

A Comparative Analysis of Resilience and Help-Seeking Attitudes across Demographic Strata

Malvika Joshi

Amity University, Chennai, Tamil Nadu, India

Dr. Fatima Shanawaz

Amity University, Chennai, Tamil Nadu, India

Dr. Fouzia A. Shaikh

Amity University, Chennai, Tamil Nadu, India

Abstract

Background: India is a collectivist country that is still struggling with the treatment gap, which is rising every year, leading to an increase in the suicide rate among adults. Treatment gaps for mental disorders ranged between 70% and 92%; people in India with mental illness do not receive care, and only 1 in 10 people receive evidence-based treatment. (NMHS, 2016). Help-seeking for mental health challenges is a complex process influenced by the interplay of psychological resilience and socio-demographic factors. Resilience in mental health is the ability to cope successfully with life's adversities.

Objective: To study the relationship between resilience and adults' professional help-seeking behaviour, along with the influence of socio-demographic factors such as age, education, marital status, and income on these dynamics.

Methodology: A quantitative survey method was employed, utilising standardised psychometric tools to measure psychological resilience (CD-RISC) and Attitude towards Seeking Professional Help-10 (ATSPPH-SF). The sample size was 250 adults. Descriptive and inferential statistics were used to determine the predictors of help-seeking intentions.

Results: The results indicate that resilience is not directly related to seeking professional help for mental illness. Resilience remains largely independent of these demographic categories, whereas help-seeking attitudes are highly sensitive to social and economic status, and the internal resource of resilience. Resilience is an internal resource that can be robust regardless of financial status. Educated, high-income, married adults act as catalysts to facilitate help-seeking. Self-reliant individuals often recognise distress but avoid seeking professional help due to their autonomy.

Conclusion: The results indicate that resilience is a stable internal resource built throughout life experience, while help-seeking attitudes are externalised behaviours shaped by education, social support and financial security. Treatment gaps and interventions should focus on internal resilience along with targeting socio-economic and attitudinal barriers.

Keywords

Resilience, Mental health care, Mental illness, Help-seeking behaviour, Attitude.