

Life satisfaction and level of Resilience among Kashmiri migrant adolescents

Sarika Manhas*, Deepika Pandita and Arpana Langeh

P. G. Department of Home Science, University of Jammu, Jammu-180006, J & K.

Corresponding author: *Dr. Sarika Manhas, P. G. Department Of Home Science, University of Jammu, Bahu Road, Jammu-180006, J & K.

Abstract

The present research assessed the level of life satisfaction and resilience showed by the adolescents belonging to Kashmiri Pandit migrant families. The sample of the study comprised of 80 school going adolescents in the age group of 13-18 years. The entire sample was drawn from Jagti, Nagrota which is a residential housing colony developed by the government as a step towards settling a large number of homeless migrant families. Purposive and Random sampling techniques were used for sample selection. Tools used for gathering information were Life satisfaction Scale (Promilia and Jospeh, 1971) and Resilience Scale (Prince, and Embury, 2006). The findings reveal that majority of the sample adolescents had average life satisfaction, implying that most of the teenagers were not completely satisfied with their lives. Most of these children mentioned that availability of financial resources and material goods would have added to their quality of life. Further, on their level of resilience, most of the adolescents scored low on sense of mastery and sense of relatedness. They felt that people, situations and circumstances are often beyond human control and they faced problems in adapting to these. Majority of the sample adolescents felt that their parents who suffering from chronic depression and emotional trauma, which had transcended their parent-child relationship. Their parents either had become over critical or over ambitious and this hindered the development of sense of relatedness among them. However, on the third dimension of resilience namely emotional reactivity also most adolescents scored low, implying that most of them were able to control their emotions well.

Keywords: Kashmiri migrants, adolescents, life satisfaction, resilience

Introduction

Migration is a universal phenomenon, which existed with the subsistence of the human beings on earth. People migrate from one place to another for several reasons, but the goal or main reason behind changing the residence would be improving their living conditions or to escape from debts and poverty. Migration is also a social

phenomenon which influences human life and the environment around (Raj et al, 2014).

The concept of migration is a broader one and different synonyms have been used for the people who migrate. It is based on the type of process involved in it and the reasons for such migration. These terms are,

emigrant, immigrant, refugee (a person who is residing outside the country of his or her origin due to fear of persecution for reasons of race, religion, nationality, membership in a particular social group, or political opinion), asylum Seeker (a person who has left his country of origin for any reason and applied for the shelter and protection in other country), internally displaced person (a person who is forced to leave his or her home/region because of unfavorable conditions such as political, social, environmental, etc. but does not cross any boundaries) etc. The migration of mass population within their own countries has become a serious problem worldwide because it affects the people, their livelihood and also results in cultural alienation and identity crisis. It is one of the vital issues faced by human civilization now-a-days. There are number of people who have migrated due to violence, natural disasters, internal conflicts and communal violence (Stattin & Kerr, 2000).

Forced migration has been a feature of history across the world. Individuals and sometimes whole section of population has moved because of militancy conflict, civil war and natural disasters. The rise of insurgency in the Kashmir valley and its adjoining areas since 1988 led to an ethno-religious divide between the two major communities inhabiting the valley and its immediate and a major consequence has been the migration of 55,304 families, which mostly comprised of minority Kashmiri Pandits families to Jammu and other parts of the country. Out of these migrant families, 21,199 have been living outside the state while 34,105 have sought shelter in the Jammu division as per the government records. Even after two decades, the question of Pandit's migration is very much vibrant in the discussion on contemporary self-determination. Now after 20 years of displacement they are facing the

wrath of migration in the form of threat to the future of their progenies (Zutshi, 2003). The present study is designed to understand the level of life satisfaction and resilience shown by the adolescents of Kashmir migrant pandit families. These adolescents belong to families that had migrated around two decades back, much before they were born, yet have faced indirect consequences of parental migration. They live with their families in the residential setup created by the government in a bid to resettle them. In view of the changed socio-cultural conditions how they perceive their lives and how much resilience they tend to show is gauged through the present work.

Methodology: The methodological framework for the present study is presented as follows:

Sample Description:

Sample Size: The total sample for the study consists of 80 adolescents, both boys and girls belonging to Kashmiri Pandit migrant families.

