995; wang. et.al, 1997). Family and school social support profusely impact the educational outcome of students. Resources generated by family and school in the form of social capital positively influence, academic resilience promoting their educational outcomes. The present article elaborates on academic resilience and the role of social capital in fostering academic resilience among students.

Keywords: Academic resilience, Family social capital, School social capital.

Education development and growth of a student has always been a priority area in the present era of educational reforms. Students are faced with many challenges in their daily lives like academic challenges in the form of difficult classroom situations, learning difficulties, difficulties in adjustment with peers, and home environment. Not only this, students coming from weaker sections as disadvantaged groups find it difficult to adjust with the new environment of the institutes. It has been seen that students from disadvantaged groups often fail drastically in their academics as well as in their personal lives. Which leads to high dropout rates. Resilience is the only trait or quality that helps an individual to overcome these difficulties, according to Gramezy and Masten (1991) Resilience is a process or capacity to successfully adapt to challenging and threatening situations in life. Although Rigby (1994) is critical about defining resilience as a personality trait because resilience can be fostered with the support of family, community and schools. Academic resilience is a student's capacity to perform exceptionally under unfavourable conditions. The researches using international large-scale