# TABLE OF CONTENTS

ABSTRACT i

ACKNOWLEDGEMENTS ii

CONTENTS iii – v

CHAPTER ONE: INTRODUCTION 1 - 11

1.1 INTRODUCTION 1 - 3

1.2 STATEMENT OF RESEARCH PROBLEM 4 - 5

1.3 OBJECTIVE OF THE RESEARCH 5 - 6

1.4 RESEARCH QUESTIONS 6

1.5 SIGNIFICANCE OF THE RESEARCH 7

1.6 LIMITATIONS OF THE RESEARCH 8

1.7 OPERATIONAL DEFINITION 8 - 11

CHAPTER TWO: LITERATURE REVIEW 12 - 19

2.1 INTRODUCTION 12

2.2 THE RESILIENCY MECHANISM 12 - 13

2.3 THREE CORE FACTORS OF RESILIENCE 13 - 14

2.3.1 SOCIAL SUPPORT 14 - 16

2.3.2 COGNITIVE SKILLS 16 - 18

2.3.3 PSYCHOLOGICAL RESOURCES 18 - 19

2.4 CONCLUSION 19
CHAPTER THREE: RESEARCH METHODOLOGY

3.1 INTRODUCTION 20
3.2 RESEARCH DESIGN 20 - 22
3.3 SAMPLING 22 - 23
3.4 INSTRUMENT 23
3.5 PILOT STUDY 24
3.6 DATA ANALYSIS 25

CHAPTER FOUR: DATA ANALYSIS AND RESULTS 26 - 44

4.1 INTRODUCTION 26
4.2 PROFILE OF RESPONDENTS 26 - 28
4.3 ANALYSIS OF THE INTERVIEWS 28 - 37
4.4 AN OVERVIEW 37
4.5 ANALYSIS OF DATA ON THE COUPLE RESILIENCE SCALE 37 - 42
4.6 ANALYSIS OF DATA ON THE RESILIENCE AS A COUPLE 42 - 44

CHAPTER FIVE: SUGGESTIONS AND CONCLUSION 45 - 53

5.1 INTRODUCTION 45 - 46
5.2 SUGGESTIONS 46 - 52
5.3 CONCLUSION 52 - 53