Adversity Types, Perceived Resilience Resources, and Spiritual Life on Outcome-Oriented Resilience

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Introduction

- **In the face of unexpected changes, resilience stood out as one of the most valuable tools. In this ever-evolving world, enhancing people's ability to adapt to adversities not only helped them overcome challenges but also strengthened their problem-solving skills.**
- **According to the American Psychological Association's Building Your Resilience (2020), resilience was the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress.**
- **However, different scholars, based on their research needs, viewed resilience as a trait, ability, process, or dynamic system** (Southwick et al., 2014)**. In other words, there was no consensus on the operational definition of resilience** (Liu et al., 2020)**.**

Nature of Resilience

1. **The ability to adapt and recover from setbacks or obstacles in life** (Southwick et al., 2014)**.**
2. **Resilience varied by individual and situation** (Southwick et al., 2014)**.**
3. **Resilience was a multidimensional characteristic** (Connor & Davidson, 2003) **.**
4. **Many factors influenced resilience, including personal factors, biological factors, environmental-system factors, and the interaction between personal, genetic, and environmental factors** (Ferreira et al., 2021) **.**
5. **It could be taught** (White, Driver, & Warren, 2008)**.**

Resilience Boosted Health for All Ages

- **Subsequent studies had demonstrated that resilience significantly improved children's survival rates in harsh environments** (Condly, 2006)**. For college students, resilience had been shown to greatly enhance their ability to manage stress effectively** (Dolbier et al., 2010)**. Among older adults, high resilience was strongly associated with successful aging, reduced depression, and increased longevity** (MacLeod et al., 2016)**. In essence, resilience played a crucial role in enhancing physical and mental health across all age groups.**

Instruments to Measure Resilience

- **Scholars had developed their own tools for assessing resilience, and the following four were the most commonly used～**

A. The Brief Resilience Scale – BRS (Smith et al., 2008)

B. The Resilience Scale for Adults – RSA (Friborg et al., 2003)

C. Connor-Davidson Resilience Scale – CDRS (Connor & Davidson, 2003)

D. Pearlin Mastery Scale – PMS (Pearlin & Schooler, 1978)

✓**Due to the various inadequacies of these four resilience scales, it was necessary to develop a valid and reliable Chinese version.**

Inadequacies of the 4 Resilience Scales

		BRS	RSA	CDRS	PMS
1.	Measure resilience through outcomes	√			√
2.	Measure R. without considering adversity		√	√	√
3.	Measure resilience by traits		√	√	
4.	Measure R. using a single dimension	√			√
5.	Poor construct validity and/or reliability		√	√	
6.	Inappropriate scale naming			√	
7.	Inconsistent first-person perspective			√	
8.	Frequency adverbs in descriptions	√	√	√	√
		A	B	C	D

The Significance of the Study

1. This study aimed to create a reliable and valid scale to measure resilience in people in Taiwan and to identify factors that affect their resilience.
2. The self-developed scale included two parts: resilience resources and outcome-oriented resilience levels. The resilience resources part was based on the Resilience Scale for Adults, while the outcome-oriented part was tailored to each participant's type of resilience. In short, the scale was personalized and specific to the context.
3. The study also looked at how money, physical and mental exhaustion, mental health, and spiritual life impact overall resilience.

