

Navigating adversity, Exploring the psychosocial resilience of marginalized group's.



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Abstract: *The contemporary era of globalization, is creating homogenization of various cultures, ethnicities, languages and customs. This homogenization might cause hegemonic western traditions. Hence, to preserve and secure one's identity and uniqueness, some groups or societies might become resilience towards the growing westernization. This study focuses the , marginalized groups of the contemporary globalized world and the ways they face numerous challenges,, including systemic discrimination, social inequalities, economic disparities, and suppression. Despite these challenges, many members within these communities exhibit remarkable psychological resilience, navigating the capability to address adversity and emerge rigid . This paper observes Rawalpindi, as the growing hub of diversity and examines several cases as a case study. The exploratory methodology has been implied to collect qualitative data. In depth interviews through closed ended, structured surveys has been used as a method for the collection of primary data directly form the respondents. The secondary data has been collected through the research papers that were published. Whereas the qualitative data analysis have been done through discourse analysis technique . The findings indicates an encouraging insight . The limitations of the paper have been mentioned as well Along with the future implications and policy making to promote equality, inclusivity, justice in a community*

Keywords: Diversity, inclusiveness, marginalized groups, Psychosocial resilience

Introduction

Marginalized communities, peoples or populations are groups and communities that experience discrimination and exclusion (social, political and economic) because of unequal power relationships across economic, political, social and cultural dimensions (National Collaborating Centre for Determinants of health . [\(Canada,2021\)](#). Exclusion if a member from a society or social marginalization is the social con and relegation to the fragmentation of society. It is a term that has been used widely in Europe and was first used in France in the late 20th century. [\(Silver,1994\)](#). The marginal, the processes of marginalization, etc. bring specific

interest in postmodern and post-colonial philosophy and social studies. Postmodernism question the “center” about its authenticity and postmodern sociology and cultural studies research marginal cultures, behaviors, societies, the situation of the marginalized individual, etc. [\(McInnis,2002\)](#)

Marginalized groups, are not only restricted to racial or ethnic minorities, rather those with gender differences, LGBTQ+ individuals, individuals with physical disabilities, and those living below the quality life in poverty, are often subjected to social discrimination that causes their social, economic, and psychological marginalization. These communities experience

higher rates of poverty, unemployment, inadequate healthcare, and exposure to violence compared to the general population. Ethnic minorities of Pakistan including Sindhis (14.1 %), Pashtuns' (15.42 %) according to the 2006 Census of Afghans in Pakistan), Mohajirs (7.57 %), Baluchi's (3.57 %)

Religious minorities of Pakistan, also represented in the white colored region of the flag include Christians (1.59 %, 1998 Census), Ahmadis (0.22 %, 1998 Census), Hindus (1.6 % 1998 Census), Shi'as, Bohra community, Zoroastrians and Sikhs. ([Minority Rights Group](#))

Understanding the psychological resilience of marginalized groups is crucial for several reasons:

1. **Social Justice:** identifying the resilience of marginalized groups can challenge narratives of victimhood and highlight their agency and strength.
2. **Mental Health:** Resilience hold a crucible role in safeguarding mental health and well-being, especially in the context of trauma faced by marginalized individuals.
3. **Policy and Practice:** Insights into the resilience of marginalized groups can inform the development of policies and interventions that address the root causes of marginalization and promote positive outcomes.

In short , understanding the psychological resilience of marginalized groups is essential for promoting social justice, improving mental health outcomes, informing policy and practice, By recognizing and valuing the strengths and resources of these communities. The study is likely to investigate how individuals from marginalized communities develop and demonstrate psychological resilience in the face of various adversities, including discrimination, oppression, and socio-economic challenges. This exploration shed light on the reasons that lead to resilient behaviors amongst these populations and to support their mental health and empowerment.

1. Explore the specific psychological, social, and environmental factors that contribute to

the resilience of marginalized groups. This could include individual characteristics, such as coping mechanisms and personal strengths, as well as external factors like community support and access to resources.

