Why do some people bounce back? Exploring Resilience from Adlerian Perspective

Associate Prof. Dr. Bengu E. Tekinalp
Associate Prof. Dr. Serife Terzi
• The wound is the place where the Light enters you.”
  — Rumi

• “Where there is ruin, there is hope for a treasure.”
  — Rumi
Think of individuals who are resilient

<table>
<thead>
<tr>
<th>Person (you know or celebrity)</th>
<th>Characteristics of the person (what makes them resilient? What contributes)</th>
<th>Adlerian Conceptualization (birth order, social interest, family constellation, private logic...)</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>
What makes people....

- To find inner strength?
- Find courage?
- To bounce back?
Resilience

- adjust successfully in spite of difficult life conditions
- response to stress and adversity, with hope and optimism
- power of recovery and the ability to return
- personality characteristic that moderates the negative effects of stress and promotes adaptation
RESILIENT PERSON IS LIKE....
Resilience

- dynamic process that involves
  - successful coping
  - positive adaptation
Resilience

Life as normal

Trauma Adversity

Thriving

Resilience
What is in literature?

- humor
- Social Support
- Academic achievement
- intelligence
- Attachment
- optimism
- Internal Locus of control
- coping
- Intact families
- spirituality
- Self confidence
- hope
Adlerian Conceptualization

• (Psychological) Birth Order
• Social Interest
• Life Style (LS convictions, private logic?)
• Early Recollections
• Courage
• Encouragement
• Striving
• Anything else?.....
Theoretical Framework

“From felt minus to felt plus”
Psychology Today=

Invisible Gorilla Syndrome

http://www.youtube.com/watch?v=IGQmdoK_ZfY
Where are my glasses?
Resilience...

• “The strong person can wait. The strong person in general is not easily affected by emotions. The stronger a person the greater his self-confidence, and the less likely that he is impatient, hypersensitive, or emotional. Impatience reveals fear that the person may face defeat or a loss when success is not immediate. On the other hand, impatience means more: a demand for satisfaction.”

Resilience

Some persons are more or less pugnacious. Some on the other hand want to give up the ship. However, we never see a person who really gives up. It is not possible, for it is beyond human nature. The normal being cannot give up. If he seems to do so, it indicates even more of a struggle to carry on than otherwise.

Alfred Adler (1870-1937), The Science of Living, 1929, p. 141-142.
Our Charge

• Get out there and show
Main study....

Psychological Birth Order

Coping Skills

Social Interest

Resilience
Psychological Birth Order

• Phenomenological
• No child is born into the same family
• Birth order is one of five major influences on personality development.
  – physical constitution and appearance;
  – formative education (parenting attitudes);
  – social/economic situation
  – and gender roles.
Gemeinschaftsgefühl

- Gemein = solidarity/togetherness/cooperation
- schaft = extend
- Gefühl = feeling

To extent my togetherness/cooperative feeling to you
Social Interest

• Community feeling
• “Doing what needs to be done, because it needs to be done”
• Social context
• An attitude or outlook towards furthering the welfare of others.
Social Interest

• “And since true happiness is inseparable from the feeling of giving, it is clear that a social person is much closer to happiness than the isolated person striving for superiority”.

-Resilience-
Remember....

Psychology of Possession

vs.

Psychology of Use
Effects of psychological birth order, social interest, coping strategies and their interactions on the resilience
Participants

- Recruited via paper and pencil and online surveys.
- N= 634 n= 247 individuals
  - Males= 85
  - Females= 162
  - Age Range 18-60
  - mean age=24.85 (S.D.=6.73)
INSTRUMENTS

• The List of Determining Risk Factors (Terzi, 2006)
• White Campbell Psychological Birth Order Scale (Campbell, White & Stewart, 1991; Kalkan, 2005)
• The Attitudes of Coping With Stress Inventory (Ozbay & Sahin, 1997)
• Social Interest Scale (Soyer, 2004)
• Resilience Scale (Wagnild & Young, 1993; Terzi, 2006)
Data analysis

Standard multivariate regression
Birth order and Social Interest

GUESS??
## Results

Table 2
*Inter-correlations, Reliability Coefficients, Mean Scores, Standard Deviations for The Variables*

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<td>.18**</td>
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**Correlation is significant at the .01 level.
*Correlation is significant at the .05 level.
## The Results of Multiple Regression Analyses

