Narrative Study to Resilience and Adversity's Response

Authors : Yun Hang Stanley Cheung

Abstract : In recent years, many educators and entrepreneurs have often suggested that students' and workers' ability of the adversity response is very important, it would affect problem-solving strategies and ultimate success in their career or life. The meaning of resilience is discussed as the process of bouncing back and the ability to adapt well in adversity's response, being resilient does not mean to live without any stress and difficulty, but to grow and thrive under pressure. The purpose of this study is to describe the process of resilience and adversity's response. The use of the narrative inquiry aims for understanding the experiential process of adversity response, and the problem-solving strategies (such as emotion control, motivation, decisions making process), as well as making the experience become life story, which may be evaluated by its teller and its listeners. The narrative study describes the researcher's self-experience of adversity's response to the recovery of the seriously burnt injury from a hill fire at his 12 years old, as well as the adversities and obstacles related to the tragedy after the physical recovery. Sense-Making Theory and McCormack's Lenses were used for constructive perspective and data analyzing. To conclude, this study has described the life story of fighting the adversities, also, those narratives come out some suggestions, which point out positive thinking is necessary to build up resilience and the ability of immediate adversity response. Also, some problem-solving strategies toward adversities are discussed, which are helpful for resilience education for youth and young adult.