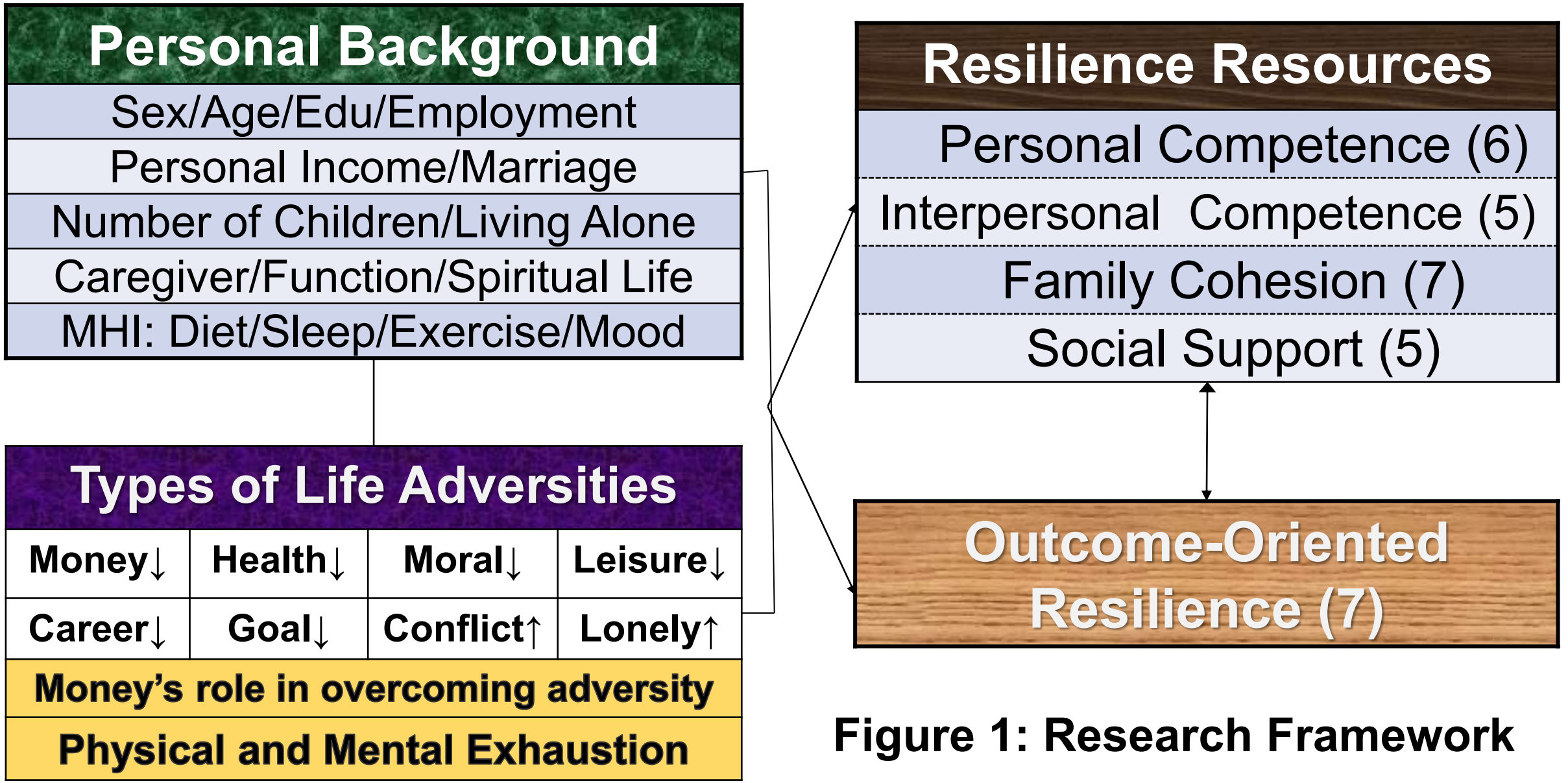

Figure 1: Research Framework

The Purposes of this Study

1. To understand the types of life adversities faced by Taiwanese people aged 18 and above, their perceived resilience resources, and how they adapt their resilience in an outcome-oriented manner.
2. To analyze how different background variables, the importance of money, physical and mental exhaustion, mental health, and types of life adversities affect outcome-oriented resilience levels and resilience resources.
3. To explore the relationship between resilience resources and outcome-oriented resilience levels.
4. To identify the factors that predict the resilience levels of Taiwanese people.

Research Terms 1

- **Outcome-oriented Resilience:**
  Positive adaptability to specific life adversities, with higher scores indicating stronger adaptability.
- **Resilience Resources:**
  Based on The Resilience Scale for Adults (Friborg et al., 2003) **, this measures a person's internal and external resources for facing adversity. Higher scores indicate more resources.**
  It includes four subscales: personal competence, interpersonal competence, family cohesion, and social support.

