

## Positive Attachment, Resilience, and Transition Behaviour among Second Generation Indian- Australian Adolescents

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While a qualitative study on Anglo-Indians suggests their relative ease in adapting to Australia due to shared Western cultural values and British heritage, there's a scarcity of studies focusing on the adjustments of Indians in Australia. Challenges might arise, particularly for first-generation Indian Australians, due to their transnational connections and values from their homeland. This adjustment difficulty may potentially impact second-generation Australians raised in Australia by immigrant parents, especially in terms of their value systems at home and in broader society. This study is aimed at finding out the relationship between Resilience, Positive attachment, and Transition behaviour among second-generation Indian-Australian Teenagers. Data was gathered from a total of 180 adolescents of both Genders (Male N= 107, Female N= 73), Resiliency Scales for Children and Adolescents (RSCA) by Sandra Prince-Embury and Bell Relationship Inventory for Adolescents by Morris D Bell, (BRIA) and Transition Behaviour Scale 3<sup>rd</sup> Edition TBS-3 by Stephan B McCarney & Tamara J Arthaud were the tools used. Pearson's product-moment correlation revealed that all three variables are significantly correlated. The results also show that resilience is a significant predictor of transition behaviour. There was no gender difference observed on positive attachment, resilience, and transition behaviour in the male and female populations.

**Keywords:** Positive Attachment, Resilience, Transition behaviour, Indian- Immigrants, Adolescents.

The history of immigration in Australia dates to European settlement in 1788. Initially settled by convicts from Britain, Ireland, and other colonies, subsequent waves of voluntary migrants from Britain, Ireland, Europe, China, the United States, and the South Pacific arrived between 1788 and 1861 (Jupp, 2001). Regarding Indian migration to Australia, different phases were observed from the early 1800s to the present, marked by varying migration patterns. Census data from 2021 reveals a significant increase in the Indian-born population, constituting 2.6% of Australia's population. Notably, Victoria houses the largest proportion of Indian-born Australians, followed by New South Wales and Queensland. The census also highlights diverse Indian ancestries and religions

among the population (Australian Bureau of Statistics).

### Positive Attachment

Attachment serves as a crucial factor in building relationships, originally proposed by Bowlby to explain the vital bond between parents and infants necessary for survival. During stress, children seek safety from parents or caregivers, while in relaxed situations, they reduce closeness seeking behaviour to explore their environment confidently (Bowlby, 1969). This attachment system allows children a balance between security and exploration. Securely attached children seek parental support during stress yet willingly explore in calm moments. In contrast, parental unavailability or insecure

attachment may lead to children feeling unlovable and exhibiting anxious-avoidant behaviour (Ainsworth et al., 1978).

Allen & Miga, (2010), Adolescents face a similar attachment challenge, navigating the balance between connecting with parents and exploring new roles outside the family. They begin establishing relationships with peers and romantic partners. Research indicates that adolescents' attachment security mirrors that of childhood. Insecurely attached teens may engage in risky behaviours like excessive drinking or risky sexual conduct. Conversely, female adolescents with secure attachment exhibit lower rates of teenage pregnancy and fewer concerns about weight or eating disorders (Jones & Cassidy 2014). Ultimately, secure attachment significantly contributes to healthy adolescent adjustment.

### **Resilience**

Resilience has gained considerable attention over the past four decades since researchers observed that children and youth could cope and adapt despite adversity. Empirical evidence indicates that resilience is dynamic, developmental in nature, and interactive with one's environment (Ahern, Ark, & Byers, 2008). As stated by Masten (2012), several terms, including "stress-resistant," "successful high-risk kids," and "invulnerable," have been suggested to describe children who are emotionally resilient. The idea of "invulnerability," in the opinion of Vaillant, (1995) an early supporter of the literature on resilience, was inadequate since it failed to recognise the child's painful experience. Vaillant coined the term "resilience". Hauser et al., (2006), and social scientists and practitioners have been using it extensively ever since. Masten et al., (1990), "the process of, capability for, or outcome of successful adaptation despite adverse circumstances" is one of the widely accepted and used definitions of resilience

for both adults and children, though other definitions have been proposed by researchers. Masten, (2013) goes on to say that children are seen as resilient when they experience prosocial development regardless of challenges.

