

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](#)



What makes people....

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



Resilience

The Courage to Come Back

Resilience

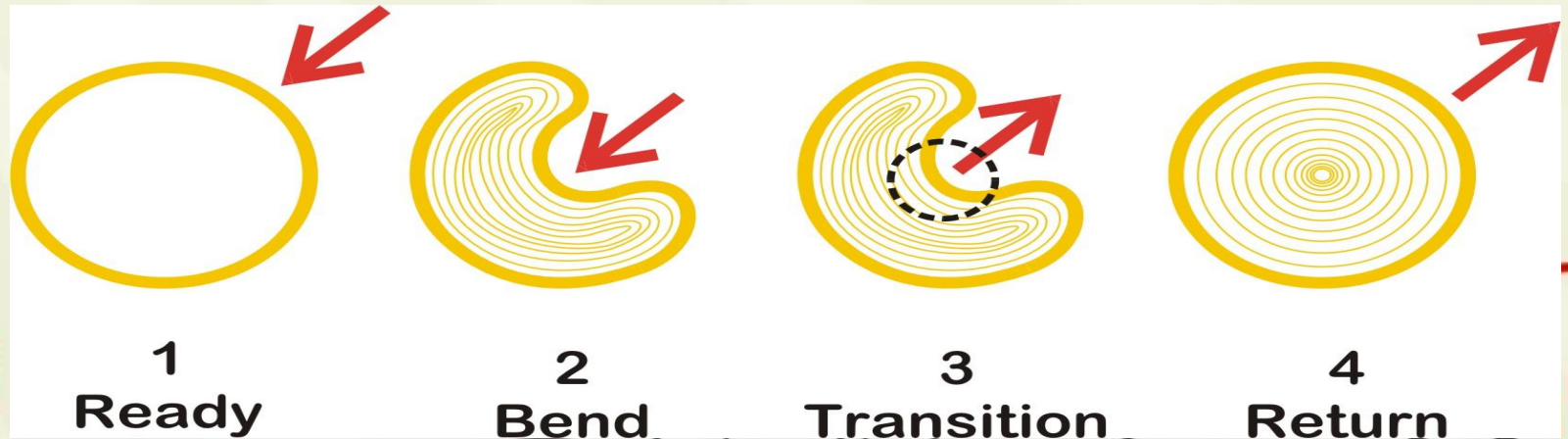
- adjust successfully in spite of difficult life conditions
- response to stress and adversity, with hope and optimism
- power of recovery and the ability to return
- personality characteristic that moderates the negative effects of stress and promotes adaptation



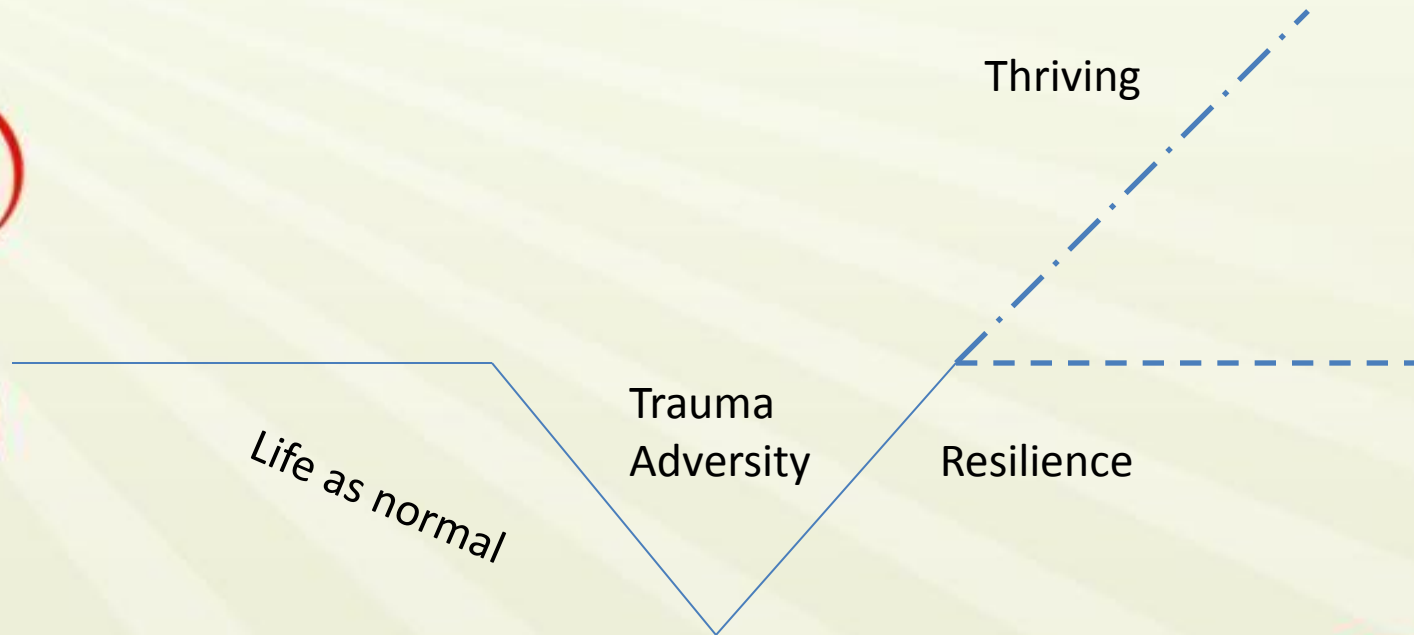
RESILIENT PERSON IS LIKE....

