

# Youth's Well-Being with Their Level of Resilience to Violent Extremism

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## ABSTRACT

The study aimed to find out the youth's well-being in relation to their level of resilience to violent extremism. This study employed quantitative-descriptive research and utilized an adapted survey questionnaire. In this study, the respondents comprised of the youth community members in the Municipality of Calamba under the age bracket 18-27 years old. Due to the limitations faced by the researcher in the identification of the appropriate sample inclusive in the mentioned age group, the researcher employed quota sampling to ensure balanced representation in each barangay located in the municipality. There were 10 respondents selected to represent each barangay. Frequency and Percentage, weighted mean, Mann-Whitney U Test and Pearson r moment of correlation coefficient were the tools used. Most of the youth fall into the low-income group, yet they exhibit a high pro-social orientation, empathy, and a strong sense of beneficence. The study underscores their preference for activism, strong sense of purpose, high life satisfaction, and overall well-being, which contribute to their resilience. While the respondents show strong resilience in areas such as identifying and resisting extremist messaging, there is a need for improvement in emotional regulation and stress coping. The findings highlight the importance of enhancing community engagement, support systems, and culturally sensitive interventions to further bolster resilience against violent extremism. The study also establishes a significant positive correlation between well-being and resilience, suggesting that improving well-being can effectively enhance resilience.

**Keywords:** youth's well-being, pro-social orientation, contentment with life, resilience to violent extremism, the meaning of life, satisfaction with life, bridging& linking capital.

## INTRODUCTION

Violent extremism (VE) remains a global issue that governments are grappling with. Despite many efforts implemented by governments at the global, national, and regional levels, extremist ideologies, principles, and beliefs persist and thrive over generations, resulting in acts of violence that are observable at both local and national levels. The actions of VE have endangered global efforts to promote peace, causing the concept of peace to be seen as an unrealistic ideal rather than a tangible goal. Therefore, it is essential to use sophisticated strategies to combat and deter violent extremism. Additionally, it is crucial to thoroughly examine the weaknesses in traditional preventative measures to effectively control the motivation behind engaging in violent extremism.

Policymakers typically adopt a broad and overarching approach when examining the issue of violent extremism (VE) at the national and local levels, rather than analyzing individual aspects to understand the problem progressively. When examining VE, the variable of youth resilience has been little investigated. According to the National Baseline Study on Violence Against Children, 80 percent of Filipino youths between the ages of 13 and 24 have encountered violence, as reported by UNICEF (2016). It is crucial to investigate how those prior instances of violence led to the process of radicalization. According to Crisostomo (2018), every instance of violence encountered by young people can lead to trauma and a recurring pattern of behavior, as they may develop the perception that employing physical force is acceptable.

Further, Ramiro et al. (2022) stated that many occurrences of violence experienced by kids go unreported owing to limits on social shame, cultural concepts, and punishment. This gives an empirical explanation of the prevalence of the problem from a contemporary viewpoint. More importantly, the resilience of kids to commit VE is a vital issue to examine, because of their past engagement with violent situations. Deduced by the frequency of violence among kids in the Philippines, these experiences profoundly impair their well-being. Contextualized in this experiment, the teenagers' well-being was examined and regarded as a predictor of their resilience to VE. As proposed by Koirikivi et al. (2021), well-being and resilience are associated in many ways. Likewise, a person's well-being can minimize or, to some extent, diminish the impact of hardship on one's life.

The Municipality of Calamba has been grappling with an alarming number of youth victims of violent extremism over the past few years, highlighting a deeply troubling trend. In 2020, the municipality recorded 53 young individuals who fell victim to extremist activities, a number that was already cause for concern. However, the situation took a more distressing turn in 2021, with the number of youth victims surging to 86. This significant increase points to an intensified targeting of young people by extremist groups, who may view the youth as particularly vulnerable or impressionable targets for radicalization. Although 2022 saw a reduction in the number of youth victims to 55, this figure still represents a substantial threat to the community's younger population. The decrease, while encouraging, did not return the numbers to 2020 levels, indicating that violent extremism remains a pervasive issue. In 2023, the number of youth victims decreased further to 38, marking the lowest figure in the four-year span. Despite this decline, the persistent presence of youth victims year after year underscores the ongoing risk that violent extremism poses to the younger generation in Calamba.