Locale: The entire sample was select from the residential camp area of Jagti, Nagorta. This camp area is a residential housing complex for migrant families created by the Government, as a step towards settling a large number of homeless migrants.

Sampling Technique:

Random sampling was used to select sample for the study. There are two schools in the Jagti camp out of which one was private high school and another was Government higher secondary school. Each of the school was visited personally and a list of section of classes 9th to 12th was prepared. One section of each of these classes was selected through lottery method. Then randomly from each class 20 students were selected, to make a total sample of 80 adolescents. Later

interaction was carried out with the adolescents, and the objectives behind the study were explained and they were assured complete confidentiality of data.

Tools for Data Collection

1. **Interview schedule:** Interviews were conducted with the sample adolescents to gather preliminary information related to them.
2. **Life satisfaction:** Life satisfaction scale developed by Promila Singh and George Joseph in 1971, was used. It is used to understand person’s general happiness, freedom from tension, interest in life etc. The scale consists of 35 items, each item is to be rated on the 5 point scale. Always, often, sometimes, seldom and never which are respectively scored as 5,4,3,2 and 1. The items relate to the individuals activities and thus give a global picture of one’s life satisfaction level. The higher the score on life satisfaction scale, the higher will be the level of life satisfaction
3. **Resilience:** Resilience inventory developed by Prince and Embury in 2006 was also used. Resilience scale is a tool to profile strengths and vulnerability for children and adolescents of the age group is 9-18. It measures the personal attributes of the child that are critical for resiliency. The

scales are composed of three stand alone global scales of 20-24 questions for each subscale. These include

- Sense of Mastery Scale: Optimism, self efficient and adaptability increases the likelihood that the individual will be able to cope with adverse circumstances.
- Sense of relatedness: Relationship with other and sense of relatedness serve as a buffer against stress.
- Emotional Reactivity: Vulnerability to stress or impact from adversity is related to individuals pre-existing level of emotional reactivity.

Data Analysis

The data analysis was started with making of code book, coding of gathered information and then coded data was transferred into code sheet. Data was analyzed primarily by Quantitative procedures. Differences in the variable were tested by using Chi Square and the data was presented in the form of tables, figures and graphs.

Results and Discussion

The findings of the study along with their discussions are presented as under:

Table 1: Age of Sample Adolescents.

Age(in years)	Boys		Girls		Total	
	n	%	n	%	n	%
13-14	2	5	3	7.5	5	6.2
14-15	6	15	6	15	12	15
15-16	11	27.5	10	25	21	26.2
16-17	9	22.5	9	22.5	18	22.5
17-18	12	30	12	30	24	30
Total	40	100	40	100	40	100

$\chi^2 = 0.248, p \text{ value} = 0.092, \text{ Insignificant}$

Table 2: Educational Status of Sample adolescents.

Qualification	Boys		Girls			Total	
	n	%	n	%	n	%	
9 th	11	27.5	14	35	25	31.2	
10 th	9	22.5	9	22.5	18	22.5	
11 th	13	32.5	13	32.5	26	32.5	
12 th	7	17.5	4	10	11	13.7	
Total	40	100	40	100	40	100	

$\chi^2 = 1.178$ p value = 0.75 Insignificant

Background Profile of Adolescents

1. Age of Sample Adolescents

Table no. 1 reveals that the sample adolescents were aged between 13-18 years. Most of them were in the age group of 15-16 (26.5%) and 16-17 (22.5%). Computation of chi square indicates that there was insignificant difference in the age of sample boys and girls.

2. Educational Status of Sample Adolescents

Table no 2. Indicates that most of boys were in class 11th (i.e. 32.5%) and the girls were in the class of 9th (i.e. 35%). Least number of boys and girls were in the class 12th. Calculation of chi square reveals that there was insignificant difference between boys and girls as far as their educational status was concerned.

Life Satisfaction among Adolescents from Kashmiri Migrant Families

The life satisfaction of the sample adolescents as assessed by the use of standardized scale is presented as follows.