Resilience

- dynamic process that involves
 - successful coping
 - positive adaptation



Resilience



What is in literature?

humor

Social Support

Academic achievement

intelligence

Attachment



Internal Locus of control

coping

Intact families
spirituality

Self confidence

optimism

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.”

Alfred Adler (1870-1937), *Journal Articles*, 1932/2005, p. 54. Translated by Gerald L. Liebenau and edited by Henry T. Stein.

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.

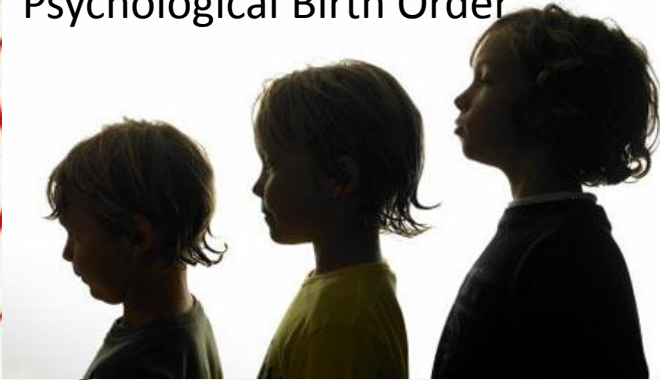
Alfred Adler (1870-1937), *The Science of Living*, 1929, p. 141-142.

Our Charge

- Get out there and show

Main study....

Psychological Birth Order



Coping Skills



Twinkl.com



Social Interest



dreamstime.com

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 extend 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-



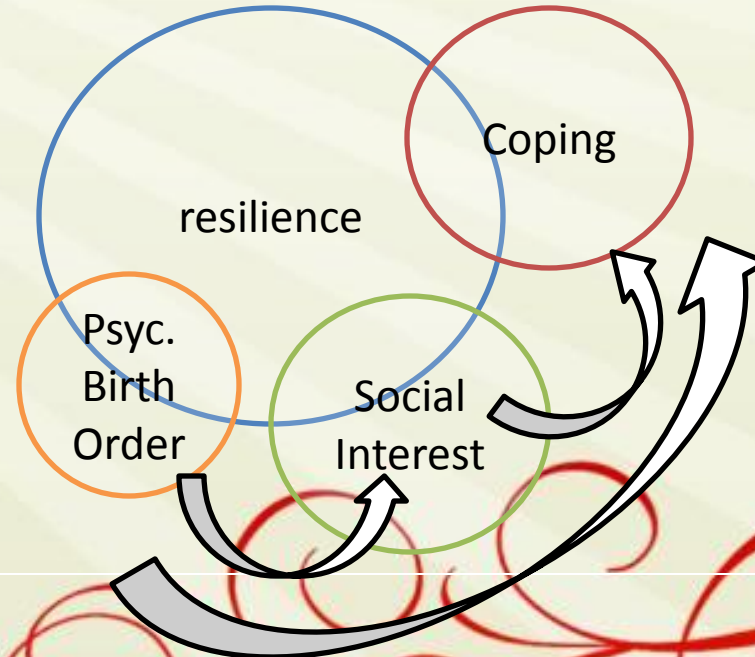
Remember....

