

# Conceptualizing Resilience: A Process-Oriented Approach

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 Resilience is a dynamic process that enables individuals to adaptively respond to adversity and maintain or regain a sense of well-being. This approach emphasizes the role of protective factors and processes in resilience, rather than focusing solely on individual characteristics. Key factors include personal resources, social support, and community engagement. The process-oriented approach highlights the importance of ongoing adaptation and the role of resilience in promoting positive mental health outcomes. This approach is grounded in a systems perspective, recognizing the interconnectedness of biological, psychological, and social factors. Research has shown that resilience is not a fixed trait but a skill that can be developed and strengthened through various interventions and practices. Understanding resilience as a process allows for a more comprehensive and nuanced view of how individuals cope with and overcome challenges. This approach is particularly relevant in the context of mental health, where resilience is a key factor in recovery and long-term well-being. The process-oriented approach provides a framework for understanding the complex and dynamic nature of resilience, and offers practical insights into how it can be fostered and supported. This approach is essential for developing effective interventions and programs that promote resilience and mental health. The process-oriented approach is a key component of a holistic and integrated view of resilience, and it is essential for understanding the full range of factors that influence resilience. This approach is a critical step towards a more comprehensive and effective understanding of resilience and its role in mental health. The process-oriented approach is a key element of a systems-based approach to resilience, and it is essential for understanding the complex and dynamic nature of resilience. This approach is a critical step towards a more comprehensive and effective understanding of resilience and its role in mental health. The process-oriented approach is a key component of a holistic and integrated view of resilience, and it is essential for understanding the full range of factors that influence resilience. This approach is a critical step towards a more comprehensive and effective understanding of resilience and its role in mental health.

## Conceptualizing Resilience: A Process-Oriented Approach

Individuals who are resilient are able to adaptively respond to adversity and maintain or regain a sense of well-being. This approach emphasizes the role of protective factors and processes in resilience, rather than focusing solely on individual characteristics. Key factors include personal resources, social support, and community engagement. The process-oriented approach highlights the importance of ongoing adaptation and the role of resilience in promoting positive mental health outcomes. This approach is grounded in a systems perspective, recognizing the interconnectedness of biological, psychological, and social factors. Research has shown that resilience is not a fixed trait but a skill that can be developed and strengthened through various interventions and practices. Understanding resilience as a process allows for a more comprehensive and nuanced view of how individuals cope with and overcome challenges. This approach is particularly relevant in the context of mental health, where resilience is a key factor in recovery and long-term well-being. The process-oriented approach provides a framework for understanding the complex and dynamic nature of resilience, and offers practical insights into how it can be fostered and supported. This approach is essential for developing effective interventions and programs that promote resilience and mental health. The process-oriented approach is a key component of a holistic and integrated view of resilience, and it is essential for understanding the full range of factors that influence resilience. This approach is a critical step towards a more comprehensive and effective understanding of resilience and its role in mental health.

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Table 4. Correlation among main study variables

	1	2	3	4	5	6	7	8	9	10	11
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1. A a t W a 3	1.00										
2. G r	-.11	1.00									
T r a a t c a r x r c											
3. K / j r o o r t r a r	.09	-.09	1.00								
4. R a / x a a a t r t a r	.03	.45	.14	1.00							
5. D a t o f a r t ( ) r t a r	-.03	.06	.05	.10	1.00						
C o o											
6. A r o a c c o	.11	-.12	-.02	-.01	.01	1.00					
7. A o a c c o	.06	-.09	-.09	-.10	-.14	-.22	1.00				
W a 3 t a a t a											
8. I t r a b a o r	-.05	.0001	.16	.04	.18	-.01	-.36	1.00			
9. E x t r a b a o r	-.01	-.07	.21	-.04	.01	-.10	-.03	.40	1.00		
10. A a t / r o c a b a o r	.15	-.22	-.08	-.11	.007	.34	-.15	.07	-.09	1.00	
11. P o t t r a a t c t r t o	-.01	.03	.24	.07	.18	.06	-.41	.61	.25	.01	1.00

1.61,  $p = .04$ ), a a r a r T3 t r a b a o r ( $b = 1.30, p = .08$ ).