As a complement to the above gaps, this research was meant to contribute to lowering the instances of VE in the Municipality of Calamba Misamis Occidental. Considering that the young are a significant element in nation-building and predicting the future of the country, this inquiry gives policymakers relevant strategies to consider in developing resilience to VE. As a framework, the study was matched to the postpositivist worldview and intended to explain the research phenomena through an objective analysis of well-being and resilience to VE and explain the relationship that happens between the youth's well-being and their resistance to VE.

## Objectives

- a. To determine the demographic profile of the respondents in terms of age, gender, religious affiliation, and socioeconomic status.
- b. To assess the level of well-being of the respondents in relation to their pro-social orientation, including interpersonal reactivity, beneficence, activism, and radicalism intentions, as well as their contentment with life, meaning of life, and satisfaction with life.
- c. To evaluate the level of resilience of the respondents to violent extremism in terms of cultural identity and connectedness, bridging capital, linking capital, related behaviors, and related beliefs.
- d. To determine whether there is a significant difference in the well-being of the respondents when analyzed according to their demographic profile.
- e. To determine whether there is a significant difference in the level of resilience among the respondents when analyzed according to their demographic profile.
- f. To examine the significant relationship between the respondents' well-being and their level of resilience to violent extremism.

## METHODOLOGY

This study employed a quantitative research method with a descriptive-correlational design to investigate the well-being and resilience of the youth in relation to violent extremism in the Municipality of Calamba, Misamis Occidental. The quantitative approach was deemed suitable as it enabled the systematic collection and analysis of numerical data to determine the relationship between well-being and resilience levels. Descriptive-correlational research was chosen because it allows for the examination of relationships between variables

without manipulating any of them. Data were gathered through structured surveys administered to the youth respondents, which included questions on demographic characteristics, well-being indicators, and resilience to violent extremism. The data collected were statistically analyzed using correlation analysis to determine the strength and direction of the relationship between the variables. Additionally, frequency counts, percentages, and weighted means were calculated to interpret the demographic profile and responses related to well-being and resilience. The Mann-Whitney U test was also applied to assess significant differences between the groups, particularly when data did not meet the normality assumptions required for parametric tests.

The research was conducted in Calamba, Misamis Occidental, a municipality identified as vulnerable to violent extremism among its youth population. The study involved 109 youth respondents aged 18-27, selected through quota sampling to ensure balanced representation from each barangay. Out-of-school youth constituted 84.40% of the sample, while 15.60% were enrolled students. This balanced sampling approach addressed the difficulty of data collection during school periods, ensuring the inclusion of both in-school and out-of-school youth. The primary data collection tool was a structured survey questionnaire composed of three parts: demographic profile, well-being dimensions, and resilience factors. The survey items were adapted from validated instruments, such as the Interpersonal Reactivity Index for empathy, the Beneficence Scale for prosocial behavior, and the Building Resilience to Violent Extremism (BRAVE-14) scale. Ethical considerations were strictly observed throughout the research, including obtaining informed consent, maintaining respondent confidentiality, and ensuring data security. The data were analyzed using statistical methods to generate reliable and meaningful insights, with findings aimed at informing intervention strategies to enhance youth well-being and resilience against violent extremism.