Research Terms 2

- **8 Types of Life Adversities:**
  Financial stress, Health decline, Social moral decay, Poor leisure, Job insecurity, Aimlessness, Family value conflict, and Deep loneliness.
- **Mental Health Index:**
  Participants assess the quality of their diet, sleep, exercise, and mood over the past month.
- **Spiritual Life:**
  Participants evaluate the role of spiritual activities (e.g., religious beliefs, seeking spiritual support, engaging in spiritual practices) in their daily lives.

Research Questions

1. What were the common life adversities for Taiwanese people?
2. How did Taiwanese people perceive their resilience resources and outcome-oriented resilience levels?
3. Did different adversities affect perceived resilience resources and outcome-oriented resilience?
4. Which variables impacted resilience resources and outcome-oriented resilience differently?
5. What predicted outcome-oriented resilience levels?
6. How could resilience levels be enhanced for Taiwanese people?

Methods: Participants

- **A pilot study with 370 valid participants was conducted from August 16 to August 26, 2024, to test the quality and efficiency of the self-developed online questionnaire using a 7-point Likert scale.**
- **The main study was conducted online from September 1 to September 21, 2024. Data were collected using convenience sampling, resulting in 1034 valid participants (72%) after applying the reverse wording attention check method.**

- **Q17～When facing life's adversities, I can find ways to overcome them.**
- **Q36～I can't find ways to overcome life's adversities.**

Methods: Instruments

- The final research instrument consisted of three parts:

A1) Personal background information (10 items)

A2) Engagement in spiritual life (1 item)

A3) Mental health index (4 items)

A4) Types of life adversities (8 options)

A5) The role of money in overcoming adversity (1 item)

A6) Physical and mental exhaustion (1 item)

- The resilience resources were divided into four subscales:

B1) Personal competence (PC, 6 items)

B2) Interpersonal competence (IC, 5 items)

B3) Family cohesion (FC, 7 items)

B4) Social support (SS, 5 items)

- Outcome-oriented resilience was measured with 7 items.

➢ After conducting exploratory factor analysis (EFA) and internal consistency tests, the final self-developed online questionnaire, based on a seven-point Likert scale, demonstrated good construct validity (total variance explained ranged from 57.44% to 67.74%) and reliability (Cronbach's alpha ranged from .82 to .95).

Table1: Summary of the validity and reliability of the self-developed questionnaires

Variable (n = 1034)	#	# of Items to Delete	M_{Item}	SD_{Item}	α	Total Variance Explained	KMO	PAF Communalities	Factor Loadings
Outcome-Oriented R.	7	0	5.39	.90	.87	57.44%	.91	.33~.57	.61~.81
Resilience Resources	23	0	5.40	.92	.95	67.74%	.96	.39~.71	.53~.76
Family Cohesion	7	0	5.56	1.17	.92	47.00%		.39~.71	.59~.76
Personal Competence	6	0	5.32	1.00	.89	10.77%		.53~.59	.57~.70
Social Support	5	0	5.45	1.21	.92	5.44%		.62~.71	.64~.73
Interpersonal Competence	5	0	5.22	1.00	.82	4.54%		.42~.50	.53~.70

Methods: Statistical Analysis

- **Descriptive statistics, exploratory factor analysis (EFA), reliability analysis, contingency table analysis, ANOVA, one-way repeated measures ANOVA, correlation analysis, and multiple stepwise regression were utilized for data analysis.**

Results

1. The average age of the valid sample was 40.70 years. About half of the participants were married, had children, held full-time jobs, had good personal income, and considered spiritual life important.
2. More than half of the major life adversities perceived were due to three main issues: financial stress (207, 20.0%), health decline (190, 18.4%), and social moral decay (140, 13.5%).
3. When facing the greatest adversities in life, the average resilience level was 5.39 (±0.90), indicating a slightly positive level of outcome-oriented resilience.
4. The average score for perceived resilience resources was 5.40 (±0.92), also indicating a slightly positive level of overall resilience resources. Additionally, the average score for family cohesion (5.56 ± 1.17) was significantly higher than the other three subscales.