<table>
<thead>
<tr>
<th>Model</th>
<th>Variable</th>
<th>$\beta$</th>
<th>t</th>
<th>R</th>
<th>$R^2$</th>
<th>$R^2$ adj.</th>
<th>(d.f.) F</th>
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<td>(5,233) 15.85**</td>
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**Correlation is significant at the .01 level.
*Correlation is significant at the .05 level.
Multiple Regression

First Block
- Psychological Birth Order

Second Block
- Psy B. order
- Social Interest

Third Block
- Psy B. order
- Social Interest
- Coping
- Act. plan
- Ext help
- Seek rel
- Avoid-emot
- Avoid-biochem
- Accep-cogn rest

RESILIENCE

Youngest
- t = 2.600, p < .01

t = 8.017, p < .001

Active Planning
- t = 5.928, p < .001
“The moon stays bright when it doesn't avoid the night...”

Rumi
Early Recollections

2 ERs
Most vivid
Feeling
# Early Recollections

<table>
<thead>
<tr>
<th>ER</th>
<th>Most Vivid</th>
<th>Feeling</th>
</tr>
</thead>
<tbody>
<tr>
<td>I.</td>
<td>Climbing a tall tree with brother (4 story high), mother sees and panics</td>
<td>Height</td>
</tr>
<tr>
<td>II.</td>
<td>Hurting brother on sewing machine, spanked by mother</td>
<td>Innocent look of brother, his trust</td>
</tr>
<tr>
<td>I.</td>
<td>Uncle’s wife tells that she is picking nose, father scolds w/o checking truth</td>
<td>Father’s scolding</td>
</tr>
<tr>
<td>II.</td>
<td>Pees on herself at school</td>
<td>older brothers’ teasing her</td>
</tr>
<tr>
<td>I.</td>
<td>First day of school, removing shoes entering school thinking like home, corrects</td>
<td>Putting shoes back on</td>
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</tbody>
</table>
# Early Recollections

<table>
<thead>
<tr>
<th>ER</th>
<th>Most Vivid</th>
<th>Feeling</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. Brothers and cousins tease her for crying</td>
<td>Trying to control crying</td>
<td>Helplessness, anger at self</td>
</tr>
<tr>
<td>II. Going to friend's w/o telling mother</td>
<td>Spanked by mom</td>
<td>Shame, fear (mom would not forgive her)</td>
</tr>
<tr>
<td>I. A street child steals ice cream, mother does not believe</td>
<td>Eyes of the street child, hatred</td>
<td>Unhappiness</td>
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<tr>
<td>II. Neighbor dies, father kisses and tucks them in for the first time</td>
<td>Kiss from dad</td>
<td>yearning</td>
</tr>
<tr>
<td>I. Friends do not let them (siblings) play</td>
<td>Asking help from mother</td>
<td>Sadness</td>
</tr>
<tr>
<td>II. Registration at school</td>
<td>Happiness in grandfather’s face</td>
<td>Happiness</td>
</tr>
</tbody>
</table>
# Early Recollections

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<th>Most Vivid</th>
<th>Feeling</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. Mom talks about MIL, she tells grandmother, they fight</td>
<td>Mother’s crying over fight</td>
<td>guilt</td>
</tr>
<tr>
<td>I. Home alone w/ older brother @ night, family members call to</td>
<td>Everybody calling them get out</td>
<td>Trust</td>
</tr>
<tr>
<td>II. Hit by bicycle, falls, hits head on the corner of sidewalk</td>
<td>new tights getting ripped and head bleeding</td>
<td>fear</td>
</tr>
<tr>
<td>I. Dad insist him to eat cheese w/ egg: throws up</td>
<td>The feeling of egg and cheese in mouth</td>
<td>Disgust</td>
</tr>
<tr>
<td>II. Getting lost and being picked by the police</td>
<td>Police having him sit at the chief PO’s chair</td>
<td>Being loved</td>
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</tbody>
</table>
# Early Recollections

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<th>Feeling</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. Shopping for the first day of school, poverty, new things</td>
<td>Walking to school w/ new backpack</td>
<td>Excitement, fear happiness</td>
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</tbody>
</table>
# Manaster- Perryman ER Scoring

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Characters</td>
<td>Mother, father, siblings, other family members, non family $x=3$</td>
</tr>
<tr>
<td>Themes</td>
<td>Death, illness/injury, punishment, misdeed, new or unfamiliar situation, fear/ anxiety provoking sit. $x=2$</td>
</tr>
<tr>
<td>Concern w/Detail</td>
<td>Visual and motor</td>
</tr>
<tr>
<td>Setting</td>
<td>School, inside home, in the neighborhood, outside neighborhood $x=1$</td>
</tr>
<tr>
<td>Active/ Passive</td>
<td>Active (1 passive)</td>
</tr>
<tr>
<td>Control</td>
<td>Internal (1 external)</td>
</tr>
<tr>
<td>Affect</td>
<td>Positive and negative</td>
</tr>
</tbody>
</table>
Life Style Convictions

I am......