Psychology of Possession

vs.

Psychology of Use

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



Participants

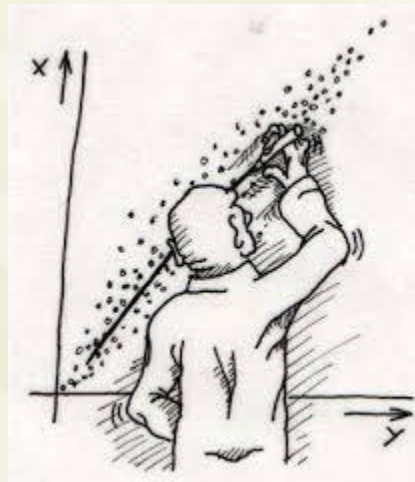
- Recruited via paper and pencil and online surveys.
- N= 634 n= 247 individuals
 - Males= 85
 - Females= 162
 - Age Range 18-60
 - mean age=24.85 (S.D.=6.73)

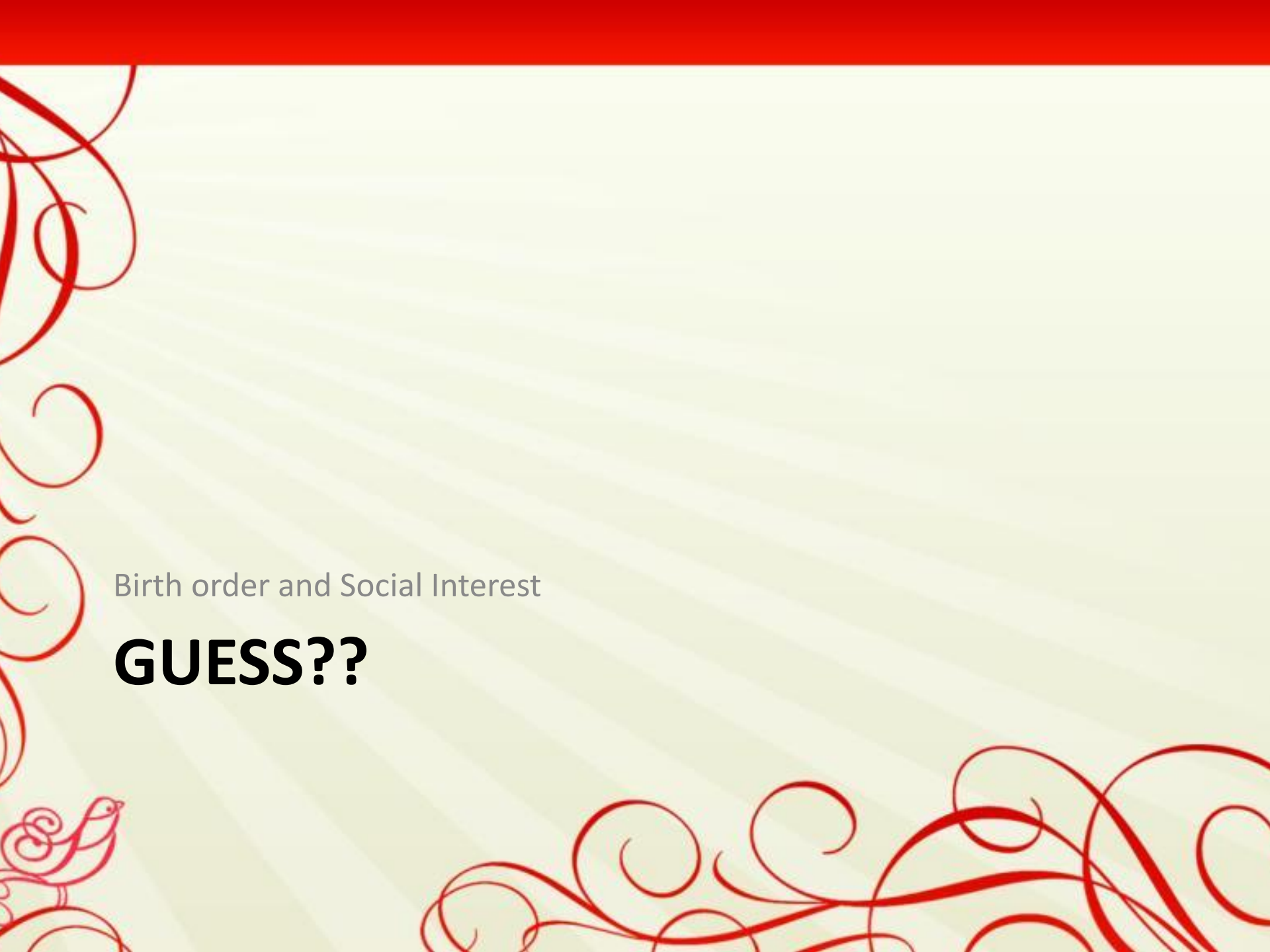
INSTRUMENTS

- **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

	1	2	3	4	5	6	7	8	9	10	11	12
1.Act. Plan	1.00											
2.Ext.Help	.62**	1.00										
3.Seek Rel.	.27**	.35**	1.00									
4.Emot.Act.	.35**	.42**	.26**	1.00								
5.Biochem	.42**	.32**	.08	.43**	1.00							
6.Accept	.73**	.58**	.29**	.53**	.50**	1.00						
7.Resilience	.53**	.25**	.10	.12	.17**	.36**	1.00					
8.PBO-Old	-.03	.02	.08	.17**	-.15*	-.09	.03	1.00				
9.PBO-Mid	.05	.11	.12	.05	.06	.16*	-.15*	-.09	1.00			
10.PBO-Youn	-.02	-.02	-.02	.05	-.07	-.09	.20**	.39**	-	1.00		
11.PBO-Only	.00	.02	-.04	-.03	.02	.06	-.04	-	.30**	-.01	1.00	
12.Soc.Int.	.31**	.23**	.15*	.05	-.05	.15*	.49**	.07	-	.18**	-.05	1.00

**Correlation is significant at the .01 level.

*Correlation is significant at the .05 level.

