

CHAPTER 5

DISCUSSION AND RECOMMENDATION

5.1 Discussion

Raising children to become contributing adults is determined by the combination of a positive surrounding environment and the potential inherent in the children themselves. Unfortunately, not every child is fortunate to have both potentials. Many children are born into difficult circumstances, such as a broken family, financial hardship, or abandonment. For children facing such hardships in life to survive, they must possess resilience. Resilience arguably refers to the process of successful adaptation supported by a set of protective factors, resulting in how these children respond to circumstances. This study “Factors Affecting Resilience in Children to Overcome Life Adversities: A Case Study of a Character Kamphol Changsamran in the Novel *Changsamran*” was conducted using content analysis based on the psychological theory of resilience and protective factors in order to examine how the protagonist, Kamphol Changsamran, learned to cope with life’s adversities without parental or familial support. The main objective was to analyze and identify, through content analysis of the protagonist’s behavior and the surrounding context in *Changsamran*, the key protective factors affecting the resilience of the protagonist, which provided him with the ability to overcome obstacles without a guardian's support. The study was divided into three main sections. The first section, using content analysis based on Cobb and Pender’s social

support theory, identifies the social supports and the support systems as a protective factor that provides the protagonist with the ability to overcome life's adversities. The second section identifies the perceived self-efficacy as a protective factor that encourages the protagonist to get through life's hardships using content analysis based on Bandura's perceived self-efficacy theory. The third section identifies the protagonist's life-coping skills that become a protective factor and an influence for the protagonist to be able to deal with the difficulties in his life using content analysis based on Lazarus and Folkman's problem-coping skill theory.

From the findings of this study, the research reveals that such factors as social supports, perceived self-efficacy, and life-coping skills are protective factors affecting the resilience of the protagonist, Kamphol Changsamran, that have enabled him to cope with life's hardships without parental and familial support. In addition, the findings illustrate that the three protective factors can occur through the support of his peers, the community, and the protagonist himself. The support of peers and the community creates a sense of warmth, love, and care that generates a great moral support in the protagonist, which enables him to survive in the face of difficulties. Also, because of the advice and instruction of his peers, and the protagonist's past mastery experiences, the protagonist believes and has confidence in his ability to overcome life's adversities. This develops the perceived self-efficacy factor. Lastly, the potential inherent in the protagonist himself provide him with both problem-coping strategies and positive beliefs that enable him to deal with life's difficulties.

Noticeably, the protagonist, Kamphol Changsamran, is unlike the protagonist, Namphu (นัมพู), in the Thai novel *Namphu* by Suwannee Sukhonta, even though they both faced similar adverse situations, as a broken family and loneliness. The protagonist, Kamphol Changsamran, deals with the distress caused by a broken

family and loneliness by choosing to be in comfortable, familiar places. He also confides his fears and sufferings with his closest friends instead of hiding them. In addition, he is a proactive, confident and optimistic child that battles his adversities, and chooses to look on the bright side of life in order to maintain the hope needed to persevere throughout his situation. Furthermore, he receives support and effective advice and instruction from his neighbors and others in the community, which encourages him to overcome life's adversities. Unlike Kamphol, the protagonist, Namphu, is supported by drug-addicted peers. Therefore, when Namphu is troubled by loneliness and sadness he chooses to deal with his difficulties by using drugs. He also does not share his emotions with members in his family, although they attempt to reach out to him. His loneliness creates serious anxiety, which results in his being gloomy and depressed, and eventually leads him to committing suicide.

The difference between the two protagonists in dealing with life's hardships demonstrates that the surrounding peers or environment and the potentials inherent in children have a great influence on how children cope with the issues they confront. Having a positive young and adult peer structure can generate a sense of love and caring in children, which provides support to children in overcoming life's adversities. Also, living in a pleasant community where the community and the neighbors are interdependent and help each another can create a sense of belonging that encourages children to overcome life's adversities. Likewise, having life coping-skills, for instance, positive beliefs and problem-coping skills can help children to overcome life's adversities, and can influence them to choose to do things that are good for them. Even though the potential for positive beliefs and problem-coping skills are not inherent in every child, they can be encouraged by a productive surrounding environment.

5.2 Recommendation for Further Study

This study is based on the novel *Changsamran* with emphasis on social supports factor, perceived self-efficacy factor, and life-coping skills factor, as the three main protective factors. It would be worthwhile to also study other novels and stories that have been written based on true stories about children triumphing over life tragedies in order to research whether there are other kinds of protective factors that affect resilience in children, and which factors contribute to surviving their plight. Further studies in the related fields also should apply the results of the analysis of the three protective factors found in this study as a guideline for facilitating better development of children facing life's adversities in today's society.