

MEASURING INDIVIDUAL RESILIENCE IN WORKING ADULTS POST COVID-19

ASMA AFREEN S.A

psychologist, coach and trainer based in Dubai, UAE

INTRODUCTION

The novel corona virus or Covid-19 brought the entire global economy to its knees by creating an intense battle between life and livelihood. The only suitable method to curb the spread of the virus was through social distancing and nation-wide lockdowns which brought economic activity to a grinding halt. This led to massive job losses, corporate restructuring and changes in the world of work that impacted every employee, consultant and entrepreneur, irrespective of industry and job role.

AIM:

This study aims to understand the individual resilience of working adults during the pandemic, COVID-19 and understand to what degree individual resilience has been influenced by demographic factors (age, gender, location, income pre-COVID), type of employment, nature of job role, industry of employment etc.

MATERIALS AND METHODS:

In order to ascertain individual resilience in working adults and measuring the influence of various factors, working adults in different ages, industries, job roles are chosen. The sample population consists of people from varied locations and socio-economic status also keeping in mind to include participants of all genders. The Connor Davidson Resilience Scale or PSI Resilience Questionnaire is used to measure the individual resilience and the scores for each of participants is correlated with the factors mentioned above to understand the extent of influence, if any in a positive or negative manner. 2

RESULTS:

As the research is currently underway, results will be published on the completion of the research.

Conclusions:

As the research is currently underway, conclusions will be submitted on the completion of the research.

Keywords:

1. Psychological Resilience 2. COVID-19 3. Global Economy

Biography:

Asma Afreen S.A. is a psychologist, coach and trainer based in Dubai, UAE. She is a Community Engagement Wizard with GLEAC, an A-based, soft-skills measurement and development product. She is also qualified in the BPS Qualification as a Test User – Ability and Personality. She has a Masters in Psychology and is passionate about assessing and improving soft skills in organizations.