

A Comparative Study of Resilience in Third Culture Kids and Non Third Culture Kids

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Abstract : We live in the 'age of migration' where global migration and repatriation is the stark reality of human lives in the contemporary world. With increasing number of people migrating and repatriating for education, work, or crisis situations, there is an ever-growing need for active research into the effects of repatriation and migration on the psychological well-being of the migrants and expatriates. Moving across borders has resulted in individual developing a third culture and hence such individual are known as Third Culture Kids (TCKs). The aim of the study was to understand the difference in the resilience between Third Culture Kids and Non- Third Culture Kids and gain an insight into how resilience is shaped by migratory experience. The sample comprised of 200 participants that included 100 TCKs and 100 Non-TCKs. The participants were in the age range group of 17-26 years and were pursuing their college education in various parts of the world. The variable of Resilience was measured using the Resilience scale developed and standardized on TCK population which included subtests; Emotional Regulation, Impulse Control, Causal Analysis, Self Efficacy, Realistic Optimism, Empathy and Reaching Out. The data was obtained from in-person sessions and over Skype. The data was analyzed using independent sample t-tests. Results indicated that there is a significant difference between TCKs and Non-TCKs on Impulse Control, Causal Analysis, Realistic Optimism, Empathy and Reaching Out. However, no significant difference was found on the sub-variables of Self Efficacy and Emotional Regulation.

Keywords : third culture kids, resilience, immigration, cross-cultural psychology, repatriation, emotional maturity, emotional regulation, impulse control, causal analysis, self-efficacy, realistic optimism, empathy, reaching out

Conference Title : ICP 2018 : International Conference on Psychiatry

Conference Location : Dublin, Ireland

Conference Dates : July 23-24, 2018