

The role of educational resilience in predicting internalising and externalising problems

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Abstract

University students tend to experience symptoms of internalising and externalising problems during university life. Psychological factors like educational resilience may play an important role in mitigating the symptoms of internalising and externalising problems. The aim of this research was to investigate the role of educational resilience in explaining internalising and externalising problems over and above the demographic variables. We used a cross-sectional study design to collect data from 232 undergraduate students whose ages ranged between 18 and 36 years with a mean age of 19.57 (SD=2.42). They completed the Educational Resilience Scale and the Student Risk Screening Scale-Internalizing and Externalizing. The findings indicated that adaptive and psychosocial resilience significantly predicted internalising problems, while psychosocial and ecological-engineering resilience predicted externalising problems after controlling age and gender. These findings enhance our understanding of the relationship between resilience and internalising-externalising problems.

Keywords: educational resilience, Internalising, Externalising problems, age, gender