Greetings from Mälardalen university in the heart of Sweden,

Resilience and family health - towards an understanding of the concept

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The focus of resilience in this intensive course:

- Couples
- Family and sexual rights/health
The perspective of a couple / family in the community

What does it mean in nursing / midwifery to focus individuals / a couple / the family interaction or the family as a client in the community?

The theme of this intensive course:

How to strengthen the resilience of couples and families in nursing.

The significance of social and cultural factors for family and community health promotion.

How to build positive capacity and promote sexual health on every stage of life.
The concept Resilience

Used in several disciplines;

- Health promotion;
- Nursing;
- Positive psychology;
- Social work
- Pedagogy
- etc.

(In the database 'Discovery' from 1974-2013: 15,605 hits)

Why and when is it useful??

Related concepts to resilience

- Coping - ‘to manage successfully’ (Oxford American Dictionary) does not include the dimension of risks
- Salutogenes – a process towards health; a community perspective
- Sense of Coherence (KASAM) (Antonovsky, 1988)
  - manageability
  - meaningfulness
  - comprehensibility
    - A psychological state
- Pseudoresilience – have to do with creativity and art competense

What is resilience? – During the 90s

Characteristics in early research:

- Capacity to ‘bounce back’ in spite of stress or adversity
- Complex interplay between certain characteristics of individuals and their broader environments
- Balance between stress and the ability to cope
- Protective factors
- Dynamic
- Important during times of transitions!

Critical attributes in a concept analysis of resilience

- Rebounding and Carrying On
- A sense of Self – a balanced perspective of one’s life
- Determination - No ‘black and white thinking’
- Prosocial Attitude – encourage others


Protective factors / Attributes
(Concept analysis from nursing literature made by Earvolino-Ramirez, 2007)

- Good natured, Easy temperament
- Problem-solving ability, Decision-making ability, Future oriented
- Positive relationship, Communicates effectively, Sense of personal worthiness, Effective in work, play and love
- Positive social orientation, Assertive / asks for help, Informal social support network, Ability to have close relationships,
- Healthy expectations and needs, Uses talents to personal advantage, Flexible, Believes in her or his self-efficacy,
- Interpersonal sensitivity, Abilities to have close relation, Trust in others
- Sense of humor, Productive critical thinking skills, Manages range of emotions, Adaptive distancing
- Spiritual meaning of life, High expectations


Antecedents and Critical attributes and Consequences in a concept analysis

- ANTECEDENTS
  - Adversity
  - Interpretation as traumatic
  - Cognitive ability
  - Realistic world-view

- DEFINING ATTRIBUTES
  - Self-efficacy
  - Hope
  - Coping

- DEFINING ATTRIBUTES
  Integration, Control, Adjustment and Growth
Resilience in Health Promotion

- Is a process - Not a state: A dandelion flower/child / Swedish: Maskrosblomma/barn /
- Is an interaction between Internal resources and External environment
- Include protective factors
- Include socio-spiritual-cultural traditions and beliefs
- Have to do with strategies to master situations / life threatening issues

Resilience - a process

- Include opportunities / 'To be a dandelion flower in a asphalt road might be a result
  - ' Small things on the way can make a massive difference'
  - It is about what can we do/support/change by time
- Interaction between Internal resources and an External environment

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Which are internal; external and cultural factors ????
Eco-cultural factors influencing Couples/Families in the community

**Cultural-specific resilience factors**

- Religiosity and spiritual connectedness
- Extended family support arrangements
- Adoption of a kin or kinship / Belonging
- Identification of ethnic / cultural group

*(Montgomery-Andersen & Borup, 2012)*

**Strategies to master situations / life threatening issues**

= Building strengths

- Community based programs; *ex. encourage neighborhood*
- Programs involve multiple agencies; *Collaborative services*
- Family programs; Intergenerational activities
- Comprehensive programs; *ex. Focusing family's needs*
- Empowering; *nurturing connections with others; support own resources*
- Culturally relevant programs
Interventions which are found to provide potential to build strengths and protective factors

- Holistic interventions that don’t just tackle ‘the issues’ or ‘on issue’
- Having mentors who stick with disadvantages over time
- Belonging to something / someone (Family, peer group, kinship, group etc.
- Doing ‘good things’ / volunteering
- Using media
- Exploiting the full potential of the Internet, mobile, phones and other new technologies

'Resilient Therapy'
(in UK by Angie Hart, social worker)

Accepting
Conserving
Commitment
Joining

Basics: Housing, Food, Freetime

Belonging: Someone, Relationships, Responsibilities

Coping: Understanding, Solving

Learning: skills, interests, talents

The concept Resilience – in your own language

- Swedish -
- Finnish -
- Norwegian -
- Danish -
- Other:
What does it mean in nursing / midwifery to focus the concept of resilience when encountering an individual / a couple or a family?

References