## RESULTS AND DISCUSSION

The demographic profile of the respondents indicates that the majority belong to the 18-21 age group (74.31%), suggesting that late adolescents and early young adults are the primary focus of this study. This demographic is significant as it represents a transitional phase where resilience and susceptibility to violent extremism are particularly relevant (Nivette et al., 2021). Including respondents from the 15-17 (11.92%) and 22-25 (13.76%) age groups allows for a more nuanced understanding of resilience across a broader youth spectrum. The nearly equal gender distribution (49.54% male and 50.46% female) indicates that the study achieved a balanced representation, which is crucial for exploring gender-specific resilience and vulnerability patterns (Frydenberg, 2018). Such a balanced sample ensures that both male and female perspectives are adequately represented, facilitating the development of gender-sensitive interventions.

The majority of respondents (64.22%) identified as Roman Catholics, reflecting the dominant religious affiliation in the area. Other religious groups, such as Iglesia ni Cristo (17.43%) and IFI (2.75%), as well as other affiliations (15.60%), were also represented, highlighting the religious diversity within the community. Religion can significantly influence resilience as it shapes values, community support systems, and responses to adversity (Powers et al., 2023). Understanding this diversity is crucial in developing faith-based interventions that can enhance resilience among youth from various religious backgrounds. Additionally, the socioeconomic profile reveals that most respondents belong to the low-income group (57.80%), while a smaller portion is from the middle-income group (41.28%), and only 0.92% from the high-income category. This economic distribution suggests that socio-economic challenges are prevalent among the youth in Calamba, potentially influencing their susceptibility to extremist ideologies (Grossman et al., 2022).

Economic challenges can lead to heightened vulnerability to violent extremism due to limited access to education, healthcare, and other support systems. Youth from low-income families may experience increased stress and a sense of disenfranchisement, factors that can be exploited by extremist groups (Ungar et al., 2019). The findings highlight the need for targeted interventions that address the socio-economic needs of the youth while strengthening community support networks. By understanding how demographic factors such as age, gender, religion, and socioeconomic status interplay with resilience, community leaders and policymakers can formulate more tailored and inclusive programs aimed at reducing the risk of violent extremism among young people.

Table1 Profile of the Respondents

| Categories                       | Frequency (F) | Percentage (P) |
|----------------------------------|---------------|----------------|
| <b>Age of the Respondents</b>    |               |                |
| 15-17                            | 13            | 11.92%         |
| 18-21                            | 81            | 74.31%         |
| 22-25                            | 15            | 13.76%         |
| <b>Gender of the Respondents</b> |               |                |
| Male                             | 54            | 49.54%         |
| Female                           | 55            | 50.46%         |
| <b>Religious Affiliation</b>     |               |                |
| Roman Catholic                   | 70            | 64.22%         |
| INC                              | 19            | 17.43%         |
| IFI                              | 3             | 2.75%          |
| Others                           | 17            | 15.60%         |
| <b>Socioeconomic Status</b>      |               |                |
| High                             | 1             | 0.92%          |
| Middle                           | 45            | 41.28%         |
| Low                              | 63            | 57.80%         |
| <b>Total Respondents</b>         | 109           | 100%           |

Table 2 shows that the respondents generally demonstrate a high level of pro-social orientation, with a mean score of 3.16, indicating agreement (A). The highest scores are seen in items reflecting difficulty in seeing from others' perspectives (3.33) and feeling protective when seeing someone taken advantage of (3.29), both indicating strong empathetic responses, although sometimes accompanied by a sense of helplessness. This suggests a good foundation for pro-social behaviors, which are crucial for resilience against violent extremism as they reflect a tendency towards empathy and altruism.

However, some items scored closer to simple agreement, such as having tender feelings for the less fortunate (3.01) and trying to understand friends' perspectives (3.01), which indicates that while empathy is present, there is room for enhancement. Strengthening these attributes can further support the youths' resilience, as a robust pro-social orientation can act as a protective factor against the allure of extremist ideologies that often capitalize on social isolation and perceived injustices. Empathy is essential for social cohesiveness and has a positive correlation with prosocial conduct, which strengthens community relationships and minimizes social disputes (Cameron et al. 2019).

