

ISSN 2063-5346



DIFFERENCE OF LEVEL OF ASPIRATION AND RESILIENCE IN PRE AND POST PANDEMIC POPULATION

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Article History: Received: 01.02.2023

Revised: 07.03.2023

Accepted: 10.04.2023

Abstract

Aspiration levels play an important role in everyday decision making. In practice, however, decisions are not based on an aspiration level alone. The aspiration level and the overall probabilities of success and failure may receive special attention, but subjects will not be completely insensitive to difference within the classes of gains and losses. Aspirations have a significant impact on pupil attainment net of family background and other individual factors, but their effect is reduced when examining pupil progression. The level of resilience and the ability to fight back adversaries can reflect back on a pupils mind and help them refocus towards their aspirations which would be befitting to examine.

The post pandemic society's level of resilience and level of aspiration shows an increase by the produced data as the ability of the world to bounce back has been depicted.

Keywords : Achievement, Aspiration, Resilience, Student

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DOI: 10.31838/ecb/2023.12.s1.119

INTRODUCTION

The current society is reeling from the impact of the currently occurred pandemic and their emergence from their work from home and their studies which they were continuing from their home, they have survived the stagnancy of the period and now when the wheels of the world have again started and the world is coming back to its own respective pace, people have started re-joining their workplace. They have started to aspire for a better future after showing resilience from a long almost 3 years pandemic, the current generations aspirations can be compared with their past selves ones who had not suffered the pandemic which could be the millenniums' and Gen -Z and in equivalently comparing their resilience before the pandemic happened which may help in correlating their past and now self.

Resilience

Resilience is the ability to bounce back from the outcome which has brought a negative impact in the life of a person through their experiences it can be emotional, behavioural in which behaviour resilience can have intrinsic and extrinsic needs and demands.

“The process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress.”

- *The American Psychological Association (2014)*

While this definition is useful, there is more variables in play to determine a person's level of resilience which are biological, social, cultural and economic factors which helps to determine whether the person has the ability to bounce back from what trauma they are or were facing.

Aspirations

Aspirations are the goals, dreams and hopes a person binds themselves into to reach a proper motive, Aspirations can be extrinsic as well as intrinsic. Extrinsic aspiration may include high level of economic success and or having a higher ground in social conduct meaning having high level of popularity presenting in extrinsic locus of control as well whereas the Intrinsic Aspirations may include the Social aspiration of being the part of the inner circle having trust, loyalty and dignity, It may include having the aspiration of a healthy and thriving family and having aspirations of achieving

positive emotions in life this may include having an intrinsic locus of control.

“An ambition, goal, or any kind of desired end that might be achieved through personal effort”

- *APA Dictionary*

Aspiration is a need to improve ourselves for better future prospective, It can be social, economic, personal or emotional aspirational as stated by Hurlock.

The aspirations and resilience of a person together can do wonders in a person life and studying both of them together is the motive of the article.

LITRATURE REVIEW

Level of aspiration is a vital part of a student's life and can effectively affect their desire towards a better fairing academic achievement, Academic aspirations rely on the level of aspiration of the students and Sarika Chauhan (2017) found this to be true, she found it positively that level of aspiration is an important factor and is positively correlated to academic achievements of students.

The level of aspiration among different socioeconomic background did not show any differences but their aspirations could be seen through their parents' educational background or what organisation they have joined for example NSS or NCC, it was synthesized by S. Senthilselvam and Dr. G. Subramonian (2015), the students having the environment of extra better extra - curricular activities and better study environment at home were having higher level of aspiration.

The Pre-Pandemic resilience in women was with less stressor which contributed to a positive emotional level of women was high but the research has a lot of biases as there was past traumas in which all traumas of the samples could not be collected and but the result show that the resilience level of the women do not fluctuate much and is correlative to the trauma they were facing pre – pandemic and during pandemic and the correlation was positive between their trauma and their resilience as data produced by Karmel W. et al. (2022) presented.

The research done by Bhawana Sharma (2015) investigates the level of resilience and problem solving between the North Indian boys and girls it represents a positive correlation amongst

resilience and problem solving capabilities of the sample tested, this research depicts that the capability of the sample makes it more resilient towards upcoming challenges.

