

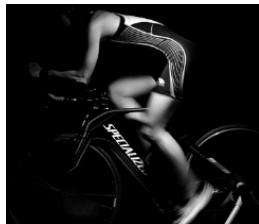
# marri *Findings*

FAITH & FAMILY



**Resilience is an enduring sense of self-acceptance and environmental mastery, despite a chronically stressful early life.**

## Resilience Components Differ by Sex



A [2008 study](#) of resilience used the National Survey of Mid-Life Development in the United States (MIDUS), which uses identical and non-identical twins as its subjects. When analyzing at the level of genetic inheritability, environmental mastery emerged as a prevalent factor in inherited resilience among men, but was less prevalent among women. The authors then go on to make much of the environmental factors that are “to blame” for the difference in the environmental mastery trait. It seems like an effort to wipe out interesting differences. This may be unfair so [judge for yourself](#).

## Resilience When Stressed Differs Between Males and Females Across the Lifespan



A [2019 review](#) examining the impact of resilience on vulnerability to “stress across the lifespan” found interesting sex differences. Stress during the prenatal and early postnatal periods puts boys at risk of developing autism and attention-deficit/hyperactivity disorder (ADHD) while stress during puberty puts girls at risk of developing depression, anxiety, and post-traumatic stress disorder (PTSD).

## Parental Rejection and Risky

### Behaviors: Differences between Male and Female



A [2019 cross-sectional study](#) of 730 college-aged adults examined the sex differences in the impact of perceived parental rejection on risky health behaviors and found, naturally, that parental rejection was associated with health-risk behavior. But it also found that resilience modifies the effects: For men, their resilience reduced the negative association of maternal rejection with drug use and of paternal rejection with aggressive behavior. However, for women, their resilience increased the association between maternal rejection and drug use but reduced the association between paternal rejection and drug use.



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