

Resilience and coping strategies: Learning to become resilient

Problem Statement: Resilience has been in studies for about four decades. Studies of resilience have gradually switched the perspective of mental health issues from psychopathology to a positive psychology. For the past 13 years, the author has focused on studying the process by which trait resilience influences coping strategies, which are related to adaptation and mental health. The author has always been exploring better approaches to improving human resilience.

Methods: Based on resilience theories and empirical studies, the following questions were addressed in my studies: (1) Can resilience predict active coping across different cultures? (2) Can resilience predict active coping across time? (3) Can resilience mediate the effect of stress on problem-solving? (4) Can resilience moderate the effect of stress on avoidance? (5) Can resilience be learned from life experiences? (6) In the process of learning to become resilient, do stress, generalized anxiety, attachment avoidance and attachment anxiety impact the influence of life experience-learning on resilience? Data were collected in the US, China, and Taiwan, using scales of resilience (e.g., Resilience Scale-14), coping strategies (e.g., Coping Strategies Questionnaire), stress (e.g., Perceived Stress Scale), and attachment (e.g., Attachment Style Questionnaire). Results showed that resilience was positively related to active coping and negatively related to avoidance. Resilience mediated the effect of stress on problem-solving and moderated the effect of stress on avoidance. Resilience can be learned from life experiences. In the process of learning to become resilient, stress, generalized anxiety, attachment avoidance, and attachment anxiety impacted the influence of life experience-learning on resilience. Data were collected in the US, China, and Taiwan, using scales of resilience (e.g., Resilience Scale-14), coping strategies (e.g., Coping Strategies Questionnaire), stress (e.g., Perceived Stress Scale), and attachment (e.g., Attachment Style Questionnaire). Results showed that resilience was positively related to active coping and negatively related to avoidance. Resilience mediated the effect of stress on problem-solving and moderated the effect of stress on avoidance. Resilience can be learned from life experiences. In the process of learning to become resilient, stress, generalized anxiety, attachment avoidance, and attachment anxiety impacted the influence of life experience-learning on resilience.