

Integrating Resiliency Training into College Wellness Courses

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Purpose

- 1) The benefits of resiliency training for college-age students
- 2) The essential components of resilience training
- 3) Results of the efficacy of resilience training integrated in wellness courses

The Problem

- Do traditional wellness/fitness classes facilitate healthy behaviors among college aged students?
- Holistic Approach
 - Positive Psychology
 - Wellness is a balance
 - Students need more than just fitness testing and exercise

Three Waves of Resiliency Inquiry

Richardson, G.E. (2002) The metatheory of resilience and resiliency. *Journal of Clinical Psychology, 58*(3), 307-321.

- 1st Wave: resilient qualities
- 2nd Wave: resiliency is a process
- 3rd Wave: resilience is a force within

1st Wave: Resiliency Inquiry

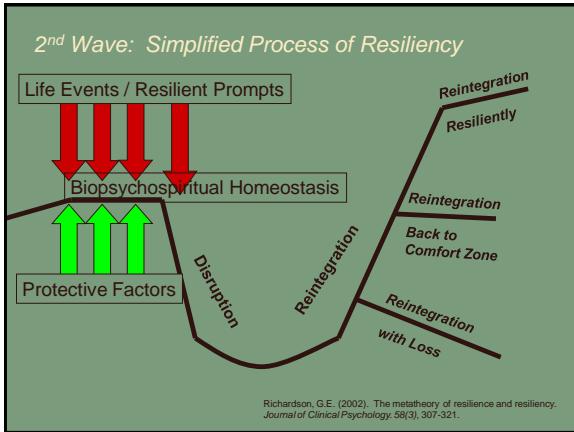
- “Phenomenological descriptions of resilient qualities of individuals and support systems that predict social and personal success.” (p. 308)

Richardson, G.E. (2002). The metatheory of resiliency and resiliency. *Journal of Clinical Psychology, 58*(3), 307-321.

2nd Wave: Resiliency Defined

- “Resiliency is defined as the process and experience of being disrupted by change, opportunities, stressors, and adversity and, after some introspection, ultimately accessing gifts and strengths (resilience) to grow stronger through the disruption.” (p. 178)

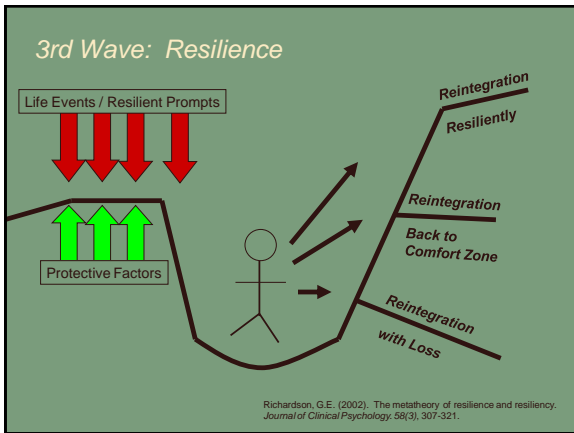
Waite, P.J. & Richardson, G.E. (2004). Determining the efficacy of resiliency training in the work site. *Journal of Allied Health, 33*(3), 178-183.



3rd Wave: Resilience

Resilience “is a force within everyone that drives them to seek self-actualization, altruism, wisdom, and harmony with a spiritual source of strength.” (p. 313)

Richardson, G.E. (2002). The metatheory of resilience and resiliency. Journal of Clinical Psychology, 58(3), 307-321.



Resilience

- Childlike
- Moral (Character)
- Noble
- Intuitive (Universal)

Childlike

- Energy
- Excitement
- Optimism
- Vitality
- Creativity
- Love of Learning
- Adventure
- Risk Taking

Moral (Character)

- Integrity
- Being Honest
- Being Honorable
- Right and Wrong

The Golden Rule

Noble

- Service
 - Acts of Kindness
 - Love
- Self-Efficacy
- Meaning
- Worth
- Respect

Intuitive (Universal)

- Strength Beyond Consciousness
- Peace
- Enlightenment
- Wisdom
- Understanding
- Vision/ Foresight
- Faith
- Miracles
- Comfort / Support
- Inspiration
- Gut Feeling

Intuitive (Universal)

- Smells
- Sights
- Sounds
- Sensations (touch)
- Taste
- Nature

Connections

The Application

- Creating a Skill Set
 - Physical
 - Emotional
 - Spiritual
 - Mental
 - Social
 - Environmental

Methods: *Population*

- Students
 - Primarily Freshman
- College
 - Midwest
 - Public
 - 4 year University
 - Institutional Review Board (IRB) Approval

Methods: *Recruitment*

- Existing Fitness/Wellness (2 credits)
 - General Education Requirement
 - 14 weeks
 - Lecture
 - Activity Lab