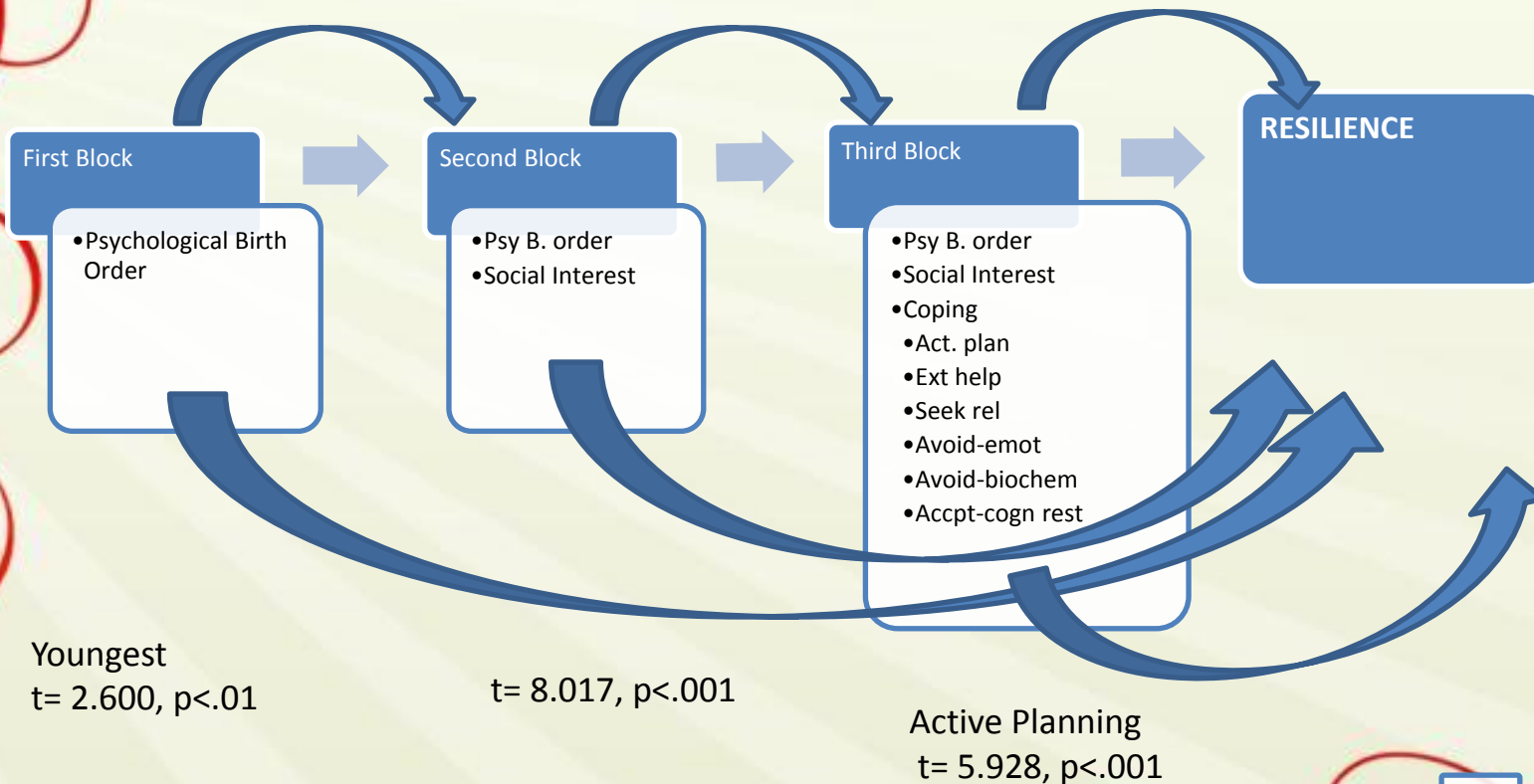
The Results of Multiple Regression Analyses

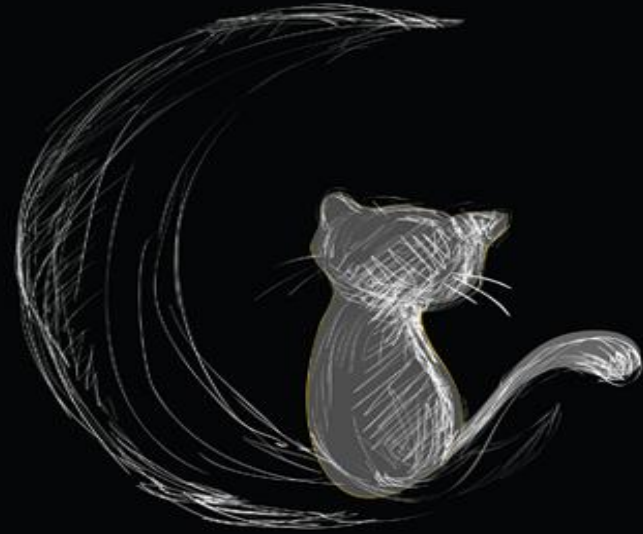
Model	Variable	β	t	R	R ²	R ² adj.	(d.f.) F
1				.22	.05	.03	(4,234) 2.95*
	PBO-Old	-.05	.80				
	PBO-Mid	-.07	-1.10				
	PBO-Youn	.19	2.60**				
	PBO-Only	-.02	-.31				
2				.50	.25	.24	(5,233) 15.85**
	Social Int.	.46	5.96**				
3				.67	.44	.42	(11,227) 16.43**
	Act. Plan	.49	5.93**				
	Ext.Help	-.12	-1.79				
	Seek Rel.	-.01	-.17				
	Emot.Act.	-.05	-.73				
	Biochem	.02	.30				
	Accept	.06	.74				

**Correlation is significant at the .01 level.

*Correlation is significant at the .05 level.

Multiple Regression





"The moon stays bright when
it doesn't avoid the night..."

