



Evidence and Predictors of Resilience among Young Adults Exposed to Traumatic Events of the Armed Conflict in Kashmir

AeHSan Ahmad Dar^a , Sibnath Deb^b , Shinto Thomas^c,
Dhamodharan M.^d, Farhat Jahan^a, Bushra Sumaiya^e, and Shubhangi Gupta^a

^aDepartment of Clinical Psychology, Faculty of Behavioural Sciences, Shree Guru Gobind Singh Tricentenary University, Budhera, Gurugram, Delhi NCR, India; ^bRajiv Gandhi National Institute of Youth Development, Ministry of Youth Affairs and Sports, Government of India, Sriperumbudur, India; ^cDepartment of Psychology, CHRIST (Deemed to be University), Bangalore, Karnataka, India; ^dDepartment of Applied Psychology, Pondicherry University, Puducherry, India; ^eFaculty of Education, Shree Guru Gobind Singh Tricentenary University, Budhera, Gurugram, Delhi NCR, India

ABSTRACT



No study to date exists regarding resilience in the context of armed conflict in Kashmir, India. Therefore, this study intended to understand the factors that predict resilience among young adults affected by the violence of the protracted conflict in Kashmir. The data were collected from 656 students, who experienced stress, related to the conflict. Findings showed that more than a quarter of the respondents (35.8%) were exposed, from 7 to 10, less than a quarter (16.6%) of participants reported 2–6, and almost half of the respondents (47.6%) were exposed to 11 or more stressful events related to the conflict in Kashmir. Multiple hierarchical regression analysis was used to examine the role of conflict exposure, social support, and demographic variables in predicting resilience. The results of the final regression model revealed that exposure to armed conflict, social support, level of education, monthly family income and gender, emerged as significant predictors of resilience. The study recommends the formulation of programs to sensitize people living in the areas affected by the armed conflicts, regarding the importance of social support and resilience, to help them withstand various adverse life experiences.

KEYWORDS

Kashmir; armed conflict; trauma; violence; resilience; social support

Introduction

The Kashmir dispute began with the partition of the Indian subcontinent in 1947 between the emergent nations of India and Pakistan (Bose, 2003). Since then, both countries have been claiming Kashmir and fought four major wars over its control (Ganguly et al., 2019). Kashmir has been the bone of contention and heart of the conflict between two South Asian

CONTACT AeHSan Ahmad Dar  aehsanbla@gmail.com  Department of Clinical Psychology, Faculty of Behavioural Sciences, SGT University, Delhi NCR, Haryana, India.

© 2021 Taylor & Francis Group, LLC