Life satisfaction is used to understand person's general happiness, freedom from tension, interest in life. Results reveal that majority sample adolescents had average (77.5 %) life satisfaction. This means that the sample adolescents were not very satisfied nor very dissatisfied with their

lives. They liked and perceived their life and its conditions as moderate. These adolescents mentioned that though they had no major complaints about their lives yet, there was scope for improvement. Some of the teenagers mentioned that had they had more material resources they would have been more satisfied with their lives. The remaining sample adolescents had high level (22.5%) of life satisfaction. This implies that many of sample adolescents were very satisfied with their lives. These adolescents perceived their lives to be perfect and satisfying. Most of these adolescents mentioned that in spite of migration their parents tried to provide them best of environment and facilities. They held their own selves in good esteem and felt that they could achieve anything they desired to. Calculation of chi square indicates that there is insignificant difference between boys and girls respondents; as well as between early and late adolescents on their level of life satisfaction.

Level of resilience among migrant adolescents

The findings related to the level of resilience exhibited by the sample adolescents are presented as follows:

1. Sense of Mastery of sample Adolescents

Sense of mastery assessed the individual's effect on relationships in the environment.

Table 3: Life satisfaction of Kashmiri Migrant Adolescents.

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Low	-	-	-	-	-	-	-	-	-	-	-	-
Average	10 (66.6%)	21 (84%)	31	77.5	17 (89.4%)	14 (66.6%)	31	77.5	27 (79.4%)	35 (76.9%)	62	77.5
High	5 (33.3%)	4 (16%)	9	22.5	2 (10.5%)	7 (33.3%)	9	22.5	7 (20.5%)	11 (23.9%)	10	12.5
Total	15	25	40	100	19	21	40	100	34	46	80	100

χ^2 between boys and girls=0, $pv=1$

χ^2 between early and late adolescents=0.124, $pv=0.939$

Table 4: Sense of Mastery of sample Adolescents.

Level	n=40				n=40				n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
High	-	-	-	-	-	-	-	-	-	-	-	-
Above Average	-	-	-	-	-	-	-	-	-	-	-	-
Average	-	-	-	-	1 (5.2%)	-	1 (2.5%)	2.5	1 (2.9%)	-	-	1.25
Below Average	-	-	-	-	-	-	-	-	-	-	-	-
Low	15 (100%)	25 (100%)	40	100	18 (94.7%)	21 (100%)	39 (97.5%)	97.5	33 (97.5%)	46 (100%)	79	98.75
Total	15	25	40	100	19	21	40	100	34	46	80	100

χ^2 between boys and girls=1.013, $pv=0.090$

χ^2 between early and late adolescents=1.37, $pv=0.849$

Table 5: Sense of Relatedness of sample adolescents.

Level	n=40				n=40				n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
High	-	-	-	-	-	-	-	-	-	-	-	-
Above Average	-	-	-	-	-	-	-	-	-	-	-	-
Average	-	-	-	-	1 (5.2%)	-	1 (2.5%)	2.5	1 (2.9%)	-	1	1.25
Below Average	1 (6.6%)	-	1	2.5	1 (5.2%)	-	1 (2.5%)	2.5	2 (4.3%)	-	2	2.5
Low	14 (93.3%)	25 (100%)	39	97.5	17 (89.4%)	21 (100%)	38	95	31 (91.1%)	46 (100%)	77	96.25
Total	15	25	40	100	19	21	40	100	34	46	80	100

χ^2 between boys and girls=1.013, $pv=0.090$

χ^2 between early and late adolescents=4.27, $pv=0.377$

Table 4 contains data on the level of sense of mastery among sample adolescents. Majority (98.75%) of the sample

adolescents had low sense of mastery and the remaining (1.25 %) had average level of it. This implies that most of these sample

adolescents found it difficult to master and control situations and events. They mentioned that life and situations can be unexpected and that it is difficult to control these. These adolescents were low in optimism and mostly mentioned that they were unable adapt to difficult circumstances. Adolescents are at the threshold of a new vocational and career embarkment and often find it difficult to control the events occurring in their lives. The adolescents also mentioned that migration to some extent had robbed them of inner confidence and hence they felt vulnerable. Many of the adolescents mentioned that their parents were suffering from severe depression and trauma, which has affected their reciprocal relationship. The children were made to lead a sheltered life by their parents owing to the dangers experienced by them in the past. The growing children's ability to take risks and handle uncertainty is larger diminished in view of the complicated life situations faced by their parents and families.

Calculation of chi square reveals that there was insignificant sex difference as well as age difference among the adolescents on this indicator.

