

Abstract

The present study aimed to determine the relationship among resilience, mental health problems and perception of bullying victimization among adolescents. Initially, the expression and manifestation of resilience was explored from 36 adolescents (18 girls and 18 boys) that resulted into 86 items which converted into a self report measure (Resilience Scale for Adolescents (RISA)). A sample of 690 adolescents (54%boys, 46%girls) selected through stratified random sampling was given a demographic performa along with RISA, School Children Problem Scale (SCPS) and Bullying Victimization Scale (BVS). Principal Component Factor analysis resulted into six factors of RISA Self Regulation, Self Confidence, Robustness, Optimism, Tolerance and Poor Problem Solving. The scale was found to have high psychometric properties. Multiple Regression Analysis illustrate that resilience is found to be a negative predictor of mental health problems and bullying victimization. Further results are also discussed in terms of strength based model and with reference to demographic variables, future implications were also given with reference to cultural context.