People are......

Life is.....

Therefore.....
Life Style Convictions

I am....... A person who likes adventure
People..... are tolerating, forgiving
Life is..... better if you learn from your mistakes
Therefore..... I try not to hurt other people
Life Style Convictions

I am .....remembering to have a nice childhood
People .....are sometimes inconsiderate
Life is.....not about getting stuck in past
Therefore..... Don’t worry be happy
I am always different from others
People are always supporting me
Life is difficult
Therefore, we need others to support us, otherwise it is not worth living
Life Style Convictions

I am very sensitive and emotional
People are sneaky when they realize my sensitivity
Life is where small ones are oppressed
Therefore never show your weakness
Life Style Convictions

I am......hurt growing up, learned to live with it
People are......clueless about my wounds
Life is.....difficult
Therefore..... I am still hopeful, just keep smiling
Life Style Convictions

I am......trying to be successful
People are......not considerate of others’ feelings
Life is.....full of surprises
Therefore.....you need to be a good person
Life Style Convictions

I .......sometimes can make mistakes
People are......sometimes unfair
Life is.....not always as we expect it
Therefore.....I might hurt others unintentionally, need to be careful
Life Style Convictions

I am very loyal to my family.

People are trustworthy that is what is most important for me.

Life is cruel, it can take your loved ones away.

Therefore I need to cherish every moment with loved ones.
Life Style Convictions

I am.......coolheaded and strong-willed

People are......trustworthy

Life is.....moving on

Therefore..... Life is better if you get along with others
Life Style Convictions

I am......curious
People are......helpful but can steer you wrong
Life is.....not something I think about
Therefore.....do not solely rely on others and external events, find yourself
Lost or Stuck

Dr. Wes Wingett
Lost or Stuck

• Pretend/ save face- dignity
• Active problem solving
• Asking for help
• Facing fear
• Trust
• Determination
• Humor
• Saved by loved one
COURAGE

Nazife Uzbe
Courage

Bernard Waber
Adlerian Courage

- Emotion based or not. An underlying cognitive process that is constructed on private logic
  - Move without hesitation
  - Consequences might provide significance or moving
    - Different from recklessness
    - Taking risks, solving problems
      - Feeling efficacious
  - Social interest, movement towards others
    - Altruism
    - Self-acceptance in spite of faults
  - Saying no, when needed
    - Authenticity
  - Know strategies that works and does not work
    - Belief and trust in success
    - Finding creative solutions
  - Finds alternative perspectives, does not give up
    - Cooperation
    - Knowing choices
    - Part of a larger society
  - Challenging negative events, finding new ways and acting
  - Instead of avoiding mistakes, focuses on learning from mistakes
    - Acceptance of imperfections
"COURAGE IS NOT DEFINED BY THOSE WHO FOUGHT AND DID NOT FALL, BUT BY THOSE WHO FOUGHT, FELL AND ROSE AGAIN."

- ADRIENNE RICH
Courage

- Hardiness studies
- Adlerian courage scale

*Quality of perception and movement which is not affected by the possible detrimental consequences. Confidence in oneself and one’s ability to cope with the particular situation whatever result may arise.*
Adlerian Courage Scale

• 84 items were developed:
  – Adlerian literature
  – Courage literature
  – Other courage scales
  – Interviews with 80 undergraduate students

• Adlerian researchers and clinicians reviewed the items, 54 item (44 positive statements, 10 negative statements)

• Likert 5 completely agree, 1 completely disagree
Adlerian Courage Scale

• N=346, (176 Female, 170 Male) with the mean age of 20.87
• Cronbach Alpha
• Principal Component Analysis, Kaiser-Meyer Olkin (KMO) and Barlett Sphericity test
• Factor Analysis (Exploratory and Confirmatory)
• 54 item Crα = .91
• 20 items left, one factor
• 20 item final form Crα = .89
Adlerian Courage Scale

- Movement toward positive
- Coping efficacy
- Courage to be imperfect (authenticity)
- Social functioning
Next....

- Courage
- Encouragement
  - Self-Encouragement
- Life Style
- Striving for Superiority (significance)
- Goal directedness
Life is not about how fast you run or how high you climb but how well you bounce.

~Vivian Komori