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**Understanding Family Resilience: Facilitating Factors from a
Systematic Review**

Marc Grau

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Abstract

Starting from the concept of resilience, originally a property in physics describing the ability of materials to adapt to new situations after experiencing stress, the category of 'family resilience,' as defined by Walsh (2004:26), describes "the ability of a person to recover from adversity, becoming stronger and possessing greater resources. It is an active process of resistance, self-correction, and growth in response to life's crises and challenges."

Indeed, individuals and their groups (the family, as a basic unit), as well as their interconnecting relationships, will face various stress processes throughout their lives, such as the loss of a member, breakdown of relationships, lack of resources to face future scenarios, physical separation, or traumatic situations like alcoholism, addictions, domestic violence, divorce, severe health problems, or mental health issues (Werner and Smith, 1982). In the fields of health sciences, psychology, and psychiatry, resilience was introduced as "the set of social and intrapsychic processes that enable living a 'healthy' life in an unhealthy environment, processes carried out over time, producing fortunate combinations between the child's attributes and their family, social, and cultural environment" (Rutter, 1984).

In essence, resilience should be understood as the ability to cope with a stressful, possibly traumatic or adverse situation, incorporating it into life (of individuals, families, and their relationships) and allowing continuation based on the modifications or adaptations that have occurred. Resilience does not imply 'recovery' or 'resistance' to the impact, although it is often defined as such, but rather a transformation that allows for assuming the stressful situation and incorporating it as an accepted reality by individuals and families.

According to Walsh's (2004) theory, family resilience is this same capacity developed by families, observable in three dimensions: beliefs, family organization, and communication. Some studies have delved into

operationalizing these dimensions, although exploratory quantitative studies proposing objective independent variables to measure/evaluate family resilience are notably lacking. This indicates a research opportunity to advance the study of family resilience from the perspective of social sciences (and behavioral sciences), proposing a methodology to 'measure' family resilience on a scale based on a set of variables.

The objective of this systematic review is to analyze the current state of family resilience research within the social sciences. This analysis aims to determine how the concept of family resilience is being studied, the types of adversities considered, the methodologies employed, and the geographical contexts of the research.

Full Paper awaiting publication