

SOCIAL RESILIENCE

Resilire is the Latin verb to bounce or jump again. In the physical resilience is the ability of a material to regain its shape after being subjected to high pressure. A mid-twentieth century, psychology began using the term to refer to the guidelines that allow people to overcome adverse situations and take advantage of them.

Resilience is not resistance. Resistance can manifest itself in silence, denial, avoidance and embarrassment, intense emotional reactions. The resistance serves as a defense mechanism against the anxiety of the individual who experiences if the feelings and impulses that repudiate. Resistance occurs during the free association of psychoanalytic treatment, when the patient represses memories and insights that will cause anguish and pain of making them aware, produces an opposition to the data unconscious repressed become aware. Freud called resistance to the difficulties and obstructions in free association the patient was doing: blocking, embarrassment, silence and anguish.

Resilience is a person's overall capacity to develop and function effectively against adversity or recover, in the interaction with the environment is more resilient to the pressures and difficulties, is to overcome the extreme situations of personal risk or social, and even emerge stronger: it implies a good social adaptation of a person to adversity or under stress, the ability to recover from the destruction, ie the ability to protect one's life and integrity to the deforming pressures and the ability to build positive life behaviors, despite the difficult circumstances. Resilience is used to solve problems and is linked to a different perspective of life in situations of conflict, in which protective factors and factors involved reinforcing.

The protective factors are the traits of the person and the environment in which it is inserted to allow more or less positively overcome the conflict, according to moral and ethical standards of the community. Among these is the relationship of a significant adult, reaffirming the confidence of the individual, that motivates you, that gives unconditional love and acceptance.

"Factors strengtheners" are related to social organizations, educational institutions, opportunities for participation and sense of humor, which can contain and help build self-esteem, and a constructive perception of whether by recognizing the value and potential of subject.

Rutter studied the psychophysiological bases of resilience. Resilience involves behaviors, thoughts and actions that anyone can learn and develop. It is about knowing how human beings face possible causes of stress. We explore what conditions are provided with the resilient, why and how they overcome the risk. That adversity is not derived mechanically damaged individuals, shows that the conformation of these factors depends not only on conditions such as economic resources, food, parental education, maternal stimulation, the availability of toys, but mainly from the mechanisms and dynamics as they interact.

Not every response to adversity is resilient. Not decrecionista smallholder economy resilient as it reduces productivity, it is extremely localized, rejects the technological development and

productive ultraespecialización. Are resilient forms of collective agricultural production and recovery balance between environmental benefits, such as files.

Each culture has strategies to build resilience that some people work for them to communicate feelings and work through adversity. Individuals "resilient" possess a high level of competition that protects psychological stress, good intellectual level, ability to prevent and solve problems, emotional intelligence, coping strategies, self-administered achievement motivation, high self-esteem, optimism, autonomy and independence, empathy , good interpersonal skills, sense of humor, among others.

A primary factor in resilience is having to provide care, support and trust within and outside the family, who provide role models, encouragement and reassurance. Family support and integration in the first three years of life will be reflected in future projects and the success or failure. The chances of a child's educational attainment is substantially widen if healthy and able to study without facing additional obstacles.

Resilient subjects, usually young children have had traumatic event to occur, parents have been competent, integrated into social support networks, they have offered warm relationships in their childhood socioeconomic status was higher, the absence of organic deficits, temperament strong perceived as competent parents had better informal support network (friends, family, co), real loving relationships and opportunities for participation that made them feel important and loved.

Resilience can be developed in some strategies:

- Keep good relations with family, close friends and significant others.
- Take adversity as a challenge, as a test, as a growth opportunity.
- Recognize their own strengths, abilities and skills, self confidence, assertiveness, problem-solving ability to manage strong feelings and impulses.
- Address their needs and feelings, apply weld therapy (giving positive messages to yourself), cultivate a sense of humor, creativity, expand interests and imagination, can move away from conflict, avoid blocked by negative emotions and depression.
- Do not see problems as insurmountable and wait for a better future, to have someone to place affection, admiration and trust, "support networks" or containment, links to nourish and prevent feeling helpless, hopeful alternative view in situations that are perceived deficiencies.
- Make realistic and achievable plans.

The lack of social support networks to cope with difficulties, premature entry to employment performance of low-paying jobs, lack of protection of health and labor rights, prolonged unemployment, failure, school dropout, addictions etc. Result in low self-esteem , trouble making sense of the present and the absence of a future project. Work as resilient implies a

paradigm shift, because the focus is on strength and see the problems positively. Everyone can learn and develop resilient behavior, interaction with the environment, especially if it is enriching. Enhancing resilience could be achieved by reducing crime, violence, drug addiction, etc. Search should focus on personal and environmental resources of individuals, their families, friends, community, social organizations, the State. It must promote social inclusion measures, to harness the vitality and the ability to participate actively in the present and build a life project that contributes to community and country.

Written by Jorge Ismael García Corleto. Adaptation: Victoria Andrea Muñoz Serra.

REFERENCE OF THIS TEXT

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