5. Variables that significantly affected outcome-oriented resilience and resilience resources included types of adversities, levels of physical and mental exhaustion, mental health, marital status, children, employment status, personal income, daily functioning, and spiritual life.
6. There was a significant positive correlation between resilience resources and outcome-oriented resilience, and the amount of resilience resources significantly affected outcome-oriented resilience.
7. Women, those with postgraduate education, those living with others, and those who believed money was the primary solution to life adversities had more resilience resources.
8. Factors that positively influenced outcome-oriented resilience included personal competency, social support, interpersonal competency, and spiritual life.

9. **People with lower education levels and who perceived themselves as economically disadvantaged felt that financial stress was their biggest life adversity. Their mental health was poorer, and they strongly believed that money was the primary solution to their problems. In contrast, those who thought that social moral decay was their biggest life adversity were mostly retirees with better economic conditions, lower levels of physical and mental exhaustion, and better mental health. They strongly denied that money was the primary solution to their problems.**

Table 2: Descriptive statistics for the categorical variables

Variable	Level	*Total*	*%*
		1034	100
Sex	**Male**	509	49.2
	Female	525	50.8
Education	**High School & Under**	68	6.6
	University	666	64.4
	Graduate	300	29.0
Employment	**Never**	81	7.8
	Unemployed	68	6.6
	Part-time	175	16.9
	Full-time	536	51.8
	Full-time + Part-time	54	5.2
	Retired	120	11.6

Variable	Level	*Total*	*%*
		1034	100
Personal Income	**Poor**	139	13.4
	Average	399	38.6
	Good	496	48.0
Marital Status	**Unmarried**	383	37.0
	Married	568	54.9
	Other Conditions	83	8.0
Number of Children	**No**	432	41.8
	Yes	602	58.2
Main Caregiver	**Yes**	434	42.0
	No	600	58.0

Variable	Level	*Total*	*%*
		1034	100
Living Alone	**Yes**	164	15.9
	No	870	84.1
Function Well	**Yes**	943	91.2
	No	91	8.8
Diet – A	**Yes**	881	85.2
	No	153	14.8
Sleep – B	**Yes**	690	66.7
	No	344	33.3
Exercise – C	**Yes**	539	52.1
	No	495	47.9
Mood – D	**Yes**	726	70.2
	No	308	29.8
Spiritual Life	**Yes**	593	57.4
	No	441	42.6

Variable	Level	*Total*	*%*
		1034	100
Types of the Greatest Adversity	**Financial stress**	207	20.0
	Health decline	190	18.4
	Social Moral decay	140	13.5
	Poor leisure	123	11.9
	Job insecurity	121	11.7
	Aimlessness	112	10.8
	Family value conflict	77	7.4
	Deep loneliness	64	6.2
Money's Role in Overcoming Adversity	Unhelpful	244	23.6
	Not Sure	136	13.2
	Helpful	654	63.2
Physical and Mental Exhaustion	Low	260	25.1
	Not Sure	138	13.3
	High	636	61.5

Table 3: Descriptive statistics for the continuous variables

Variable	Minimum to Maximum	Total	%
		1034	100
		M_{item}	SD_{item}
Age	18 ~ 84	40.70	15.10
Mental Health Index	0 ~ 4	2.74	1.13
Outcome-Oriented R.	1 ~ 7	5.39	.90
Resilience Resources	1 ~ 7	5.40	.92
Personal Competence	1 ~ 7	5.32	1.00
Interpersonal Competence	1 ~ 7	5.22	1.00
Family Cohesion	1 ~ 7	5.56	1.17
Social Support	1 ~ 7	5.45	1.21

Table 3
Summary of Differences in Resilience Resources and Outcome-Oriented Resilience

#	Results	OR_M	RR_M
1	Types: Social Moral Decay ↑	V	V
2	P&M Exhaustion_LOW ↑	V	V
3	Mental Health_LOW ↓	V	V
4	Married ↑	V	V
5	Income: Insufficient & Below ↓	V	V
6	Have Children ↑	V	V
7	Retired ↑	V	V
8	Engaging a Spiritual Life ↑	V	V
9	Daily Function Well ↑	V	V
10	Resilience Resources_HIGH ↑	V	NA
11	Money Helpful ↑	X	V
12	Graduate ↑	X	V
13	Female ↑	X	V
14	Living With Someone ↑	X	V
15	Main Caregiver	X	X

