

## Role of Adversity Quotient in Learning

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**Abstract:** All success stories are well followed by failure. The word FAIL can be defined as “First Attempt In Learning” said by Abdul Kalam. There is no word “fail” as such. It is created in the mind of human tendency. Adversity quotient is the science of resilience. Adversity refers to the hardships, challenges, misfortune, problems, violence, sadness, pressure, accident, worry, order, and acquisition of dreadful habits, suicides, dropout of school, lifelong disease, and economic background and so on. It leads to negativity. Sometimes it is considered to be danger zone or Red Street light where the society is full of problematic generations. Our education system fails in educating the young minds according to their needs with right morale and values. It is very important to be imbedded in teaching learning process delivering with effective and efficient manner of proper and realistic skills to face day to day challenges. Today the world is not governed by theory but practical. So practicality is a key required skill to sustain their lives. There is no doubt that the young mind will fail to face hot cake and blocking obstacles rather they will consider as an opportunity for key to success. To be a successful person, one has to fail many times to gain experiences. The failure or failing experiences leads to be critical thinker, analytical, discoverer, and innovator with right and varied solutions if opportunity is provided. No walls too big to climb if one has determination, sincerity and perseverance. One must consider failure as an opportunity and key to success. One must choose right mode of transport to reach the destination on time. In a nutshell, it can be said, “Failures are the pillars of success.”

**Keywords:** Adversity Quotient, Learning, Learner

### Introduction

An adversity quotient (AQ) is a score that measures the capability of an individual to deal with adversities in his or her life. It is also known as the science of resilience, which means the obstacles change into opportunities. Adversity quotient is one of the credible indicators of an individual’s success in life which is primarily useful for prediction of attitude, mental stress, perseverance, longevity, learning and response to changes in an environment.

“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.” (Mahatma Gandhi). Students deal with many problems/difficulties in their daily life. There is need to develop strength among them so that they can handle these problems/difficulties. As quoted by Mahatma Gandhi about strength, according to Gandhi when a person deals with problems/difficulties that shows the strength of the person and this is not necessary that he/she should always win. In the same manner, students also face many problems that can be connected to academic, home environment, dealings with peers, emotional, intellectual and social which can further result in drop out of schools, acquisition of dreadful habits, suicides, violence, sadness, pressure, accident, worry, disorder, etc. It is necessary to know how to deal with the adverse and hard situations which they are facing and will also face in their entire life. Child faces different types of adversities; adversities changes with stage, interval and location. Dr. Paul Stoltz said, “Every child/student should prospect their failure as an eye opening to develop talent to be a source of success (Stoltz, 1997).

The science of resilience was architect by Dr. Paul Stoltz, advisor of California. He termed as adversity quotient. Individual fruitfully apply for difficulty measure, execute better in the aspect of adversity although it can be big and small, which test us every day, which helps us not only to learn from these trials, but also to react to them in a superior and quicker way. AQ is an exceptionally forceful prognosticator in one’s rendition, efficiency, knowledge, novelty, springiness, ability to promote, treasure and wellbeing. Adversity refers to hardships, challenges or misfortune. Adversity is a state of hardship or affliction, trouble. The word ‘adversity’ was originated from classical Latin word ‘adverse’, which implies ‘against’ and ‘opposite’. In old French it was known as ‘adverse’ and in Middle English it was ‘adverse’. Adverse most often points to things, denoting something that is in opposition to someone’s interest. The state of adverse conditions; state of misfortune or calamity and a tough period in an individual’s life is known as difficulty/hardship (adversity). Adversity quotient refers to topmost innovation in accommodating to be successful, According to Dr. Stoltz, leader with heart and soul mainly resolute individual’s difficulty or hardship in compassion:

1. AQ directs individual to determine to be bold to face hardship and vanquish with one’s ability.
2. AQ forecasts individual responsible for victory and whom to burke.
3. AQ voices for outstripping and dew dropping in occasion according to one’s abilities.
4. AQ prognoses individual to relinquish and prosper (Stoltz, 1997).

Adversity means unfavourable situations and difficulties. Adverse conditions make one person to learn several things and it also analyses one's capacity and courage. One's virtues get filled with scope for improvement and appearance in hostile circumstances. It is difficult and hard that brings out the most excellent in a man. It is common saying that misery is the best teacher in person's life. The bitter experiences of life lecture us lots of training. They are our greatest guide. They open our eyes and we can differentiate between the true and the false things, concept or phenomena. Adversity is a chance to promote person beware, dynamic, attentive and set to handle with any situation. Such kind of chance should be given because that tests the encouragement and offers an opportunity to attain a high peak of experiences. It should be assumed time to convey important exercise. Thus adversity is not obscenity.

Dr. Paul Stoltz demarcated the science of resilience as human's mental abilities of dealing with difficulty or hardship in one's life. It can be called as a science of person's hardiness of adversity. Adversity quotient is the broadly accepted measure and technique in the world to evaluate how persons reply to and deal with adverse situations in their life. AQ encompassed into four dimensions (CORE):

**C= Control**

**O= Ownership**

**R= Reach,**

**E= Endurance**

**C= Control:** To what level can you manipulate the condition?

**O=Ownership:** To what level do you grasp for improving this condition? To what level are you in charge to play a number of roles in making it superior?

