

Aspiration and Compassion: The Strengths of Resilient Adolescents with Incarcerated Parents

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ABSTRACT

Aim: This study aims to explore factors contributing to psychological resilience in adolescents of incarcerated parents.

Method: Participants for the current study were recruited based on a survey conducted among 155 adolescents with incarcerated parents who completed the Bharathiar University Resilience Scale (BURS), which intended to measure psychological resilience. From these 155 respondents, 12 respondents who obtained the top 12 ranks based on their BURS scores, representing high resilience, were recruited to participate in the study. Semi-structured interviews were conducted with 12 participants. Thematic analysis was carried out to analyze the data.

Results: The results indicated that highly resilient adolescents of incarcerated parents experience and exhibit realistic aspiration, compassion, family cohesion, emotional support at school, and support from extended family and neighbors. The highly resilient children utilize their positive interpersonal skills to adapt to adverse situations. Their capacity to keep realistic goals, show compassion, and promote good family cohesion indicates emotional maturity and flexibility, which enhances resilience. Emotional support at school, and support from extended family and neighbors, caters to emotional stability, fosters a sense of belongingness, and academic engagement.

Conclusion: The findings of the present study can help frame policies, practices, and research to promote resilience in adolescent children of incarcerated parents.

Keywords: Resilience, Psychosocial Health, Protective Factors, Adolescents, Incarcerated Parents