

Abstract

Family structure and family stressors posed profound impacts on life and development. With a sample of 107 academically achieving young adults, this study explored how parental absence and other family risk factors interplayed with resilience level and its input and output factors. It was discovered that participants from at-risk families (resilient group) were more self-directed, better in social problem-solving, more resilient, more satisfied with life, less depressed and less anxious, as compared to those from intact families (non-resilient group). A resilience model was established to demonstrate the mediating effect of resilience on the relationships between two input factors (self-directedness and social problem-solving) and two output factors (life satisfaction and depression). Results cast convergent evidence that resilience plays a dominant role for individuals to succeed despite the odds.