Table 3-1: ANOVA Summary of adversity types on outcome-oriented resilience

DV	IV	*Mean*	*SD*	*N*	*F*	*P.E.S.*	*M.C.*
Outcome-Oriented R.	Financial stress (1)	5.38	.89	207	3.15**	.02	(3) > (8)
	Health decline (2)	5.33	1.00	190			
	Social Moral decay (3)	**5.61**	.92	140			
	Poor leisure (4)	5.49	.76	123			
	Job insecurity (5)	5.43	.73	121			
	Aimlessness (6)	5.28	.86	112			
	Family value conflict (7)	5.31	.92	77			
	Deep loneliness (8)	5.08	.97	64			

Table 3-2: ANOVA Summary of adversity types on resources resilience

DV	IV	*Mean*	*SD*	*N*	*F*	*P.E.S.*	*M.C.*
Resilience Resources	Financial stress (1)	5.32	0.80	207	15.28**	.09	(3) > Others
	Health decline (2)	5.56	0.94	190			
	Social Moral decay (3)	**5.97**	**0.62**	**140**			
	Poor leisure (4)	5.38	1.05	123			
	Job insecurity (5)	5.30	0.90	121			
	Aimlessness (6)	5.18	0.90	112			
	Family value conflict (7)	5.09	0.92	77			
	Deep loneliness (8)	4.90	0.88	64			

Table 3-3: ANOVA summary comparison of different IVs on outcome-oriented resilience

DV	IV	*Mean*	*SD*	*N*	*F*	*P.E.S.*	*M.C.*
Outcome-Oriented R.	Low R.R. (1)	4.76	.87	284	179.08**	.26	(3) > (2) > (1)
	Medium R.R. (2)	5.39	.73	459			
	High R.R. (3)	**5.98**	.74	291			
Outcome-Oriented R.	Low M.H. (1)	5.13	.92	378	28.16**	.05	(3) ; (2) > (1)
	Medium M.H. (2)	5.45	.82	337			
	High M.H. (3)	5.62	.87	319			
Outcome-Oriented R.	Poor P. I. (1)	4.95	1.07	139	23.65**	.04	(3) > (2) > (1)
	Average P.I. (2)	5.36	.82	399			
	Good P.I. (3)	**5.53**	.86	496			
Outcome-Oriented R.	**Low P&M (1)**	**5.75**	.86	260	31.69**	.06	(1) > (2) ; (3)
	Medium P&M (2)	5.13	.75	138			
	High P&M (3)	5.29	.90	636			

DV	IV	*Mean*	*SD*	*N*	*F*	*P.E.S.*	*M.C.*
Outcome-	**Spiritual YES (1)**	**5.55**	.83	593	50.66**	.05	(1) > (2)
Oriented R.	Spiritual NO (2)	5.16	.93	441			
Outcome-	Unmarried (1)	5.26	.94	383	6.37**	.01	(2) > (1)
Oriented R.	**Married (2)**	**5.47**	.87	568			
	Others (3)	5.40	.76	83			
Outcome-	Children NO (1)	5.26	.94	432	14.57**	.01	(2) > (1)
Oriented R.	**Children YES (2)**	**5.48**	.85	602			
Outcome-	Never (1)	5.00	1.02	81	10.63**	.03	(4) > (1) ; (2)
Oriented R.	Unemployed (2)	5.12	.82	68			
	Employed (3)	5.41	.88	765			
	Retired (4)	**5.64**	.83	120			
Outcome-	Age under 27 (1)	5.18	.86	284	13.79**	.03	(3) > (2) > (1)
Oriented R.	28 to 51 years (2)	5.40	.90	467			
	Age above 52 (3)	**5.57**	.88	283			