2. Sense of Relatedness of Sample Adolescents

Table 5 depicts the sense of relatedness among the sample adolescents. Relatedness is the need to feel connected to others; it is valuing and caring about the relationship. 96.2% of the sample adolescents (97.5% male and 95%) showed lower level of sense of relatedness meaning they did not interact effectively with others. These adolescents highlighted that post migration their parents and other families were busy in resettling and creating a new household, as a result they many a times felt left out. Their ability to relate to others was effected by this to a greater extent. Also, some of the adolescents mentioned that their parents either were over

critical or over ambitious. They expected them to perform exceptionally well academically, which puts undue pressure on them. Keeping in mind the tense home environment also some of them did not want to interact frequently with others around them.

The remaining adolescents either scored average or below average in their sense of relatedness. None of the sample adolescents scored high on this subscale. Overall, most of the sample adolescent's scores indicate some problems in their ability to relate to others.

Calculation of chi square indicates that there was insignificant difference in the sense of relatedness of boys and girls; or between early and late adolescents.

3. Emotional Reactivity of sample adolescents

Table 6 contains data on the level of emotional reactivity among the Kashmiri migrant adolescents. Results reveal that most (77.5%) sample adolescents scored low on emotional reactivity. Emotions are an important part of every one's well being and provide an opportunity for expressing the repressed feelings. Majority of the sample adolescents showed above average to low emotional reactivity indicating that most of them could control their emotions and rarely showed extreme emotional reaction. They were not very vulnerable and knew how to manage emotions in face of difficult situations. The number of adolescents who could not control their reactions to a situation was comparatively less.

The calculated chi square values depicts insignificant differences in the sub area of resilience; indicating that sex and age of adolescents did not significantly influence their emotional reactivity.

Table 6: Emotional reactivity of sample adolescents.

Level	n=40				n=40				n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
High	-	-	-	-	-	-	-	-	-	-	-	-
Above Average	1 (7.1%)	-	1	2.5	2 (12.5%)	-	2	5	3 (8.8%)	-	3	3.75
Average	-	2 (7.6%)	2	-	1 (5.2%)	4 (19.04%)	5	12.5	1 (2.9%)	6 (13.04%)	7	8.75
Below Average	1 (7.1%)	6 (23.07%)	6	-	1 (5.2%)	1 (4.7%)	2	5	2 (5.8%)	6 (13.04%)	8	10
Low	12	19 (73.07%)	31	77.5	16 (84.2%)	15 (71.4%)	31	77.5	28 (82.3%)	34 (73.9%)	62	77.5
Total	15	25	40	100	19	21	40	100	34	46	80	100

χ^2 between boys and girls=3.619, $pv=0.46$

χ^2 between early and late adolescents=7.52, $pv=0.110$

Summary

Migration has been a feature of human race since time immemorial. Yet forced migration, which is a common issue in today's world, can inflict long term pain both physical and emotional on the migrant. Kashmiri Pandit community also faced migration due to hostile conditions in Kashmir. This migration not only influenced the immediate generation of migrants but continues to impact the coming generations in many ways. Most of the adolescents of the present generation did not face migration directly yet due to displacement many of their families are still trying to create a niche for themselves in the new locales. It is in this context that the present study assumes importance as it explores the level of life satisfaction experienced by these adolescents and the level of resilience they exhibit.

Results related to life satisfaction of the adolescents revealed that most of the sample had average level of it. This implies that the adolescents belonging to Kashmiri migrant families perceived their lives as moderate. Though there were no major lacunae in their lives yet they wished for more resources. They especially wished for more financial security and material goods. Probably because of the hardships faced by their parents, the young teenagers wanted to be economically stable and expected more from

their lives. Jordan and Graham (2012) also reported that children of migrant parents are less likely to be happy and satisfied with their life. Earlier studies on Kashmiri migrants conducted by Raj et al, 2004; Dhingra and Arora, 2005; Raina and Mir, 2009 have also noted that many of the migrants continue to have lesser satisfaction with their lives mainly because of the harsh living conditions.