**R= Reach:** How far the conditioning effects cover in the art of living /job? At what height does difficulty attain when out of control?

**E=Endurance:** How extended will the adversity be endured/tolerated by any person?

It has significant demarcation in an individual:

(A) Their past difficulty or adverse that one channelled through and how one's made to success in one's life

B) How the potential of a person remain under controlled when in traumatic positions, and

(C) The capability to bear bitter pill to shallow, hindrance with high motive in performance.

The science of resilience focuses on person's resistance and works of adverse circumstances. The concept of AQ is better for understanding how a person and others respond to challenges and adversity in every aspect of their life. Frequently we use to express the term 'tough' that

defines comrade, circumstances on any person. The term 'toughness' was prized significantly between noble friends and found to be fruitful almost each state in one's life. In professional reality the indication 'toughness' is hardly castoff once the treasured product gets substituted with longing bright, logically eloquent. Those appearances in others rule to recommences and conferences in the specialized biosphere. Everybody wishes to demonstrate their smartness but no individual debates about existence of tough which is hurtful in administering the connotation of toughness. In similar manner, the IQ and EQ are one of the imperative qualities but individual having AQ is most important. Adversities do not construct concrete blockades to bar each hardship of challenge but every challenge are considered as an eye opener and every eye opener are grasped to lead success. Revolution marks the fragmentations of the journey of life, so make it possible with confidence, believe and worthiness. It is very vital to distinguish in dealing of adverse than of affirmative. Every individual can be classified in three types:

**1. Quitter:** Quitters are frequently hostile, unhappy, and passionately numbs but furious, irritated, walk out from ecosphere that encompass them affronting ones who are responsible for rise.

**2. Campers:** Delighted individuals are fully gratified in doing rather encouraged for inspiration. The need theory of Maslow's Hierarchy of Self-actualization focuses on strict direction to shutter burning desire and get satisfied with what ones have. In consequence, campers get forcefully encouraged for coziness and distress. They panic losing earth and pursue for wellbeing of their comfy miniature campground.

**3. Climber:** Climbers enjoy their life effusively. They texture propounding tenacity and fondness on what they do and to have. They like to do exploration for enjoyment retaining information ascertaining blessing for one's success knowing that the topmost may be enigmatic; climbers certainly make destination of the journey by any means.

### **Role of Adversity Quotient in Learning**

- Adversity Quotient provides an avenue to learners to improve creative and logical reasoning in different capacities/abilities in different fields.
- AQ can be used as an important device in increasing learner's performance in the field of learning.
- AQ provides opportunities in diversified learning environment.
- It gives power of resistance to face hardship, difficult learning situations, learning of concept and abstract at their confidence level.

- It increases the competency level of learners in various field of learning through motivation.
- It increases conceptual understanding and broadens the knowledge.
- AQ arise the level of AQ in the learners.
- AQ motivates learning after accelerating the degree of interest level in different capacities in various fields of subjects for the promotion of educational morale and values.
- It helps to build confidence in the learning through risk taking methods.
- AQ brings improvement in learner's learning when seen to the achievement and success made but need to be appreciated.
- The failure leads to an opportunity, opportunity leads to success and success leads to achievement for self-actualization in one's life.
- It encourages learners to be diligent and enthusiasm for learning.
- It helps learner to develop habits of learning in consistency behaviour.
- It develops better understanding and relationship between learners and learning environment.

## Conclusion

Like in coin, Adversity Quotient has two sides- success and failure. I consider success as a positive and failure as a negative. Everyone likes to be a successful person and hates the word failure. They try their best to maintain success at the same level without letting to downfall but it is too difficult. No one can ensure the position of it. Despite, no one knows that failures are gold plated and has diamond inside. It is too difficult to discover the inner part without a proper scientific, experimental and empirical study on research base. So, one must loosen the knots of learning to move forward. If you observe the failure from different lens, it has lots of treasure inbuilt in it but one must grasp the opportunity and taste the field of learning through the means of exploration. It requires patience with utmost determination in achieving goals in one's life. To come as reality, one must have the human qualities such as hard work, consistency, sincerity, determination and perseverance to face the obstacles, difficulty situations and problems and challenges. No walls too big to climb if you have sincerity, determination and perseverance. Adversity Quotient is the science of resilience. Adversity Quotient is science because it has capacity to test one's sincerity, determination and perseverance through experimentation to lead for success. It is an art because it has natural ethic and aesthetic to

appreciate at the end for one's success and achievement. All failures are changed into learning opportunities that leads to success. In nutshell, it is to be said that "Failures are the pillars of success" and "Rome was not built in a single day." Adversity changes all failure into opportunities but can't success over night. Keep trying till one success with expertise as an effective weapon to over the challenges.

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