



## Mains Practice Question

Q "Resilience is not about putting up with something difficult, but about creatively adapting to challenging situations." Discuss **(150 words)**

19 Sep, 2024 GS Paper 4 Theoretical Questions

### Approach

- Introduce the answer by defining resilience
- Give key arguments to resilience as creatively adapting to challenges
- Conclude suitably.

### Introduction

**Resilience** is often misunderstood as **merely enduring hardship**. However, true resilience involves the ability to creatively adapt to challenging situations, transforming obstacles into opportunities for growth and innovation.

- This perspective shifts the focus from **passive endurance to active problem-solving and personal development** in the face of adversity.

### Body

#### Resilience-Creatively Adapting to Challenges

- **Resilience as Problem-Solver:** Resilience involves approaching challenges with a problem-solving mindset, seeking innovative solutions rather than simply enduring difficulties.
  - **Neeraj Chopra, the double Olympic medallist javelin thrower**, demonstrated this aspect of resilience during the Diamond League Season 2024.
    - Despite sustaining a hand injury during training, Chopra did not just push through the pain.
    - Instead, he made changes in his technique and strategy, securing a **runner-up position**.
- **Adaptability and Flexibility:** Resilient individuals are adaptable, able to adjust their approaches and expectations in response to changing circumstances.
  - **Navdeep Singh, a Paralympics gold medalist**, exemplifies this adaptability.
    - After losing his leg in an accident, Singh did not just cope with his new reality; he adapted by exploring para-sports.
  - This demonstrates how **resilience involves flexibly** adjusting one's goals and methods in response to life-changing events.
- **Learning and Growth Mindset:** Resilience is closely tied to a growth mindset, where challenges are viewed as opportunities for learning and personal development.
  - The **Indian Space Research Organisation (ISRO)** demonstrated this aspect of resilience following the initial failure of the **Chandrayaan-2 moon landing in 2019**.
    - Instead of being discouraged, ISRO scientists viewed the setback as a learning opportunity. They analyzed the failure, adapted their approach, and successfully

launched **Chandrayaan-3 in 2023, making India the first country to land near the lunar south pole.**

- **Creative Resource Utilization:** Resilient individuals and organizations creatively utilize available resources, finding innovative ways to overcome limitations.
  - During the **Covid-19 pandemic**, many Indian startups demonstrated this aspect of resilience.
  - For instance, Wow! Momo, a food chain, creatively adapted to lockdown restrictions by launching **Wow! Momo Essentials, delivering groceries and essential items.**
    - This shows how resilience involves creatively repurposing existing resources and capabilities to address new challenges.
- **Building Support Networks:** Resilience is not just an individual trait but also **involves building and leveraging support networks** to overcome challenges collectively.
  - The success of **India's Self-Help Group (SHG)** movement, particularly among rural women, illustrates this aspect of resilience.
- **Reframing Setbacks as Opportunities:** Resilience involves the ability to **reframe setbacks as opportunities for growth and improvement**, rather than viewing them as insurmountable obstacles.
  - **Rohit Sharma's** journey from being **dropped in the 2011 World Cup** to **captaining India in 2024** exemplifies resilience.
    - His shift from **middle-order to opening batsman**, combined with improved technique and mental toughness, transformed him into one of the most successful ODI openers, **including scoring three double centuries.**

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