



## Academic resilience and its impact on students' academic achievement: A comprehensive review

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### Abstract

Academic achievement is the key focused area in the field of education. Psychologist, researchers and policy makers trying to find out obstacles in the path of academic progress. They identify numerous effective factors which are associated with students' learning outcome. Academic resilience identified as one of the significant effecting factors of academic achievement. This comprehensive review focused on the association between academic resilience and academic achievement of the students. After analysing multiple studies, found that maximum studies explore significant correlation between academic resilience and academic achievement. In this present study 20 papers are reviewed. The main purpose of this review paper to gather review of literature on academic resilience and academic achievement of student at the level of national and international.

**Keywords:** Academic resilience, students, academic achievement, comprehensive review

### Introduction

In the 21<sup>st</sup> century resilience has played vital role for the young generation due to numerous factors. India as a developing country experiencing rapid technological, social modernization and economic changes. Today's new generation need to adapt modern realities by improving themselves. Besides the infrastructural development there are also increase the level of competition in the field of education, job sector and other areas. So, today's young generation faced several obstacles to achieve their goal for hard completion. In this kind stressful situation, resilience helps to cope with stress, failures and setbacks. So that, resilience is called key skill of human which helps them to manage stress, anxiety level and other vital challenges of their day-to-day life. Similarly, academic achievement also plays a pivotal role in paving the way for success in life. Strong academic records open doors to better job opportunities and better in higher education also. So, academic achievement becomes the focused point to the educational policy maker, educationist, researchers, teachers, parents and stakeholders. Several studies found resilience as most affecting factors of academic achievement of student. Academic resilience encourages students to learn from failure and keep moving forward. Academically resilient enable to achieve success by balancing responsibilities, solving problems, adjust strategies, cope batter with academic stress and majorly focus on their academic goal. All these specializations of resilience children contributing better academic outcome. Even it also builds a stronger foundation for lifelong learning.

### Academic resilience and Academic achievement

Academic resilience is one kind of ability which helps to deal with academic difficulties, pressure and stress which are playing crucial role to determine students learning outcome. Academic resilience is defined as "the ability to deal with setbacks, stress or pressure in the classroom" (Gizir, 2004). In the present digital and modern period students are facing various learning difficulties. They feel more stressful situation for increasing competitive and

rapidly educational demand. These stressful situations lead them toward wrong decision. So, educators, researchers and policymakers need to focus on enhancing educational challenges and practices and students support system. And at the ground level educators need to nurture students' academic resilience which helps learners to bounce back from academic failure and be capable to thrive challenges and adversity in the field of education. According to Greene and Conrad (2002) the term 'Resilience' originated from Latin word 'Resiliens' which means elastic quality of a substance. The resiliency is the strength, is the quality of an individual to stay calm and unaffected by difficult situations and they take necessary steps to overcome difficult life circumstances in flexible way. According to Leipod and Greve (2009) resilience define as "An individuals' stability or quick recovery under significant adverse conditions". First study conducted on resilience by Rutter, Germezy and Masten (Rutter, 1987; Garmezy, 1991 Masten, 1994). They explore the special quality of young individuals to adapt diverse and adjust unfavourable environmental conditions of institutions. Individuals with resilience skill, enable to overcome, recover and resolve any issues related to academic (Masten, 2001). According to Luther *et al* (2000) "resilience is a dynamic process wherein individuals display positive adaptation despite experiences of significant adversity or trauma". Presence of motional factors are common in an individual's life and each and every are suffering from various kind of trauma or adversity in their everyday life. Researchers and psychologists are identified multiple factors which make individuals resilient. Some of the significant factors are optimism, positive attitude, and ability to regulate emotions. Connor and Davison (2003) explored that "Resilience embodies the personal qualities that enables one to thrive in the face of adversity. It is a multidimensional characteristic that varies with context, time, age, gender and cultural origin, as well as within an individual subjected to different life circumstances." Resilient people are able to easily move on and change their direction of life and also enable to achieve their goal. Multiple studies establish resilience as an effective factor of

academic achievement. “Academically resilient students can turn adversity into inspiration by keeping personal high goals and aspirations, being goal oriented, having solid problem-solving skills and being socially competent.” (Wang & Gordan, 1994) <sup>[24]</sup>

### Review of literature

Sarwar et.al (2010) <sup>[21]</sup> examined the relationship between resilience and academic achievement of secondary school students. The study conducted on 127 secondary school students of Gujranwala, Pakistan. The findings of the study revealed that there is no significant correlation between academic resilience and academic achievement of secondary school students. Furthermore, the study also found the female students have higher level of resilience as compare to male students.

Fallon (2010) <sup>[11]</sup> studied the relationship between academic achievement and academic resilience with multiple risk factors. The study selected 150 Latino high school students who belong to low socio-economic status. The finding of the study disclosed that there was a statistically significant relationship between school’s academic optimism and students’ academic resilience.

Dev and Arora (2012) <sup>[8]</sup> investigated on the resilience and academic achievement of adolescents. The study held on 200 adolescents who preparing for engineering and medical entrance examinations. In this study researchers found that adolescents with high resilience have better academic performance as compare to low resilience adolescents. Furthermore, male adolescents with high resiliency perform better than female adolescents.

