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Session ePoster Presentation: eChat Session (2)

TSOC-516 - Resilience Types and Implications for Black American Women

November 11, 2021, 1:55 PM - 2:40 PM

ePoster Platform

Discipline:

Social and Behavioral Sciences and Public Health

Education Level:

Undergraduate Senior

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Abstract

Black women in the United States are disproportionately affected by health disparities and experience worse health outcomes than many other racial and ethnic groups. This systematic literature review sought to identify and compare disciplinary conceptualizations of resilience to discern the implications of these ideas and theories when applied to Black women. Three search terms (biological resilience, psychological resilience, and sociological resilience) were used to find four peer-reviewed journal articles per search term for a total of twelve articles overall. Article inclusion criteria were 1) peer-reviewed journals, 2) conceptual articles (not based on a study or experiment), 3) directly or closely aligned with search terms, and 4) 'resilience' is the major theme. Findings indicate that resilience is not a trait, but a series of characteristics defined as the ability to recover or adapt to life-changing demands that include stress reactivity (biological resilience), environmental dynamics (sociological resilience), and cognitive recovery (psychological resilience). Several associations across resilience areas are found with implications for Black women. Evidence suggests that all three areas or types of resilience are essential for Black women since each plays a role in their lives related to racial stress, community economics, and mental health. This synthesis can help promote further resilience research and its applicability to the intersectional oppressions that burden Black women.