The Teachers' Adversity Quotient Towards Therapeutic Wellness Framework

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Abstract

A study about adversity quotient is timely and apt because of continuous changes happening in one's life, in one's career, in one's profession, and in one's family. The Adversity Quotient (AQ) is conceived as one's ability to handle difficulties in life and is regarded as the science of resilience that helps individuals cope with life challenges. AQ is the ability of an individual to think, manage, direct, and endure challenges and difficulties. In the teaching profession, teachers encounter many adversities, a couple of adjustments, and a list of tasks and responsibilities, that put them at risk. It is this study on adversity quotient that brings to the fore the importance of knowing the level of AQ and what response type or dimension – Control, Ownership, Reach, Endurance (CORE) one resorts to when confronting adversities. Numerous factors influence AQ, making it difficult to identify which of these can predict one's AQ. Thus, it is best to help teachers attain a high level of AQ. A descriptive research design was used. Frequency count and percentage were resorted to as regards AQ dimensions and Adversity Response Profile (ARP). The relationship between the factors and ARP was treated using multiple linear regression to determine what factors yielded the strongest influence alongside its predictive value. Data were subjected to Pearson's r to determine relational values. From among the four AQ dimensions, Ownership is the dominant response type of teachers. Dimensions of teachers' AQ differ but there is one that emerges dominant over the others. Teachers' AQ level is average, such that their decisions and actions, and the way they manage adversities are moderately manifested. The social factor often influences teachers' AQ; likewise, the attitudinal, behavioral, and digital factors; while risk factor always and all the time influences teachers' AQ. Teachers' AQ is likely influenced by social, attitudinal, behavioral, and digital factors, while most likely influenced by risk factors.