Jowkar, *et al.* (2013) <sup>[16]</sup> conducted a study on academic resilience in education to examine the relationship between achievement goal orientations and academic resilience among students. In this study, 626 students are involved. The finding revealed that student’s academic achievement is significantly influenced by the achievement goal orientation. Mwangi et.al (2015) <sup>[19]</sup> studied on the relationship between academic resilience and academic achievement of the students of secondary school. The total sample 390 students were drawn from 10 secondary schools of Kiambu County Kenya. The researchers found significant positive correlation between academic resilience and academic achievement.

Zuill (2016) <sup>[25]</sup> conducted a study on the relationship between resilience and academic achievement of adolescence students. The study held on 51 students from Bermuda public schools. The study found statistically significant and positive relationship between student’s level of resilience and reading achievement but there is a significant relationship between students’ resilience and GPA.

Rao and Krishnamurthy (2018) <sup>[20]</sup> examined the impact of academic resilience on the scholastic performance of high school students. The study conducted on adolescents of 12–17-year age group and studying in public in public school in North Bangalore. The study revealed significant correlation between resilience level and scholastic performance. The study also found that innate scholastic abilities and environmental protective factors are significantly impact students’ scholastic performance.

Busling (2019) investigated on college students’ academic resilience and performance association. The study conducted on 100 college students who belong to indigent

families. The study found that academically resilient students are capable to cope and adjust various stressful circumstances of their life but the study found no significant relationship between academic resilience and academic performance of college students.

Vivian and Osuafor (2021) <sup>[23]</sup> conducted a study on academic resilience as a predictor of academic achievement of secondary school students. The study held on 1200 biology students from 15 schools of Onitsha Education Zone. The findings of the study revealed that academic resilience established as significant predictor of academic achievement. The researcher provide suggestion to teachers and school counsellors to provide guidance when they facing challenges to achieve academic goal.

Abubakar et.al (2021) conducted a study on the relationship between pharmacy students’ academic resilience and academic performance. A total of 247 pharmacy students selected from public university. The study revealed that undergraduate pharmacy students are moderately academic resilience and the study also found significant association between academic resilience and academic performance.

Habeeb (2021) <sup>[15]</sup> conducted a correlative study between academic resilience and academic achievement of secondary students who were studying in English medium school. The study conducted on 500 students to explore the association between those two variables. The finding of the study explored that students have moderate level of academic resilience and have significant positive correlation between academic resilience and academic achievement.

Ayasrah and Albalawi (2022) <sup>[3]</sup> conducted a study on academic resilience and its association with university first year students’ academic achievement. This study applied on 162 male and female students of health sciences. The finding of the study concluded that academic high resilience of students has higher level of academic achievement.

Fatima and Nadeem (2022) <sup>[10]</sup> conducted a study on the assessment of academic resilience and academic self-concept for school students’ academic achievements. The study held on 340 school students. The findings of the study showed academic achievement as a significant predictor of academic resilience. Furthermore, the study also revealed significant gender differences between academic resilience and academic achievement.

Fru-Ngongban (2023) <sup>[12]</sup> studied on the impact of resilience on students’ academic achievement. this study was conducted on 80 students of secondary school students. The findings of the study revealed high significant association between secondary school students’ resilience and academic achievement.

Khalid et.al. (2023) <sup>[18]</sup> studied on the relationship between academic resilience and academic achievement of government college students. This study conducted on 353 students who are studying on Government College. The findings of the study concluded that students’ higher academic resilience associated with greater level of academic success. Furthermore, various factors such as perseverance, reflection and adaptive help-seeking are positively associated with academic performance.

Almulla (2024) <sup>[2]</sup> conducted a study on the exploration of academic resilience and its relationship with academic achievement. The study held on 600 graduate students of King Faisal University in Saudi Arabia. The study explored multifaced nature of academic resilience and found

significant positive relationship between academic resilience and academic achievement.

Dubey (2024) <sup>[9]</sup> investigated the role of academic resilience on the higher secondary school student's academic performance by focusing implications, strategies and factors for the educational success. The study held on 100 higher secondary students who studying in government and private schools. The findings of the study indicated that academic resilience significantly influences academic performance of students. Moreover, the study also found that academic resilience of male students is better than female students.

Sridevi et.al (2024) <sup>[22]</sup> examined the relationship between academic resilience and academic achievement of adolescents. The researchers selected 600 students from school of Durge district, Chhattisgarh. The researchers found significant correlation between academic resilience and academic achievement of adolescents.

Carroza-Pacheco et.al (2025) <sup>[6]</sup> examined secondary students' academic performance and resilience. The researcher selected 609 Spanish secondary education students for the study. The finding of the study indicated that there is a significant relationship between academic performance and school resilience of secondary school students but the study revealed significant differences between performance level and on the basis of five resilience dimensions.

Khan et.al. (2025) <sup>[17]</sup> examined association between university students' academic resilience and academic performance. The researcher selected final semester university students of most undeveloped region of the country. The finding of the study disclosed a strong positive correlation between academic resilience and academic performance.

## Conclusion

In conclusion, it can be said that academic resilience plays a pivotal role in the academic performance of student in any field or level of education. Students with higher level of academic resilience, are capable to manage stress, navigate challenges, and enhance the level of motivation and engagement. It contributes better academic outcome by improving problem solving skill, capacity of adaptability and developing interpersonal relationship. Previously, maximum studies found significant relationship between academic resilience and academic achievement of students in comprehensive level of education. After reviewing multiple studies, it can be concluded that academically resilience students are capable to handle academic demands effectively and flexibly achieve their predetermine goal.

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