### **Transition Behaviour**

Adolescence marks a pivotal phase characterized by multiple changes, serving as a bridge between childhood and adulthood. It involves rapid physical, emotional, and social shifts, fostering independence from parental dependence (Steinberg, 2008). This transition imposes added pressure on teenagers amidst other changes. Erikson, (1968) defines this period as a conflict between 'ego identity versus role confusion.' To resolve this, adolescents seek identification with role models or move towards preferred occupations. Successfully navigating this shift from dependence is crucial. Those achieving fidelity can later succeed in 'intimacy versus isolation,' forming genuine relationships. Ultimately, the smooth transition to an independent life shapes success in later stages, (Erikson 1968).

Rasmussen et.al, (2018) concluded that secure attachment is associated with the presence of resilience. As per Research attachment style may contribute to individual differences in resilience. The study by (Bender & Ingram, 2018) evaluated the partial contributions of attachment security, self-efficacy, and self-care to resilience among undergraduate students. security and resilience. (Kural & Kovacs, 2021) evaluated the role of attachment insecurity in resilience among a Turkish sample during the COVID-19 pandemic and found out that low levels of attachment anxiety and the ability to use problem-focused coping strategies may be associated with greater resilience. (Tepeli Temiz & TARI Cömert, 2018) investigated the relationship of attachment styles to life

satisfaction and psychological resilience of university students. Study findings showed that an increase in anxious and avoidant attachment scores was related with lower levels of life satisfaction. It also revealed that the anxious and avoidant attachment styles don't predict resilience. Additionally, Individuals with high level of psychological resilience showed increased satisfaction. (Terzi, 2013) examined the role of a secure attachment style and coping strategies and their interactions on the resilience on a group of Turkish college students. The results showed that secure attachment style, and coping styles of active planning, avoidance/biochemical, and acceptance/cognitive restructuring were significant predictors of resilience. It was found that in case of low score on secure attachment style, the presence of acceptance/cognitive restructuring orientation increased the resilience scores. Whereas in case of high scores on secure attachment style acceptance/cognitive restructuring had no influence on the resilience scores. (Holmes, 2017) summarised and illustrated that Attachment and resilience are related categories. Various patterns of attachment i.e., secure, insecure-organised, and insecure-disorganised – are present in different patterns of resilience. (Naderi & Abbasi 2016) obtained results, secure attachment style as positive predictor of resilience and quality of life, Insecure attachment avoidant style as a negative predictor of resilience and the insecure attachment ambivalent style was a negative predictor of resilience and quality of life whereas resilience as a positive predictor of quality of life. Resilience played marginal role of mediator between insecure attachment ambivalent style and quality of life. Resilience was found to be complete mediator between secure attachment style and quality of life. (Tentama & Riskiyana, 2020) unveiled a highly significant correlation between social

support and self-regulation, together applying an influential impact on work readiness, correlations between social support and work readiness and self-regulation and work readiness were also highly significant. (Kaniuđonytė & Pukauskienė, 2017), positive parent-child relationships significantly impact successful adjustment, with this relationship being partially influenced by identity style and positive youth development (PYD) which is defined as “contribution” to oneself, family, and the community. (Pinquart et al., 2003) revealed that individuals with higher academic self-efficacy beliefs and superior grades were less prone to unemployment and more inclined to report job satisfaction. High self-efficacy and reduced unemployment were linked to increased career-related motivation and decreased perceived application stress.

### **Hypotheses**

- H1: There will be positive correlation between Positive Attachment and Resilience.
- H2: There will be Positive Correlation between Positive attachment and Resilience.
- H3: There will be positive correlation between Resilience and Transition Behaviour.
- H4: Resilience will be significant predictor of Transition behaviour.

### **Method**

Resilience, Positive attachment, and Transition Behaviour were tested on a sample adolescent of both Genders (Male N= 107, Female N= 73) of Indian origin residing in Australia. Data was gathered by administering 3 x psychometric assessments Resiliency Scales for Children and Adolescents (RSCA) by Sandra Prince-Embury (2006), Bell Relationship Inventory

for Adolescents by Morris D Bell, PhD. (BRIA) 2005 & c. and Transition Behavior Scale 3<sup>rd</sup> Edition (TBS-3) by Stephan B McCarney & Tamara J Arthaud, Phd (2012). The participants selected through snowball sampling were asked to fill out RSCA, BRIA and TBS-3 in a paper pencil format.

### Results

Table 1. Pearson's Product Moment Correlation Between Study Variables.

Variable	M	SD	1	2	3
1. Positive Attachment	15.31	3.96	1		
2. Resilience	66.47	10.01	.598**	1	
3. Transition Behavior	202.68	20.53	.343**	.603**	1

Note. N = 180. \*\* $p < 0.01$

Table 2. Simple Linear Regression for Transition Behavior.