Table 2: Level of Well-being on Pro-social Orientation Along Interpersonal Reactivity Index

| Items                                                                                                   | AWV         | D        |
|---------------------------------------------------------------------------------------------------------|-------------|----------|
| 1. I often have tender, concerned feelings for people less fortunate than me.                           | 3.01        | A        |
| 2. I sometimes find it difficult to see things from another person's point of view.                     | 3.33        | SA       |
| 3. I believe that there are two sides to every question and try to look at them both.                   | 3.15        | A        |
| 4. I often feel helpless when I see someone who is in trouble.                                          | 3.28        | SA       |
| 5. Before criticizing somebody, I try to imagine how I would feel if I were in their place.             | 3.02        | A        |
| 6. I sometimes try to understand my friends better by imagining how things look from their perspective. | 3.01        | A        |
| 7. When I see someone being taken advantage of, I feel kind of protective towards them.                 | 3.29        | SA       |
| <b>Mean</b>                                                                                             | <b>3.16</b> | <b>A</b> |

In table 3, the respondents exhibit a strong sense of beneficence, with a mean score of 3.31, indicating strong agreement (SA) that their actions positively impact others. The highest scores are observed in feeling satisfaction from helping others (3.42) and believing in the positive impact of their actions (3.38). This strong sense of beneficence is essential for resilience as it fosters a positive self-view and reinforces the importance of community engagement and altruism, which are counter-narratives to extremist ideologies that often propagate isolation and hostility towards others.

Furthermore, the high scores on the belief that their contributions are valuable (3.29) and making a difference in others' lives (3.16) indicate a well-developed sense of purpose and community belonging. This intrinsic motivation to benefit others can be leveraged in resilience-building programs, emphasizing the role of youth in creating positive social change and countering extremist narratives through constructive, community-oriented actions. The slightly higher standard deviation compared to other variables reflects some unpredictability in answers, but the overall high mean score indicates a strong desire to assist others. Altruistic action is related to various advantages, including greater psychological well-being and stronger social ties (Aknin et al., 2015).

Table 3: Level of Well-being on Pro-social Orientation Along Beneficence Scale

| Items                                                                      | AWV         | D         |
|----------------------------------------------------------------------------|-------------|-----------|
| 1. I feel that my actions have a positive impact on the people around me.  | 3.38        | SA        |
| 2. I feel that I make a difference in the lives of those around me.        | 3.16        | A         |
| 3. I believe that my contributions to society are valuable and worthwhile. | 3.29        | SA        |
| 4. I feel a sense of satisfaction when I am able to help others.           | 3.42        | SA        |
| <b>Mean</b>                                                                | <b>3.31</b> | <b>SA</b> |

Table 4 reflects a strong inclination towards activism and even radicalism, with a mean score of 3.38 indicating strong agreement (SA) on the importance of taking action to promote change. The highest scores are in the importance of taking action (3.49) and willingness to use unconventional tactics (3.42), reflecting a proactive and sometimes radical stance towards social or political change. While such inclinations can be channeled positively, they also highlight a potential vulnerability to extremist recruitment, which often targets those with strong desires for change and a willingness to use radical means.



However, the positive aspect of these findings is that the respondents are highly engaged and motivated to make a difference. This energy can be harnessed in constructive ways, such as through organized, peaceful activism and community projects that address social and political issues without resorting to violence. Emphasizing non-violent methods and the importance of democratic processes can help mitigate the risks associated with radical intentions while still supporting the youths' desires to effect change. This variation can indicate a changing sociopolitical context in which people have various perspectives on societal progress. Participating in activism has been connected to feelings of agency and empowerment, both of which are important for psychological well-being (Ballard & Ozer, 2016).

