

Gómez, A., Armstrong, M., & Boothroyd, R. (2005), "Understanding Resilience in Adolescent Girls: A Mixed Method Approach," *Practicing Anthropology* Vol. 27 (3): 15–19.

Child resilience is viewed as the capacity to use internal and external resources to successfully master stage-specific developmental issues. Smith and Carlson (1997) concluded that resilience can be described in three ways: (1) is equated with coping, defined as efforts to restore or maintain equilibrium in the presence of significant stress; (2) is conceptualized as the ability to recover in the face of trauma; and (3) is defined as protective factors or mechanisms that mediate the relationship between risk and competency.

One of the purposes of this longitudinal, mixed-method study is to increase our understanding of resilience in adolescent daughters living in families receiving TANF by looking at the presence of risk and protective processes as well as the contextual aspects of their lives. It was hypothesized that the new requirements of the 1996 welfare reform, which imposed work requirements on TANF participants, would place these adolescents at greater risk since their caregivers could not be as attentive to their needs and their ability to supervise them would decrease (Gennetian, Duncan, Knox, Vargas, Clark-Kauffman, and London, 2002). Of further concern is the fact that findings from some studies suggest that these negative effects may be even more devastating to girls (Taylor, 2000)