Predictor	R	R <sup>2</sup>	Adjusted R <sup>2</sup>	$\beta$	F
Resilience	.603	.364	.360	.603	101.76***

Note. N = 180,  $\beta$  = Standardized coefficient Beta. Dependent variable = Transition Behavior. \*\*\* $p < .001$

Table 3. Results of Gender Differences for Study Variables.

Variable	Male		Female		t (178)	p	Cohen's d
	M	SD	M	SD			
Positive Attachment	15.70	3.69	14.74	4.29	1.61	.110	0.24
Resilience	67.38	9.75	65.14	10.31	1.48	.142	0.22
Transition Behavior	201.39	20.41	204.56	20.70	1.02	.311	0.15

Note. Male  $n = 107$ , Female  $n = 73$ . Cohen's  $d = 0.2$  small effect;  $0.5$  moderate effect;  $0.8$  large effect size (Cohen, 1998).

Table 1 provides for descriptive statistics (mean and standard deviations) and Pearson's product moment correlation

coefficients between study variables. Pearson's product moment correlation indicated that all three variables are significantly correlated to each other. Positive attachment and resilience were positively correlated,  $r(178) = 0.598, p < 0.01$ . Positive attachment and transition Behavior were positively correlated,  $r(178) = 0.343, p < 0.01$ . Resilience and transition Behavior were positively correlated,  $r(178) = 0.603, p < 0.01$ .

The results also revealed that resilience is significant predictor of transition behaviour with an adjusted R square of 0.360, indicating that 36 percent variance in the transition Behavior can be attributed to resilience (see table 2). Gender differences were compared using independent samples t-test; no significant gender differences were observed on positive attachment, resilience, and transition behaviour in male and female adolescents (see table 3).

### Discussion

The findings of all three variables being positively correlated with each other as well as Resilience being a significant predictor of transition Behaviour are supported by the study of (Darling Rasmussen et al., 2018) who investigated the role of secure attachment as a potential core feature in the properties of resilience. study indicated weak to moderate correlations between resilience and attachment. In another study by (Mannino, 2015) on the adolescents with disabilities where quantitative measures were used to understand the connections between resilience, physical health, mental health, life satisfaction, outlook, and social support and qualitative interviews to delve deeper into the concept of resilience. The study uncovered the shifting hopes and values during transition, the difficulties faced, and the important qualities contributing to resilience in this phase. The results indicated that resilience helps to reduce challenges and

assists in transitioning. The study concluded that resilience is achievable, stemming from various personal and environmental factors. (Shibue & Kasai, 2014) investigated the relations between attachment, resilience, and earned security in Japanese university students and found positive correlations between secure attachment and resilience, negative correlations between insecure ambivalent attachment and resilience and people with ambivalent attachment and high resilience group had higher earned security whereas, avoidant attachment had negligible correlations with resilience and earned security. (Karreman & Vingerhoets, 2012) found that although fearful attachment didn't directly relate to well-being, each attachment style had unique connections with emotion regulation and resilience, explaining their impact on well-being. Secure attachment linked to better well-being through higher reappraisal and resilience, partly mediating the effect. Dismissing attachment completely mediated through increased reappraisal and resilience, while anxious attachment did so through reduced reappraisal and resilience. A study conducted by (Levitt et al., 2007) on an ethnically diverse sample comprised of adolescents who were not college-bound. Maternal, but not paternal, relations enriched across the transition from high school to adult life confirmed the importance of parental support for the quality of interpersonal bonds between young adults and their parents and the impact of these bonds for post-transition adjustment. In a 20-year longitudinal study following 173 participants from childhood to emerging adulthood. (Maten et al., 2004) analysed adversity, competence, and important resources. Their findings revealed that competence and resilience showed consistent patterns over time but also displayed expected changes. Success in tasks during emerging and young adulthood was linked to key childhood resources like IQ, parenting quality, and socioeconomic status. Additionally, success was associated

with adaptive resources in emerging adulthood, such as future planning, autonomy, adult support, and coping skills. These adaptive resources in emerging adulthood significantly predicted successful transitions to adulthood, especially for individuals who shifted from maladaptive to resilient behaviour during the transition.

### **Limitations**

Since the study's data was collected from second-generation Indian residents of Australia, it's possible that the results do not apply to second-generation Indian teenagers raised by Indian immigrant parents in other countries.

### **Conclusion**

The results emphasize that the parental support and positive relationship with the children helps building resilience which further contributes to smooth transition into adulthood and independence within adolescents.

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