2. Investigate the coping strategies employed by individuals within marginalized communities when faced with adversity. This involves examining both adaptive coping mechanisms that promote resilience, such as problem-solving and seeking social support, as well as maladaptive coping strategies that may hinder resilience.
3. Identify protective factors that buffer against the negative impacts of adversity on mental health and well-being within marginalized populations. This may involve exploring the role of positive relationships, cultural identity, and self-efficacy in fostering resilience.
4. Recognize the intersectionality of identities within marginalized groups and how multiple forms of discrimination (e.g., race, gender, sexuality, disability) intersect to shape experiences of adversity and resilience. This includes examining how individuals navigate complex social contexts and identities.
5. Investigate the psychological outcomes associated with resilience in marginalized populations, such as psychological well-being, self-esteem, and post-traumatic growth. Understand how resilience contributes to positive mental health outcomes despite ongoing adversity.
6. Translate findings into actionable strategies for promoting resilience and addressing mental health disparities among marginalized groups. This may involve developing culturally sensitive interventions, advocating for systemic change, and increasing access to mental health services.
7. Empower individuals within marginalized communities by amplifying their voices and lived experiences. Foster community resilience through participatory research

methods and collaborative partnerships that prioritize the needs and strengths of marginalized groups.

REVIEW OF LITERATURE

The literature on the psychological resilience of marginalized groups provides valuable insights into the factors and processes that contribute to resilience within these communities. Here is a brief overview of key themes and findings from existing research.

1. Social Support Networks
2. Cultural and Ethnic Identity
3. Community Resilience
4. Trauma and Healing
5. Structural Determinants of Resilience:

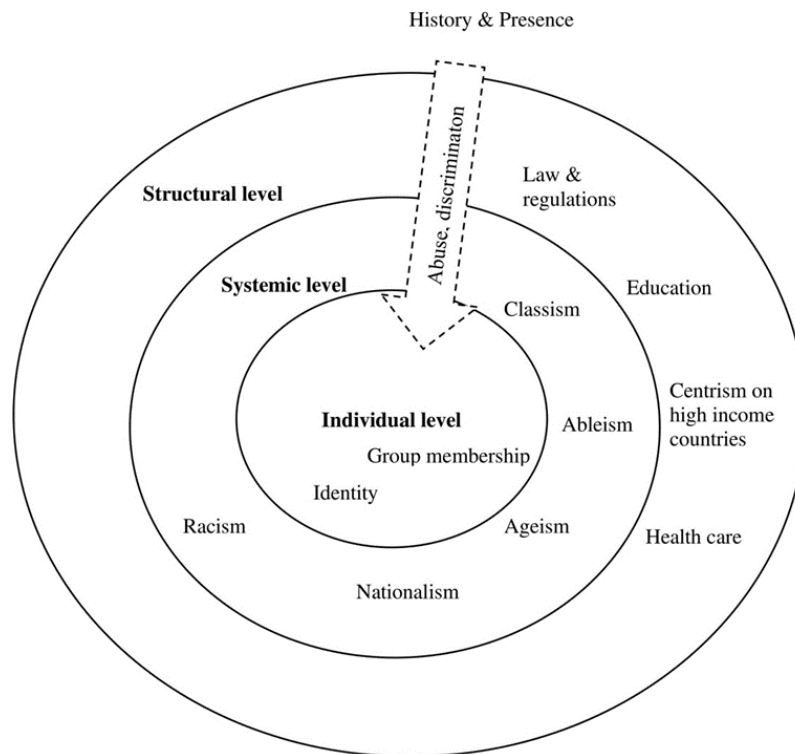
Overall, the literature on the psychological resilience of marginalized groups underscores the importance of recognizing and valuing the strengths and resources within these communities. By understanding the complex interplay of individual, cultural, social, researchers, practitioners, and policymakers can develop more effective interventions and policies to support the resilience and well-being of marginalized populations.

Theory of Resilience explains most adversity for some adults of a society were social equality and domination. Racism and inequalities were distinguished as pervasive threats. Four stains in the model, ethnic dedication, identity, adherence, and Resource accessibility, were linked to resilience measures and represented traditional identity.