*Gender, age, and mental health.* T r f f c t o f r a a r t a t t c a f c a t o r f o r a a t / r o c a b a o r a t T3. M a r o r t r T3 a a t / r o c a b a o r c o a r t o f a ( $b = 2.07, p = .03$ ). R a r f f c t , r a t o a a r a b j c t a a f c a t a o c a t t r a T3 a a t / r o c a b a o r ( $b = 0.28, p = .006$ ).

*Coping and mental health.* A r o a c c o a t a t t c a f c a t a o c a t t r a T3 a a t / r o c a

b a o r ( $b = 0.73, p < .001$ ). I t a a o a o c a t t r a a o r T3 x t r a b a o r ( $b = 0.20, p = .06$ ), a t r a b a o r ( $b = 0.20, p = .08$ ). A o a c c o a f c a t a o c a t t r a o r T3 t r a b a o r ( $b = 1.47, p < .001$ ), o r T3 a a t / r o c a b a o r ( $b = 0.75, p = .005$ ), a o r o t t r a a t c t r t o ( $b = 2.01, p < .001$ ).

*Mediation through approach and avoidance coping*

T r t o f t a t o a a f o r a a t a t t a r r t t Tab 6. W t t r a r o a c

Table 5. Estimated regression models predicting Wave 3 mental health outcomes from baseline war exposures, gender, age, and coping with autoregressive controls

	I t r a b a o r B a o r b (SE)	E x t r a b a o r B a o r b (SE)	A a t / P r o c a B a o r b (SE)	P o t t r a a t c S t r S t o b (SE)
K o r o o o o r t r a r	1.41* (0.69)	1.60** (0.53)	-1.45 (0.78)	3.17*** (0.82)
W a r a o r x a a a t r t a r	-0.72 (1.06)	-0.51 (0.74)	-0.24 (1.03)	-0.36 (1.16)
P a r t ( ) r t a r	1.30 (0.73)	0.13 (0.54)	0.86 (0.71)	1.61* (0.75)
F a	-1.05 (0.89)	-0.45 (0.64)	-2.07* (0.87)	0.02 (0.90)
A a t T 3	-0.11 (0.09)	0.01 (0.07)	0.28** (0.10)	-0.03 (0.10)
I t r a b a o r a t T 1	0.10 (0.06)	0.03 (0.03)	0.05 (0.06)	0.08 (0.06)
E x t r a b a o r a t T 1	-0.02 (0.09)	0.09 (0.06)	-0.13 (0.10)	-0.01 (0.10)
E x t r a b a o r a t T 2	0.00 (0.09)	0.07 (0.06)	0.04 (0.09)	0.02 (0.10)
A a t / r o c a b a o r a t T 1	-0.09 (0.05)	0.07 (0.04)	0.08 (0.06)	0.02 (0.06)
A a t / r o c a b a o r a t T 2	0.05 (0.05)	-0.04 (0.03)	0.11* (0.05)	-0.02 (0.06)
P o t t r a a t c t r t o a t T 2	-0.07 (0.89)	-0.01 (0.04)	0.07 (0.06)	-0.10 (0.08)
A r o a c c o	-0.20 (0.11)	-0.20 (0.10)	0.73*** (0.13)	-0.05 (0.14)
A o a c c o	-1.47*** (0.23)	-0.12 (0.18)	-0.75** (0.26)	-2.01*** (0.25)

Note: Co f f c t b, t a t r o c o f f c t f o r t r a o c a t r c t o r; SE, t a r r o r f o r t r a o c a t r o c o f f c t .  $p \leq .1$ . \* $p \leq .05$ . \*\* $p \leq .01$ . \*\*\* $p \leq .001$ .

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