Table 3-4: ANOVA summary comparison of different IVs on resilience resources

DV	IV	*Mean*	*SD*	*N*	*F*	*P.E.S.*	*M.C.*
Resilience Resources	Low M.H. (1)	5.02	.97	378	65.96**	.11	(3) > (2) > (1)
	Medium M.H. (2)	5.48	.86	337			
	High M.H. (3)	**5.76**	.72	319			
Resilience Resources	**Money's not helpful (1)**	**5.62**	.78	244	12.30**	.02	(1) > (2) ; (3)
	Money's not sure (2)	5.17	1.04	136			
	Money's helpful (3)	5.36	.92	654			
Resilience Resources	High school & ↓ (1)	5.38	.83	68	5.61**	.01	(3) > (2)
	University (2)	5.34	.93	666			
	Graduate (3)	**5.55**	.89	300			
Personal Competence	High school & ↓ (1)	5.36	.90	68	11.22**	.02	(3) > (2)
	University (2)	5.21	1.03	666			
	Graduate (3)	**5.54**	.93	300			

DV	IV	*Mean*	*SD*	*N*	*F*	*P.E.S.*	*M.C.*
Resilience Resources	**Low P&M (1)**	**5.89**	.66	260	56.90**	.10	(1) > (2) ; (3)
	Medium P&M (2)	5.12	.94	138			
	High P&M (3)	5.26	.93	636			
Resilience Resources	Poor P. I. (1)	4.90	.88	139	33.01**	.06	(3) > (2) > (1)
	Average P.I. (2)	5.35	.87	399			
	Good P.I. (3)	**5.58**	.91	496			
Resilience Resources	Never (1)	5.14	.87	81	13.77**	.04	(4) > (1) ; (2) ; (3)
	Unemployed (2)	4.99	.87	68			
	Employed (3)	5.40	.92	765			
	Retired (4)	**5.78**	.78	120			
Resilience Resources	Age under 27 (1)	4.99	1.05	284	55.82**	.10	(3) > (2) > (1)
	28 to 51 years (2)	5.43	0.85	467			
	Age above 52 (3)	**5.76**	0.70	283			
Resilience Resources	Unmarried (1)	5.28	.83	383	15.95**	.03	(2) > (1) ; (3)
	Married (2)	**5.53**	.93	568			
	Others (3)	5.05	1.06	83			

DV	IV	*Mean*	*SD*	*N*	*F*	*P.E.S.*	*M.C.*
Resilience Resources	Children NO (1)	5.28	.83	432	12.02**	.01	(2) > (1)
	Children YES (2)	**5.48**	.97	602			
Resilience Resources	Male (1)	5.30	.95	509	11.72**	.01	(2) > (1)
	Female (2)	**5.50**	.87	525			
Social Support	Male (1)	5.26	1.20	509	24.99**	.02	(2) > (1)
	Female (2)	**5.63**	1.20	525			
Resilience Resources	**Spiritual YES (1)**	**5.52**	.90	593	25.37**	.02	(1) > (2)
	Spiritual NO (2)	5.24	.91	441			
Resilience Resources	**Function well (1)**	**5.46**	.88	943	43.80**	.04	(1) > (2)
	Function not well (2)	4.81	1.07	91			
Resilience Resources	Living alone (1)	5.00	1.06	164	39.30**	.04	(2) > (1)
	Living with someone (2)	**5.48**	.87	870			

Table 4-1: Chi-Square tests for the relation between Adversity Types and Education

Education		The greatest life adversity at the moment								Pearson chi-square	Cramer's V
		Financial	Health	Moral	Leisure	Eliminate	Goals	Value	Lonely		
High School & Under	Count	24	12	13	5	8	5	1	0	35.16**	.13
	Expected	13.6	12.5	9.2	8.1	8.0	7.4	5.1	4.2		
	A. R.	**3.3**	-.2	1.4	-1.2	.0	-1.0	-1.9	-2.2		
University	Count	136	112	77	78	83	79	51	50		
	Expected	133.3	122.4	90.2	79.2	77.9	72.1	49.6	41.2		
	A. R.	.4	-1.7	-2.5	-.2	1.0	1.4	.3	**2.4**		
Graduate	Count	47	66	50	40	30	28	25	14		
	Expected	60.1	55.1	40.6	35.7	35.1	32.5	22.3	18.6		
	A. R.	**-2.2**	1.9	1.9	.9	-1.1	-1.0	.7	-1.3		

Table 4-2: Chi-Square tests for the relation between Adversity Types and Employment