Table 4: Level of Well-being on Pro-social Orientation Along Activism and Radicalism Intention Scale

| Items                                                                                                                       | AWV         | D         |
|-----------------------------------------------------------------------------------------------------------------------------|-------------|-----------|
| 1. I have a desire to participate in social or political activism.                                                          | 3.40        | SA        |
| 2. I believe that taking action to promote change is important.                                                             | 3.49        | SA        |
| 3. I believe that significant social or political change requires radical action.                                           | 3.29        | SA        |
| 4. I am willing to use unconventional tactics to achieve social or political goals.                                         | 3.42        | SA        |
| 5. I believe that the current social or political system needs to be completely overhauled.                                 | 3.31        | SA        |
| 6. I am willing to participate in activities that may be considered extreme in order to achieve social or political change. | 3.35        | SA        |
| <b>Mean</b>                                                                                                                 | <b>3.38</b> | <b>SA</b> |

Table 5 shows the overall well-being of the respondents in terms of pro-social orientation is quite high, with a grand mean of 3.28 indicating strong agreement (SA) with pro-social behaviors and attitudes. The highest mean is in the Activism and Radicalism Intention Scale (3.38), suggesting that while there is a strong drive towards activism, it must be guided carefully to prevent drift towards extremism. The Beneficence Scale also scores highly (3.31), reinforcing the respondents' sense of making a positive impact on others, which is a strong protective factor against violent extremism.

The Interpersonal Reactivity Index has a slightly lower mean (3.16), indicating that while empathy is present, it is not as strongly developed as other pro-social traits. This suggests an area for improvement; enhancing empathy through targeted interventions could further bolster the resilience of these youths. Overall, the strong pro-social orientation is a positive sign for resilience against violent extremism, but it requires careful nurturing to ensure that activism remains positive and non-violent.

The high overall well-being of the respondents reflected in their strong pro-social orientation indicates a positive engagement with behaviors and attitudes that protect against violent extremism, but the high score in the Activism and Radicalism Intention Scale suggests that their drive towards activism needs careful guidance to prevent a drift towards extremism as explained by Vissing (2022). However, Schmid (2022) argued that the slightly lower mean in the Interpersonal Reactivity Index shows that these teens and young adults can improve their empathy. This, along with their strong sense of doing good, can make them even more resistant to extremist ideas by encouraging peaceful protests.

Table 5: Summary on the Level of Well-being Along Pro-social Orientation

| Indicators                        | AWV  | D  |
|-----------------------------------|------|----|
| 1. Interpersonal Reactivity Index | 3.16 | A  |
| 2. Beneficence Scale              | 3.31 | SA |

|                                            |             |           |
|--------------------------------------------|-------------|-----------|
| 3. Activism and Radicalism Intention Scale | 3.38        | SA        |
| <b>Grand Mean</b>                          | <b>3.28</b> | <b>SA</b> |

In table 6, the respondents exhibit a strong sense of meaning and purpose in life, with a mean score of 3.38 indicating strong agreement (SA). The highest score is in the search for meaning (3.50), suggesting that many youths are actively seeking a deeper understanding of their life's purpose. This proactive search is a positive sign, as it indicates an engagement with existential questions that can lead to personal growth and resilience.

Scores for understanding life's purpose (3.34) and leading a meaningful life (3.40) are also high, reflecting a general satisfaction with the sense of direction and purpose. This strong sense of meaning is crucial for resilience, as it provides a stable foundation that can help youths navigate challenges and resist the appeal of extremist ideologies that often exploit feelings of purposelessness. A feeling of purpose in life is important since it has been linked to increased resilience and overall life satisfaction (Steger, 2018).

As stated by Pauwels and Schils (2016) the responders' profound sense of significance and objectiveness in life is an encouraging indication of their involvement with existential inquiries, which can result in personal development and fortitude. The profound sense of purpose, shown in the high ratings for comprehending the purpose of life and living a meaningful existence, establishes a solid base that aids young individuals in navigating difficulties and resisting extreme ideologies that manipulate emotions of aimlessness (Esolen, 2023).

