

I fear the “other.” The fight for social resilience through race, politics and gender identities during the COVID-19 pandemic

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Abstract

This study explores the development and testing of a social resilience psychometric scale, through physical and social unrest during the COVID-19 pandemic. Qualitative interviews (N = 40) were aggregated to define social resilience measured statements. When tested in quantitative analysis respondents (N = 901) “see myself as a monster” when evaluating others and are “scared to let people know the real me” fearing loss of relationships. Anxiety is heightened through a perception through the measure “could have done better.” When testing for “want to be liked even when disagree on issues” Black respondents are significantly different than White, Asian and those expressing other races. Liberals and moderate conservatives are significantly different in perception of social resilience, as are those exemplifying feminine versus masculine traits. Logistic regression testing for “comfortable with who I am in society” indicates narcissism (65% more likely) and negative social resilience (56% more likely) are key adapters. Human wellbeing, the act of perceiving self as a healthy or unhealthy actor in society, has been influenced through groupthink and polarization of the “other.” This study suggests the construct of self-esteem has been pushed into reactive mode. Research that explicates the psychological dimensions of modern resilience, is warranted.

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