Rumi

bejourney.com





Early Recollections

2 ERs

Most vivid

Feeling

Early Recollections

ER	Most Vivid	Feeling
I. Climbing a tall tree with brother (4 story high), mother sees and panics II. Hurting brother on sewing machine, spanked by mother	Height Innocent look of brother, his trust	Adventure, excitement Regret, guilt
I. Uncle's wife tells that she is picking nose, father scolds w/o checking truth II. Pees on herself at school	Father's scolding older brothers' teasing her	Hurt Anger, shame
I. First day of school, removing shoes entering school thinking like home, corrects	Putting shoes back on	Fear of shame, excitement

Early Recollections

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

Early Recollections

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

Early Recollections

ER	Most Vivid	Feeling
I. Shopping for the first day of school, poverty, new things	Walking to school w/ new backpack	Excitement, fear happiness

Manaster- Perryman ER Scoring

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

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 amremembering to have a nice childhood

Peopleare sometimes inconsiderate

Life is.....not about getting stuck in past

Therefore..... Don't worry be happy

Life Style Convictions

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

Isometimes 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

Life Style Convictions



A word cloud of life style convictions. The words are arranged in various orientations and sizes. The most prominent words are 'social-interest', 'care', 'movement', 'optimism', 'positive', and 'striving'. Other words include 'support', 'trust', 'internal-locus', 'goal-directed', 'directed', 'hard', and 'interest'. The colors range from dark red to gold.

support
care
Trust
movement
optimism
social
striving
internal-locus
goal-directed
goal
directed
hard
positive
interest



Lost or Stuck

Dr. Wes Wingett

Lost or Stuck

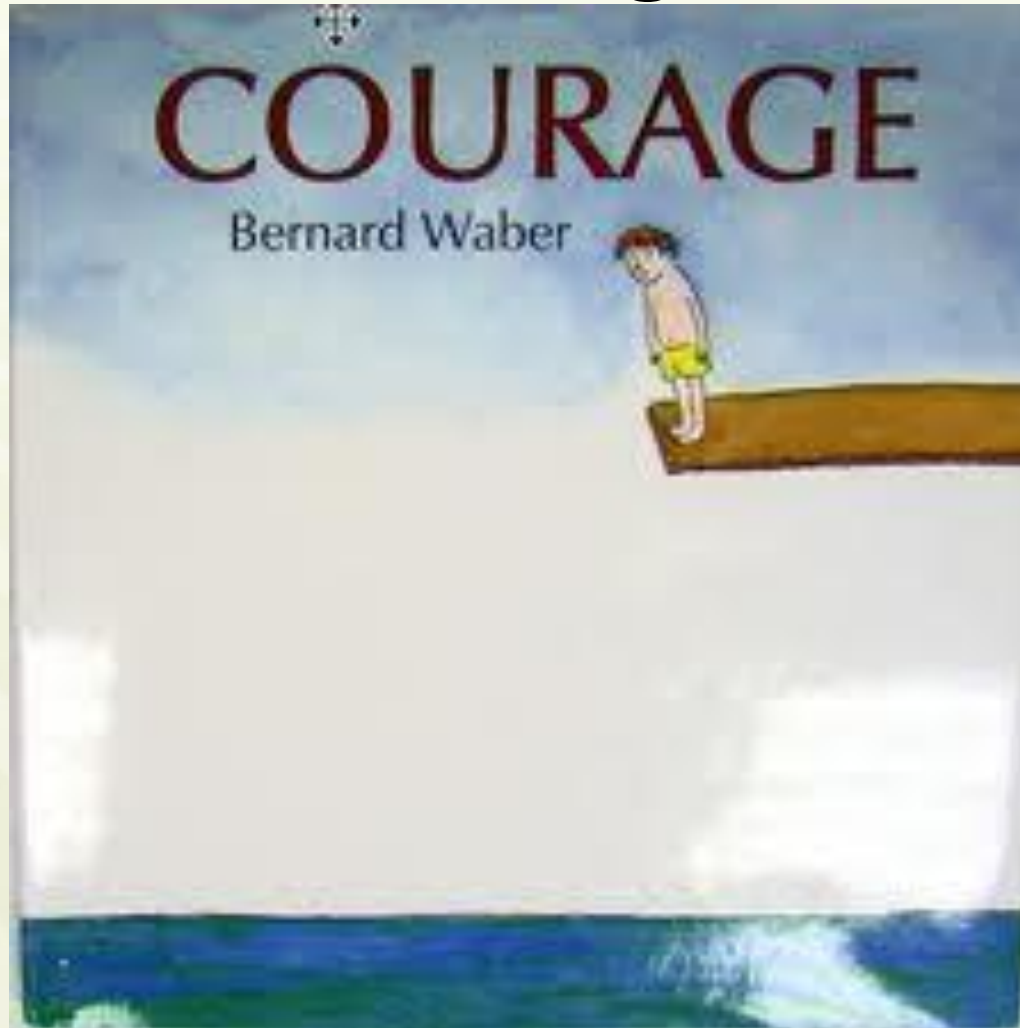
- Pretend/ save face- dignity
- Active problem solving
- Asking for help
- Facing fear
- Trust
- Determination
- Humor
- Saved by loved one