Methods: *Design*

Pre Test / Post Test

- Control Group
 - Fall 2010
 - Traditional Course Instruction
 - Lecture/Fitness Activity Lab
- Treatment Group
 - Spring 2011
 - Resilience Infused Curriculum
 - Graduate Teaching Assistants

Methods: *Design*

Instruments

- Ryff Psychological Well-being scale
 - Autonomy (AUT)
 - Environmental Master (EM)
 - Personal Growth (PG)
 - Personal Relationship with Others (PRO)
 - Purpose in Life (PL)
 - Self-Acceptance (SA)
 - Spirituality

Ryff, C.D. (1989). Beyond Ponce de Leon and life satisfaction: New directions in quest of successful ageing. *International Journal of Behavioral Development*, 12, 35-55.
van Dierendonck, D. (2003). The construct validity of Ryff's scales of psychological well-being and its extension with spiritual well-being. *Personality and Individual Differences*, 35, 629-643.

Methods: *Design*

Depression, Anxiety and Stress Scale (DASS21)

Habitual Physical Activity (HPA)

Baecke, J.A.H., Burema, J., & Frijters, E.R. (1982). A short questionnaire for the measurement of habitual physical activity in epidemiological studies. *The American Journal of Clinical Nutrition*, 36, 936-942.
Lovibond, S.H., & Lovibond, P.F. (1995). *Manual for the depression anxiety stress scales*. (2nd Ed.) Sydney: Psychology Foundation.

Methods: *Design*

Physical Fitness Tests

- 1.5 mile walk/run
- Curl
- Push Up
- Sit & Reach
- Body Fat
- BMI

American College of Sports Medicine (2010). *ACSM's guidelines for exercise testing and prescription* (9th ed.). Baltimore, MD: Lippincott Williams & Wilkins.
Fahy, T.D., Insel, P.M., & Roth, W.J. (2010). *Fit & well: Core concepts and labs in physical fitness and wellness* (alternative edition) 9th ed.). New York: McGraw-Hill Companies.

Methods: *Data Collection*

Within the Structure of Course

- Survey's
 - Same Order
 - Paper & Digitally
- Fitness Tests
 - Same Order
 - Fitness Lab

Resiliency & Resilience Training

The GTA

- Weekly meetings with the GTA
 - GTA taught resilience
 - Experiences resilience
 - Utilizes Resilient Drives to **Create Student Lab**
- Weekly Taught Resilience
 - GTA teaches resilience
 - Experiences resilience

Resiliency & Resilience Training

🌀 The Student

- 🌀 GTA facilitated 5-10 minute discussion
- 🌀 25-30 minute resilience activity
- 🌀 Assignments
 - 🌀 Handout
 - 🌀 On-line Narrated PowerPoint Presentation

Resiliency & Resilience Training

- 🌀 Treasure Island
- 🌀 Meditation
- 🌀 Circuit Training
- 🌀 Tag
- 🌀 Coloring Game
- 🌀 Progressive Relays
- 🌀 Yoga
- 🌀 Walk About
- 🌀 Floor Hockey
- 🌀 More to Come

GTA Brainstorming

Conclusion

- 🌀 Existing Wellness/Fitness Classes
 - 🌀 Improvement is Needed
- 🌀 Resilience Training Can Help Everyone
 - 🌀 Teachers
 - 🌀 Students
- 🌀 Be Creative

Thank You

Questions?

References

- 🌀 American College of Sports Medicine (2010). *ACSM's guidelines for exercise testing and prescription* (8th ed.). Baltimore, MD: Lippincott Williams & Wilkins.
- 🌀 Baecke, J.A.H., Burema, J. & Frijters, E.R. (1982). A short questionnaire for the measurement of habitual physical activity in epidemiological studies. *The American Journal of Clinical Nutrition*, 36, 936-942.
- 🌀 Fahey, T.D., Insel, P.M., & Roth, W.T. (2010). *Fit & well: Core concepts and labs in physical fitness and wellness* (alternative edition/ 9th ed.). New York: McGraw-Hill Companies.
- 🌀 Lovibond, S.H. & Lovibond, P.F. (1995). Manual for the depression anxiety stress scales. (2nd Ed.) Sydney: Psychology Foundation.
- 🌀 Richardson, G.E. (2002). The metatheory of resilience and resiliency. *Journal of Clinical Psychology*, 58(3), 307-321.
- 🌀 Ryff, C.D. (1989). Beyond Ponce de Leon and life satisfaction: New directions in quest of successful ageing. *International Journal of Behavioral Development*, 12, 35-55.
- 🌀 van Dierendonck, D. (2003). The construct validity of Ryff's scales of psychological well-being and its extension with spiritual well-being. *Personality and Individual Differences*, 36, 629-643.

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