Refugees, those in time of Afghan settlements are at higher risk of affected with mental health issues because of traumatic experiences, including violence. Also, at the phase of resettlement, they may be subjected to additional challenges regarding integration into the host country. (Fadhli, 2022). Additionally, they feel worthless, guilty and hopeless regarding their lives. (Berhanu et. Al., 2019). Measures influencing negative psychological concerns for ethnic minority individuals linked to delicate process timelines, various sociocultural and ecological determinants causing health issues, domestic inequalities, and neighborhood situations. (Wilcox, 2021) Pakistani society seems to be silent and mute

regarding discussion about caste-based stereotypes and oppression in the general public, also such marginalization is outgrown in several parts of the country. (Gazdar, 2007).

One of the major example if social exclusion and discrimination in Pakistan is the transgender community, where the individuals feel high levels of physical and verbal abuse and are subjected to discriminatory attitude in daily life. These perceptions lead in developing them delicate for risky behaviors; forcing them towards inappropriate activities that might include commercial sex working, street begging, drugs use and even suicidal thoughts. (Shah, et.al., 2018). Intellectuals realize the inclusive digital rights for gender inclusivity, dominating factors that are implanted in trans domestic dynamic structure. (Nawaz, 2016). It is hence argued that the divided society of Pakistan, with its prevailing ethnic and sectarian violences and discrimination, has lead to the nation's propensity toward corruption. (Haleem, 2003). Sectarian violences and tensions in political systems are exhibited in countries and cities associated with sectarian violence in the present, and their history. Some examples where sectarianism affects livelihood patterns of residents are street-art expression, urban planning, and others. Vulnerability and social exclusion of members from a society includes the structural and systemic levels. The intersection of racial or ethnic inequalities and discrimination, racism, low employment status, and emergence of social strata are discussion of inequalities amongst a society. Following figure is the best illustration of vulnerability across strata's.



IMPACT ON VULNERABILITY ACROSS LEVELS.

Source: Siller(2022). , Department for Psychology, Austria.

THEORETICAL FRAMEWORK

Ecological Systems Theory by Urie Bronfenbrenner¹, could be used to explain the psychosocial resilience of marginalized groups. This theory states that, individuals are influenced and shaped in accordance to their environmental systems, that might range from their immediate family and community to broader societal systems or organizations. The theory focuses on the interactions amongst the individual and his environment, emphasizing on different levels of the environment and study their overall impacts on an individual's resilience and progress.

The Ecological Systems Theory could be used to understand the complexities of resilience within the diverse environments and systems, also highlighting the interventions required for

resilience among marginalized groups.

1. **Microsystem**, the most immediate environment that directly influences an individual, such as family, friends, and community. It also helps in examining how the support and relationships within the microsystem lead to the resilience of marginalized individuals.
2. **Mesosystem**, This level focuses on the interactions between different settings within an individual's life. Exploration of the factors such as communication amongst university and family, collaboration amongst public services and community organizations, or collaboration between healthcare organizations and support groups impact the psychosocial resilience of marginalized groups.
3. **Exosystem**, explores the environments that have no direct influence on individuals. This may include societal institutions and policies. It also highlights systemic inequalities, stereotypes, stigmas, and

¹A Russian-born American psychologist . Also known for using a contextual framework to have a deeper insight of human development

insufficient resources at the societal level that lead to the resilience of marginalized groups. Having an insight into these external influences is vital for development of interventions and introducing change.

4. **Macro system**, that comprises of the cultural norms, patterns, and ideologies responsible for creating the society. The cultural context and social norms encompassing marginalized groups, can search for the ways in which larger societal forces impact psychosocial resilience. This can include examining factors like social inequalities and responses towards marginalized populations.

Hence, by applying the Ecological Systems Theory as a method, a holistic explanation of the interconnected layers of influence could be studied on the psychosocial resilience of marginalized groups. This approach is not centered only at individual behaviors but also the complex interplay of environmental factors at different strata's. Moreover, this understanding can inform strategies to increase social justice and advocate well-being.

