

Exploring the Impact of Psychological Body Armor™ Resilience, Adverse Childhood Experiences and Parental Caring on Academic Self-Efficacy and Apathy among College Students

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How does college students' level of ACEs, PBA, and parental care predict (the outcome of) academic self efficacy and apathy?



Increased **exposure to adverse childhood experiences** has been associated with **"below-average academic and literacy skills"** (Hardcastle et al., 2018)

Lack of care and neglect present in caregiver-child relationships results in **loneliness, social isolation and academic difficulties in young adults** (Wark et al., 2003).

"Resilience is significantly and positively correlated with **achievement and self-efficacy**" (Speight, 2010).

Adverse Childhood Experiences (ACEs)

Adverse Childhood Experiences (ACEs) is defined as, "traumatic events that occur in childhood from ages 0 to 17" (Blodgett & Lanigan, 2018, pp.137-146).

Parental Care

Parental care is meeting a child's physical or psychological needs (Robinson, 2014).

Psychological Body Armor (PBA)

Psychological Body Armor (PBA) is a "unique form of human resilience" that involves two pathways: proactive resilience and reactive resilience (Everly, 2017).

Academy Self Efficacy

Academic efficacy is defined as, "students' beliefs and attitudes towards their capabilities to achieve academic success, as well as their ability to fulfill academic tasks and successful learning of the materials" (Hayat et al., 2020, 2).

Academy Apathy

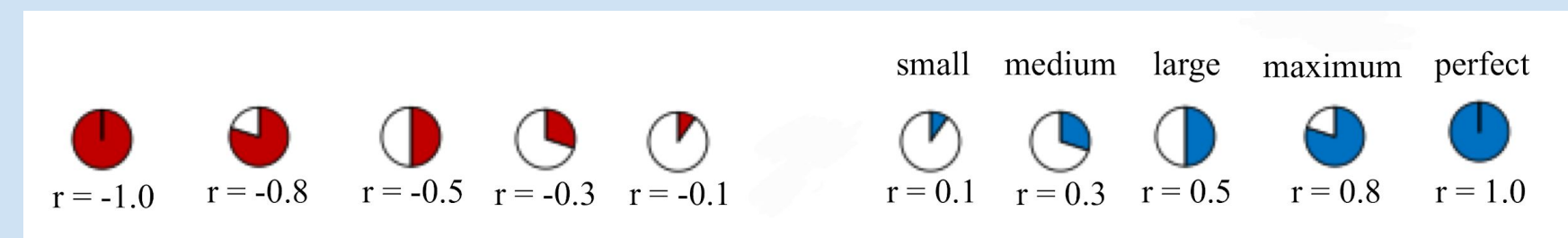
Academic apathy is defined as, "disengagement in the classroom environment." This is often seen in students doing minimum work to meet requirements for a grade. Few reasons for disengagement may be because of family pressure, financial problems, or overbearing workload (Marshall, 2012).

We found an **inverse** relationship between **academic self efficacy, PBA, and ACES.**

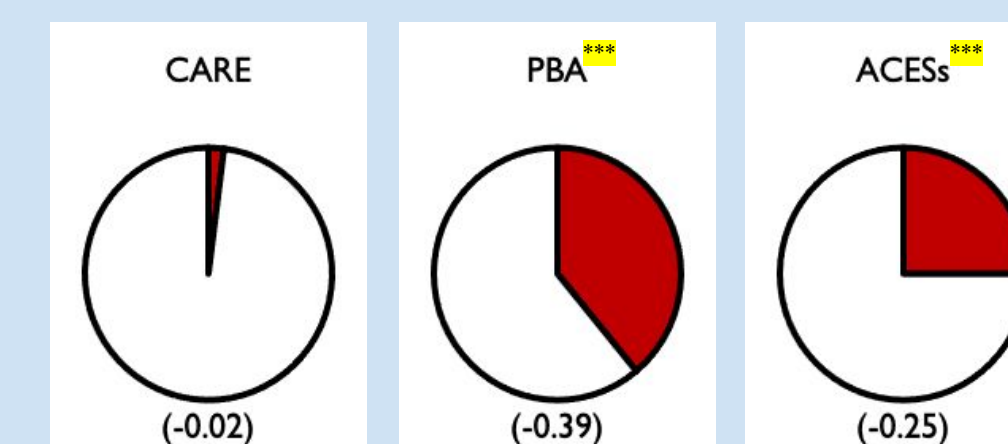
We found **positive** relationship between **apathy, CARE, PBA, and ACES.**