The presented data depicted by Kimhi et al. (2020) describes the lack of resilience among Israeli people during the pandemic period, the confusion between two lockdowns showed that having a good leadership can increase the level of resilience of the people.

The level of resilience has many variables and hidden meanings attached to it if we conduct in the whole of the population starts earing to keep the country afloat which shows the persons individual resilience, The Indian Express (2022) presents proper depiction from its data that Indian population has shown extreme and exemplary level of resilience.

The Indian Express (2023) survey produced the level of aspiration of the Indian subcontinent and the data presented showed that the post pandemic world had a rise of 3% in its aspiration index in post pandemic era which represents India's ability to bounce back from the trauma created by the pandemic.

METHODS USED

This article has been constructed after studying the recent and past development happening in the research world regarding the concept of resilience and aspirations and to understand these variables before and after the pandemic happened.

DISCUSSION

The changing worlds has shown has shown that nothing is permanent in the world that changes occur and we the humans have to adapt according to the situations presented to us, life continued during every situation human has aspired and shown their resilience, whether it was colonisation, black plague, world war or any other major trauma the world had to face.

The human race survived and thrived in the given situations, they had big aspirations to develop new discoveries and inventions the curiosity, the ego and the resilience of man kept it going, according to Maslow's law of basic needs a human aspires till they have the self-actualisation that they need to have the epitome

of what they could gain and their endurance and resilience helps them with the same.

The question here arises that what is the level of resilience and aspirations of the people pre and post pandemic, the question which seems simple has complicated variables which makes it hard to define for aspirations can be social, economic, personal and emotional. The current world after the lockdown had faced a level of stagnancy that was difficult to overcome but the subcontinent of India is doing relatively much better.

The level of resilience shown by the subcontinent is exemplary it projected India's economic forecast of its GDP from 5.9% to 6.1%, which shows India has started growing tremendously better than the other countries, the population has taken good initiative against the, the studies done by PubMed central reflects that the pandemic has increased the resilience of the population after pandemic had occurred it retaliates the consequences of the pandemic as the world has come to a high alert after the pandemic.

The Aspiration of the Indian population is high even after the inflation rates increasing by the time the public has shown average 85.5% of aspiration index surveyed by the Indian express, The data shown shows that the percentage has risen about 3% in the post pandemic world, the pandemic has made the population aspire more and reach its proper goals, according to studies mentioned in the review of literature, the pre pandemic world specially the millenniums' and the Gen – Z had established a correlation of resilience according to its traumas and as there was a low level of trauma the level of resilience of the pre pandemic population was considered low but they have adapted to the situation presented to themselves.

Thus, the level of aspiration and resilience of post and pre pandemic correlates with the time periods' trauma they are facing which shows a positive correlation to it.

The following researches presented shows resilience and aspirations of the population but pre and post pandemic the population have started showing aspirations on the different variables which includes in them, as in terms of aspirations the population showed its aspiration basically in terms of education and building platforms to have more data respective for it but

post pandemic the research has flown towards the economic progress of the country which can show how there is a shift in the society, there is an increase in earning more to secure the future you have built for yourself. As for the resilience has increased a threshold as well there is a fear in the society as the changing time has shown the lack of stability and increase in the traumas curtailing one after another, which in turn has increased the possibility of being insecure by behaviour and has no time to wallow in pain, the data shows the high adaptability of people towards traumatic situations and which represents now we only focus on things that matter and are trying to avoid things which simply waste the time of the person doing it.

CONCLUSION

The world is ever changing the resilience of the population is keeping it alive and makes it survive in the hope of a better and happy future. The aspirations of the society helps it to climb from one developmental stage to another, it can either brake the society or take it to the higher realms, currently the society has a lot of trauma and an impending fear of the coming future which is keeping it in a sense of fear. However, the data collected is showing that the society is fighting back and not only surviving but thriving specially the Indian subcontinent. It has produced a positive level of level of aspiration and resilience giving a hope for a happy and prosperous future.

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