MATERIALS AND METHODS

In this section, the materials and methods implied during primary data collection from the selected respondents have been explained. The exploratory methodology have been used whereas maintaining in depth closed ended, structured questions as a method to collect qualitative data. Through surveys, exploration of the lived experiences of individuals from marginalized groups, shedding light on the complex interplay between personal characteristics, social support networks, cultural factors, and external resources in shaping resilience, have been studied. It has completely ensured that the chosen methods are sensitive to the cultural and social context of the participants. The secondary data has been collected by reviewing the already published research papers. Whereas the qualitative data analysis have been done through discourse analysis technique.

Purposive sampling technique has been developed. a sampling strategy that ensures

diversity within the marginalized group(s) being studied. Considering issues including age, sex, ethnicity, socioeconomic caste, and linguistic backgrounds to capture a range of perspectives of the respondents. Collection of primary data using the selected methods, ensuring ethical considerations which involves informed consent, confidentiality, and respect for participants' autonomy. And then, Analyzing it using appropriate qualitative techniques, regarding the research questions and methodology. Results Interpretation have been done in relation to existing theories and literature on resilience and marginalization. Keeping in view the practical implications of the research objectives for having an insight into resilience, development of interventions, and promoting social inclusion for the next future generations. Also, development of policy recommendations for interventions, policies, or programs that support the psychological resilience of marginalized groups. Considering the ways in which these recommendations can address social barriers and promote equity and inclusion. Informed Consent, Cultural sensitivity requires an understanding and appreciation of the diversity of values, beliefs, and practices within different cultures and groups. This includes being aware of potential biases and stereotypes, and avoiding cultural appropriation or insensitivity. Power dynamics that impact interactions, specifically when there is a distanced imbalance in authority, or privilege. Identifying these concerns is beneficial for trust building and endurance of equitable relationships. Keeping in view these ethical factors is crucial and insectary while partnering working with a varied populations.

RESULTS AND DISCUSSION

Addressing the psychological resilience of marginalized groups is a multi dimensional, comprehensive and dynamic management. It might include complex synergy of individual, cultural, social, and systematic factors. It comprises of a deeper understanding the nuanced and complicated challenges and systemic barriers that marginalized communities encounters, such as discrimination, poverty, and restricted access to resources. Societal support

holds a significant role in strengthening resilience among marginalized groups. Formidable social connections, solidarity, and collective action not only provide emotional support but also enhance sense of acceptance and identity support and empowerment. Moreover, community organizations and micro level incentives often serve as significant sources of advocacy, resource mobilization, and. Stress management techniques. To really support the psychological resilience of marginalized groups, efforts mustn't be limited to the individual-level interventions to address foundational issues and promote equity and social inclusion.

By increasing supportive environments, advocating for fundamental change, and fostering inclusive practices, the marginalized communities could be developed and empowered to sustain in the face of adversity.

CONCLUSION

The endurance of challenges and obstacles Along with the navigation of adversity for psychologically resilient marginalized groups, emphasizes the significance of resilience-building strategies, public advocacy, collectiveness, and access to resources. Despite facing fundamental challenges, these groups exhibit strategic resilience through adaptive crisis management strategies and resilience-promoting environments. Although, addressing structural discrimination is beneficial to enhance long-lasting resilience and empowerment within marginalized communities. In short, the pathway of psychological resilience among marginalized groups amidst adversity demonstrates the interconnection between personal strength, community guidance, and fundamental change.

POLICY IMPLEMENTATION

- Implementation and fund allocation for community-based programs which aims at providing mental health support, guidance, and skill-based learning workshops targeted to the specific needs of marginalized populations.
- Enhancing cooperation, Coordination and

dialogue amongst government agencies, NGO Sector, healthcare organizations, educational institutions, and community groups for the creation of a cohesive mesosystem of support for marginalized groups.

- Advocacy for policies that counter social inequalities and discrimination that prevail in a community faced by marginalized groups at the ecosystem level, which might involve promoting diversity and inclusion in all workplaces, educational institutes, and public services, as well as enforcing laws that guarantee equality irrespective of race, ethnicity, gender, or physical disability.
- Organize training sessions for professionals working with marginalized groups to enhance cultural competence and sensitivity.

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