Our evidence was not consistent with previous research:

"Resilience is significantly and positively correlated with **achievement and self-efficacy**" (Speight, 2010)



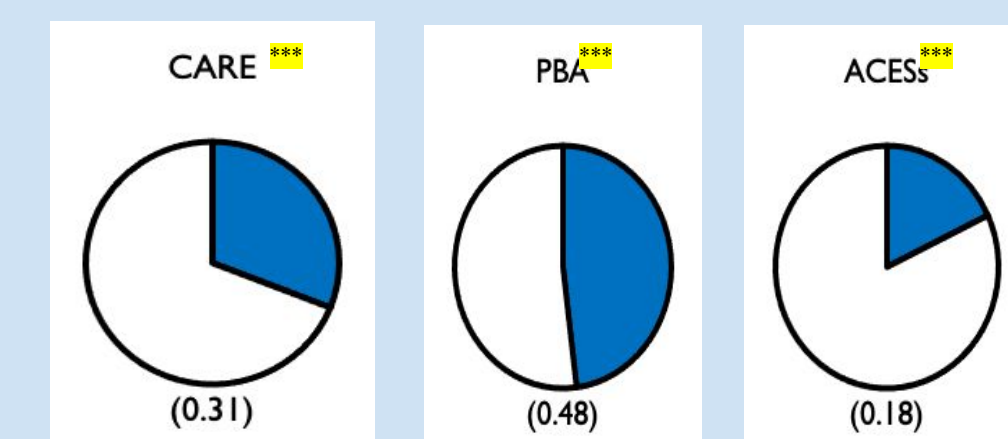
Academic Self Efficacy



*p<.05. **p<.01. ***p<.001

Academic Self Efficacy is negatively related to: PBA ($r = -.39, p < .001$) and ACES ($r = -.25, p < .001$).

Academic Apathy



*p<.05. **p<.01. ***p<.001

Academic Apathy is positively related to: Care ($r = .31, p < .001$), PBA ($r = .48, p < .001$) and ACES ($r = .18, p < .001$).

Measuring Parental Care

(Straus et al., 1995)

Sample Items:

My parents took time to help me with my school work.
My parents made sure that we always had enough food to eat.
My parents helped me when I had trouble understanding something.

Measuring Academic Self Efficacy and Apathy

(Davidson et al., 1999)

Sample Items:

I might cut class if I think that the lecture material will not be on the test.
Sometimes I feel unaware of how to get good grades.
I plan my study sessions in advance and pretty much stick to the plan.

Measuring ACEs

(Felitti et al., 1998)

Sample Items:

Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?
Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Were your parents ever separated or divorced?