COURAGE



Nazife Uzbe

Courage



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



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QUESTIONS & ANSWERS FOR A HAPPY LIFE

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

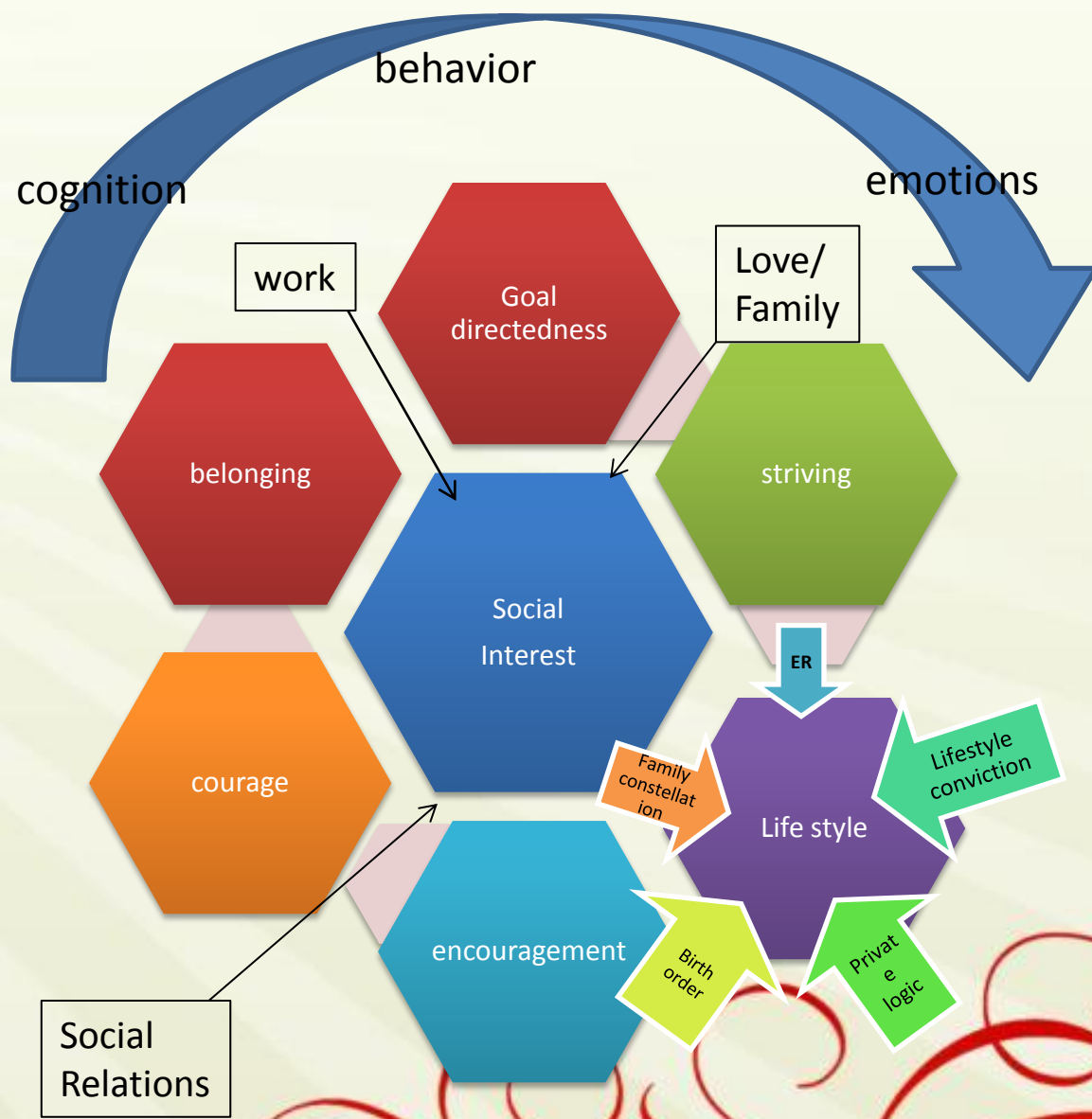
- N=346, (176 Female, 170 Male) with the mean age of 20.87
- Cronbah Alpha
- Principal Component Analysis, Kaiser-Meyer Olkin (KMO) and Barlett Sphericity test
- Factor Analysis (Exploratory and Confirmatory)
- 54 item $Cr\alpha = .91$
- 20 items left, one factor
- 20 item final form $Cr\alpha = .89$

