# Article information:

The Dark Side of Resilience | SpringerLink  
<https://link-springer-com.ezproxy.auckland.ac.nz/article/10.1007/s42844-021-00031-z>

# Article summary:

1. Resilience research has historically focused on positive adaptation within a limited scope of performance metrics, but there is ongoing debate about the definition, conceptualization, and measurement of resilience.

2. The concept of resilience is becoming increasingly multisystemic as studies inspire research into fields as diverse as resilient communication systems, economics, political science, sociology, and urban planning.

3. Researchers have started to point to the paradox and costs of resilience in fields such as urban resilience and related to the topic of climate change, where trade-offs are taken into account and the resilience of one ecological system comes at the cost of co-occurring systems.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "The Dark Side of Resilience" explores the limitations and potential negative consequences of resilience research. While acknowledging the benefits of resilience research in promoting positive adaptation in at-risk populations, the authors argue that a narrow focus on positive adaptation can overlook the potential for personal growth and fail to consider the contextual factors that contribute to risk and adversity.

One potential bias in the article is its emphasis on individual agency and self-actualization as opposed to structural factors that contribute to risk and adversity. The authors suggest that resilience research often directs individuals towards positive thinking and self-improvement rather than questioning social injustices such as racism. However, this overlooks the role of systemic oppression in creating and perpetuating social vulnerabilities.

Another limitation of the article is its lack of concrete examples or evidence to support its claims about the negative consequences of resilience research. While it cites previous studies that have questioned the definition and measurement of resilience, it does not provide specific examples of how a narrow focus on positive adaptation has led to negative outcomes for individuals or communities.

Additionally, while the article acknowledges some critiques of resilience research from other fields such as urban planning and climate change, it does not engage with counterarguments or alternative perspectives within psychology. For example, some researchers may argue that a focus on positive adaptation is necessary for developing effective interventions and promoting well-being in at-risk populations.

Overall, while "The Dark Side of Resilience" raises important questions about the limitations of resilience research, it could benefit from more nuanced consideration of structural factors contributing to risk and adversity, as well as more concrete examples or evidence to support its claims.

# Topics for further research:

* Structural factors contributing to risk and adversity in at-risk populations
* Critiques of resilience research from alternative perspectives within psychology
* The role of systemic oppression in creating and perpetuating social vulnerabilities
* Examples of negative consequences of a narrow focus on positive adaptation in resilience research
* The relationship between resilience and social justice
* The intersection of resilience research with urban planning and climate change research.

# Report location:

<https://www.fullpicture.app/item/8ea76d37d69e4c98764f7fc339cf0a39>