

Resilience, Emotional Regulation, and Self-Compassion in Adolescence: An Exploratory Survey

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Abstract

Individual resilience in adolescence is a dynamic process of implementing positive internal resources that are activated to cope with adversity. In accordance with the theoretical framework of the Sphere Model of Consciousness, strengthening the positive resources related to resilience supports the development of cognitive and relational skills, a sense of identity, and future planning. The results presented in this study were obtained from data collected through standardized psychometric questionnaires as part of research project conducted in schools in 2024 and 2025 by the Patrizio Paoletti Foundation in collaboration with the University of Padua. The total sample consisted of $N=1102$ students with a mean age of 15.54 ($SD = 1.292$), perfectly stratified by gender. The psychological constructs of interest investigated in the students were: resilience; emotional regulation; coping; self-compassion; self-determination; and life satisfaction. The results show, among other findings, that the adolescents have: low to medium levels of resilience and self-efficacy in regulating negative emotions; high scores on the negative dimensions that constitute self-compassion (self-judgment, isolation, and hyper-identification); and low scores on self-determination. Furthermore, the results show that as they get older, adolescents seem to be more aware and resilient, but less satisfied with their lives. Males also seem to be more aware and resilient than females. Finally, those who practice sports or other extracurricular activities seem to be more resilient, aware, and self-determined. These results suggest the need for preventive measures in adolescence, including the design and implementation of educational programs aimed at strengthening resilience and related positive individual resources.

Keywords: adolescence; emotional regulation; resilience; self-compassion; sphere model of consciousness