Measuring PBA

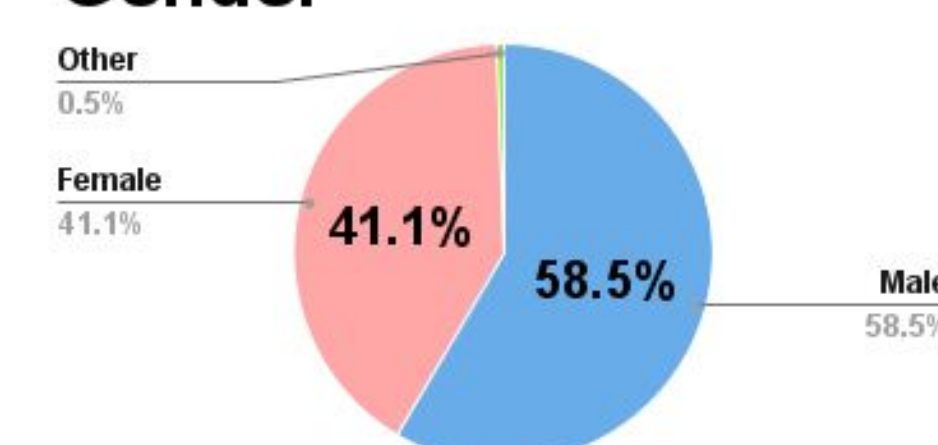
(Burnett et al., 2020)

Sample Items:

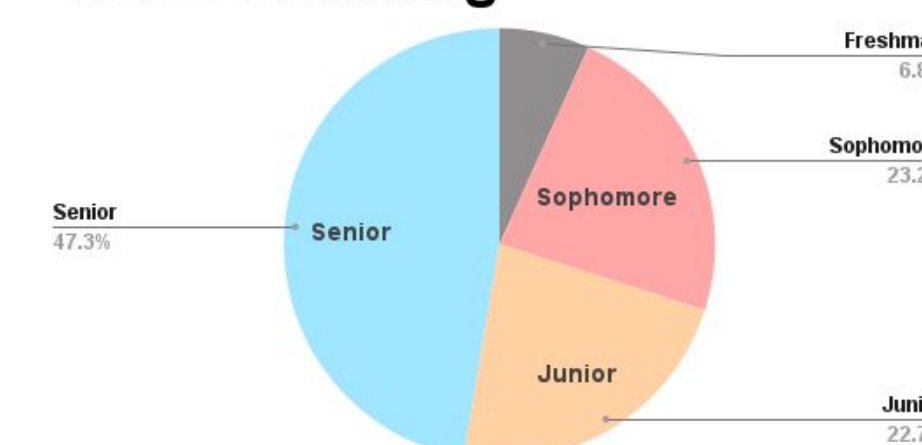
Proactive Resilience: How often do you practice personal spiritual related activities, such as prayer, meditation, yoga, etc.?
Reactive Resilience: In the past seven (7) days I had trouble sleeping.

We collected responses from **207** college students from Amazon Mechanical Turk (MTurk)

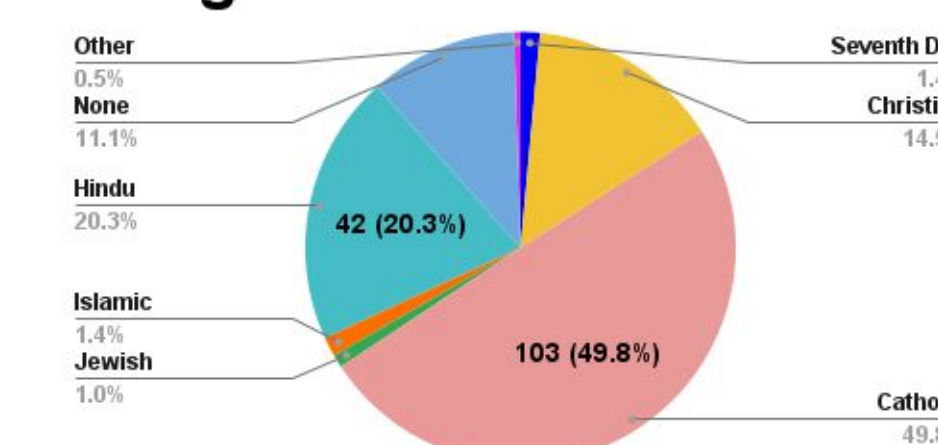
Gender



Class Standing



Religion



PBA is the stronger predictor of Academic Self Efficacy and Apathy. PBA helps deal with adverse experiences.