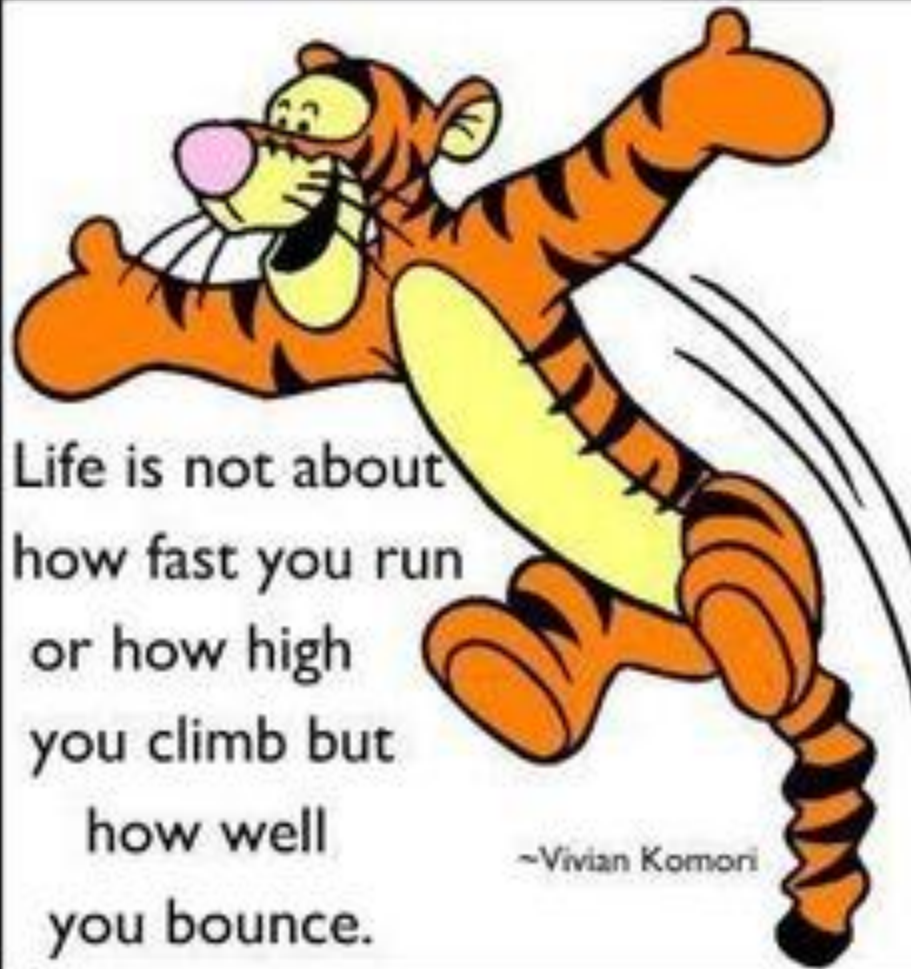
Adlerian Courage Scale

- 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