Employment		The greatest life adversity at the moment								Pearson chi-square	Cramer's V
		Financial	Health	Moral	Leisure	Eliminate	Goals	Value	Lonely		
NEVER	Count	12	9	4	7	13	18	6	12	116.26**	.19
	Expected	16.2	14.9	11.0	9.6	9.5	8.8	6.0	5.0		
	A. R.	-1.2	-1.8	-2.4	-.9	1.3	**3.4**	.0	**3.4**		
UNEMPLOYED	Count	23	12	6	2	9	9	3	4		
	Expected	13.6	12.5	9.2	8.1	8.0	7.4	5.1	4.2		
	A. R.	**2.9**	-.2	-1.2	-2.4	.4	.7	-1.0	-.1		
EMPLOYED	Count	165	137	91	101	98	78	53	42		
	Expected	153.1	140.6	103.6	91.0	89.5	82.9	57.0	47.4		
	A. R.	**2.1**	-.7	-2.6	**2.2**	1.9	-1.1	-1.1	-1.6		
RETIRED	Count	7	32	39	13	1	7	15	6		
	Expected	24.0	22.1	16.2	14.3	14.0	13.0	8.9	7.4		
	A. R.	-4.1	**2.5**	**6.5**	-.4	-3.9	-1.9	**2.2**	-.6		

Table 4-3: Chi-Square tests for the relation between Adversity Types and Personal Income

Personal Income		The greatest life adversity at the moment								Pearson chi-square	Cramer's V
		Financial	Health	Moral	Leisure	Eliminate	Goals	Value	Lonely		
INSUFFICIENT	Count	75	13	3	8	9	18	6	7	166.57**	.28
	Expected	27.8	25.5	18.8	16.5	16.3	15.1	10.4	8.6		
	A. R.	**10.7**	-3.0	-4.2	-2.4	-2.1	.9	-1.5	-.6		
AVERAGE	Count	90	64	48	44	57	35	35	26		
	Expected	79.9	73.3	54.0	47.5	46.7	43.2	29.7	24.7		
	A. R.	1.6	-1.5	-1.1	-.7	**2.0**	-1.7	1.3	.3		
SUFFICIENT	Count	42	113	89	71	55	59	36	31		
	Expected	99.3	91.1	67.2	59.0	58.0	53.7	36.9	30.7		
	A. R.	-8.9	**3.5**	**4.0**	**2.3**	-.6	1.1	-.2	.1		

Table 4-4: Chi-Square tests for the relation between Adversity Types and Money Counts

Money Counts		The greatest life adversity at the moment								Pearson chi-square	Cramer's V
		Financial	Health	Moral	Leisure	Eliminate	Goals	Value	Lonely		
Unhelpful	Count	13	49	61	31	17	26	28	19	117.80**	.24
	Expected	48.8	44.8	33.0	29.0	28.6	26.4	18.2	15.1		
	A. R.	-6.6	.8	**6.0**	.4	-2.6	-.1	**2.7**	1.2		
Not sure	Count	10	24	18	19	27	22	7	9		
	Expected	27.2	25.0	18.4	16.2	15.9	14.7	10.1	8.4		
	A. R.	-4.0	-.2	-.1	.8	3.2	2.2	-1.1	.2		
Helpful	Count	184	117	61	73	77	64	42	36		
	Expected	130.9	120.2	88.5	77.8	76.5	70.8	48.7	40.5		
	A. R.	**8.6**	-.5	-5.2	-1.0	.1	-1.4	-1.6	-1.2		

Table 4-5: Chi-Square tests for the relation between Adversity Types and Mental Health

Mental Health		The greatest life adversity at the moment								Pearson chi-square	Cramer's V
		Financial	Health	Moral	Leisure	Eliminate	Goals	Value	Lonely		
LOW	Count	88	68	26	40	37	54	26	39	68.69**	.18
	Expected	75.7	69.5	51.2	45.0	44.2	40.9	28.1	23.4		
	A. R.	**2.0**	-.2	-4.8	-1.0	-1.5	**2.7**	-.5	**4.2**		
MEDIUM	Count	68	68	40	48	46	30	25	12		
	Expected	67.5	61.9	45.6	40.1	39.4	36.5	25.1	20.9		
	A. R.	.1	1.0	-1.1	1.6	1.4	-1.4	.0	-2.4		
HIGH	Count	51	54	74	35	38	28	26	13		
	Expected	63.9	58.6	43.2	37.9	37.3	34.6	23.8	19.7		
	A. R.	-2.2	-.8	**6.1**	-.6	.1	-1.4	.6	-1.9		