Findings related to resilience of the adolescents reveal that most of sample adolescents had low sense of mastery and low sense of relatedness. This implies that adolescents belonging to migrant families had problems in relating with others and mastering situation and tasks. They found it difficult to adapt to people and situation and were not very optimistic. Most of these adolescents again cited that because of the traumatic past they feel vulnerable and unable to control conditions around them. Also, the pain experienced by their parents made them over ambitious and over critical of their children. This in turn hampered the ability of the adolescents to relate to others and hence master relations and circumstances. Fergus & Zimmerman (2005) had also noted that parental emotional turmoil interferes in the parent-child relationship. Further, Glennie (2010) had also found that parental and familial support acts as a fostering factor for

development of resilience among the children. However, at the same time most sample adolescents also had low emotional reactivity meaning that they were not too emotionally susceptible and reactive. Most of them could control their emotions and did not show extreme emotional reactions. Here also no significant differences were found between boys and girls and early and late adolescents as far as their resilience was concerned. Condly (2006) also reported that sex has almost negligible effect on the levels of resilience exhibited.

Overall, the results point out that the sample adolescents weren't very resilient. They had low sense of mastery and relatedness. The emotional trauma faced by their families on account of migration and the subsequent difficulties, had left a scar on the young adolescents as well. They were pessimistic and even had fear of relations and situations. The only aspect they had mastered was their emotional reactivity, as they had developed the capacity to control their emotions successfully. The findings highlight how parental circumstances especially those of pain and despair tend to impact their growing up children and their subsequent resilience. Hunter (2001); Tera et al (2009) in their respective studies suggested that irrespective of age, gender, culture and socio-economic status, all adolescents can be resilient. However, overcoming adversities were different dependent on the presence or absence of consistent, loving, caring monitoring adults who helped the adolescents traverse the adversities of life.

Recommendations of the study:

1. There is a need to develop the resilience levels of the adolescents belonging to Kashmiri migrant families. Since, most of them scored low on resilience there is a need to improve their ability to cope with stress. Some intervention programmes can be developed to enhance this ability of these teenagers.

2. Overall, satisfaction with the life was also average among most of these adolescents. Thus, there is also a need to help them to understand to accept life. Acceptance and satisfaction with life can help to improve the overall personality of the adolescents.
3. Interventions targeting the parents of the adolescents are also needed. Some of the migrant parents are still carrying the wounds of migration inside them and knowing or unknowing are letting these impact their parent-child relationship. Parents need to be taught parenting skills so that they become competent parents by learning to overcome their feelings of grief and pain.

References

Condly, S.J. (2006). Resilience in children: A review of literature with implications for education. *Urban Education*, 41(3) 211-236.

Dhingra, R., and Arora , V. (2005). At the Cross Roads: Families in Distress. *Journal of Human Ecology*, 17(3), 217-222

Fergus, S., & Zimmerman, M. A. (2005). Adolescent resilience: A framework for understanding healthy Resilience and At-risk Children and Youth development in the face of risk. *Annual Review of Public Health*, 26(1), 399-419

Glennie, EJ (2010). *Coping and resilience. Non cognitive Skills in the Classroom: New Perspectives on Educational Research* (pp. 169-194) Research Triangle Park, NC: RTI Press Publication.

Hunter,A.J, (2000). A cross cultural comparison of Resilience in adolescents. *Journal of Pediatric Nursing*, 16(3), 172-179.

Jordan, L P., and Graham, E. (2012). Resilience and Wellbeing among Children of Migrant of South East Asia.

- Society for Research in Child Development*, 83(5), 1672-88
- Raina, S., and Mir, A. (2009). Meaning of Quality of Life and Life Satisfaction. Perception of Kashmiri Pandits and Buddhist. *Foundation for Organizational Research and Education*, 27, 0970-2385
- Raj, S., Sharma, S., & Singh, V., (2014). An Overview of the Problem faced by the Migrant Kashmiri Pandits in Jammu district and Possible Solutions. *International Journal of Research in Humanities, Arts and Literature*, 2, 71-86.
- Raj, S., Sharma, S., and Singh, M. (2014). Migration, Relief and Rehabilitation and Social Living Condition of Kashmiri Pandit Migrant of Camp and non Camp Areas in Jammu District. *IOSR Journal of Economics and Finance*, 4, 50-59.
- Stattin, H., and Kerr, M. (2000). Parental monitoring: A reinterpretation. *Child Development*, 71(4), 1072-1085
- Tersa, D. F., Dan, R. H. Oliver, L., and Whitbeck, L. B. (2009). Family, Community and School Influences on Resilience among American Indian Adolescence in the Upper Mid West. *Journal of Community Psychology*; 34(2), 193-209.