SUSTAINABLE DEVELOPMENT: A GUIDE TO RESILIENCE

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Abstract - Sustainable and resilient development refers to sustained competent functioning despite severely challenging circumstances.Resilience and vulnerability are often viewed as opposite extremity of continuum reflecting defenselessness to adverse consequences upon exposure to high risk situations.We cannot control events but we can control reactions to the events.Thus, resilience implies effective coping, which including thought and action as the person puts effort to restore or maintain equilibrium under certain threat. This paper empirically tests the measurement model of resiliency using Structural Equation Modeling (SEM). A total of 650 adolescents from the east-coast of states of Peninsular Malaysia were involved in this ex post facto study. Cross-validation was done. A well-fitting model was generated with; $\chi^2/df = 1.519$; GFI = .987; CFI = .977; TLI = .970; RMSEA = .033; p = .169. Composite reliability (CR) was .90 and variance extracted (VE) was 65%.Religiosity explains 78% of variance in resiliency.The model in this study fits with the sample of data and resiliency is important to bring sustainable development to the mainstream.This study also has implications for educational and psychological practices, especially in building strength and potential of adolescents.

Keywords - Sustainable Development, Resilience, Religiosity, Wellbeing