Table 4-6: Chi-Square tests for the relation between Adversity Types and P&M Exhaustion

P & M Exhaustion		The greatest life adversity at the moment								Pearson chi-square	Cramer's V
		Financial	Health	Moral	Leisure	Eliminate	Goals	Value	Lonely		
LOW	Count	45	41	74	36	22	25	9	8	86.43**	.20
	Expected	52.1	47.8	35.2	30.9	30.4	28.2	19.4	16.1		
	A. R.	-1.3	-1.3	**8.1**	1.1	-1.9	-.7	-2.8	-2.4		
MEDIUM	Count	32	22	11	12	22	19	7	13		
	Expected	27.6	25.4	18.7	16.4	16.1	14.9	10.3	8.5		
	A. R.	1.0	-.8	-2.1	-1.2	1.7	1.2	-1.1	1.7		
HIGH	Count	130	127	55	75	77	68	61	43		
	Expected	127.3	116.9	86.1	75.7	74.4	68.9	47.4	39.4		
	A. R.	.4	1.7	-5.8	-.1	.5	-.2	**3.3**	1.0		

Table 5: Correlations between the continuous variables

Spearman's rho Correlation (*n* = 1034)	(1)	(2)	(3)	(4)	(5)	(6)
Personal Competence (1)	–	.63**	.49**	.54**	.79**	**.57****
Interpersonal Competence (2)		–	.40**	.51**	.72**	**.48****
Family Cohesion (3)			–	.69**	.83**	**.35****
Social Support (4)				–	.84**	**.45****
Resilience Resources (5)					–	**.55****
Outcome-Oriented Resilience (6)						–

Table 6: Summary of stepwise multiple regression analysis of variables predicting OR

	Unstandardized Coefficients		Standardized Coefficients					
Sources	B	Std. Error	β	*t*	*F*	*R*	R^2	R_{adj}^2	VIF
Model					165.52**	.63	.40	.40	
Constant	1.69	.15		11.35**					
Personal C.	.35	.03	.37	11.46**					1.70
Social Support	.14	.02	.18	6.29**					1.32
Interpersonal C.	.18	.03	.19	5.92**					1.65
Spiritual Life_Y	.14	.04	.08	3.14**					1.06

Dependent Variable: Outcome-Oriented Resilience (*n* = 1002)

Outliers were excluded

Conclusion

1. The main life adversities faced by Taiwanese people aged 18 and above were financial stress, health decline, and social moral decay. Different types of life adversities significantly affected people's perceived resilience resources and overall resilience performance.
2. Among those who chose "social moral decay" as their main life adversity, there was a higher proportion of retirees with good personal income status. They experienced low levels of physical and mental exhaustion, had good mental health, and generally believed that money was not the primary solution to this issue.

3. **Overall, the resilience levels and resilience resources of Taiwanese people showed a slightly positive trend. Variables that significantly predicted outcome-oriented resilience levels included personal competency, social support, interpersonal competency, and valuing spiritual life.**
4. **Therefore, when conducting resilience research, the types of challenges faced should be taken into consideration.**

Suggestions

1. Redirecting attention from personal challenges to societal concerns might foster stronger connections, provide meaningful support, and improve mental health.
2. Embracing lifelong learning should be crucial for building resilience resources.
3. Engaging a spiritual life could sustain hope and courage in difficult moments, nurturing inner strength to deal with adversities.
4. People who valued money might have more resilience resources, but their overall resilience didn't significantly improve. Education could be a powerful tool in addressing the obsession with money, fostering a more balanced and effective approach to resilience.

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Program Planning and Evaluation

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Poster Presenter: John Canfield, M.Ed., CHES (he/him/his) – Centers for Disease Control and Prevention, Division of Adolescent and School Health

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