Table 6: Level of Well-being on Contentment with Life Along Meaning of Life

| Items                                                         | AWV         | D         |
|---------------------------------------------------------------|-------------|-----------|
| 1. I am searching for meaning in my life.                     | 3.50        | SA        |
| 2. I have a clear sense of what makes my life meaningful.     | 3.35        | SA        |
| 3. I understand my life's purpose.                            | 3.34        | SA        |
| 4. I have discovered a satisfying life purpose.               | 3.40        | SA        |
| 5. My life has a clear sense of direction and purpose.        | 3.29        | SA        |
| 6. I am generally satisfied with the way my life is going.    | 3.33        | SA        |
| 7. I lead a purposeful and meaningful life.                   | 3.40        | SA        |
| 8. My life has a profound sense of meaning and purpose.       | 3.35        | SA        |
| 9. I sometimes feel that my life lacks direction and purpose. | 3.39        | SA        |
| 10. My life has no clear purpose or meaning.                  | 3.47        | SA        |
| <b>Mean</b>                                                   | <b>3.38</b> | <b>SA</b> |

Table 7 exhibits the respondents express a high level of satisfaction with their lives, with a mean score of 3.46 indicating strong agreement (SA). The highest scores are seen in the conditions of life being excellent (3.58) and having achieved important life goals (3.54), suggesting that the respondents generally perceive their lives positively and feel content with their achievements.

This high level of life satisfaction is a strong protective factor against violent extremism, as satisfied individuals are less likely to seek out radical solutions to perceived injustices or personal grievances. It reflects a stable and positive outlook on life, which is essential for building resilience. Ensuring that youths continue to feel satisfied

and supported in their life pursuits can help maintain this positive well-being and reduce vulnerability to extremist ideologies. High life satisfaction is a strong indication of subjective well-being and has been linked to improved mental health outcomes, such as decreased levels of sadness and anxiety (Diener et al., 2018). This implies that the sample, on average, views their lives positively, which contributes to their general well-being.

Table 7: Level of Well-being on Contentment with Life Along Satisfaction with the Life

| Items                                                           | AWV         | D         |
|-----------------------------------------------------------------|-------------|-----------|
| 1. In most ways my life is close to my ideal.                   | 3.41        | SA        |
| 2. The conditions of my life are excellent.                     | 3.58        | SA        |
| 3. I am satisfied with my life.                                 | 3.39        | SA        |
| 4. So far I have gotten the important things I want in life.    | 3.54        | SA        |
| 5. If I could live my life over, I would change almost nothing. | 3.37        | SA        |
| <b>Mean</b>                                                     | <b>3.46</b> | <b>SA</b> |

Table 8 shows the overall well-being of the respondents in terms of contentment with life is high, with a grand mean of 3.42 indicating strong agreement (SA) with statements reflecting a meaningful and satisfying life. The highest scores are in satisfaction with life (3.46), suggesting that the respondents generally feel positive about their life conditions and achievements.

This high level of contentment with life is a key factor in resilience against violent extremism, as it reflects a stable and positive life perspective. Youths who feel content and purposeful are less likely to be swayed by extremist narratives that exploit feelings of dissatisfaction and aimlessness. Maintaining and enhancing this sense of contentment through supportive community structures, opportunities for meaningful engagement, and personal development can help further bolster resilience.

According to Ali and Butt (2022) the respondents' significant satisfaction with life, as evidenced by an average score of 3.42, demonstrates a consistent and optimistic outlook on life, which plays a crucial role in building resilience against violent extremism. Furthermore, Costello et al. (2020) stated that adolescents who experience satisfaction and a sense of purpose are less susceptible to extremist narratives. This indicates that fostering this feeling of contentment through supportive community systems and meaningful involvement might enhance their ability to withstand challenges.

Table 8: Summary on the Level of Well-being Along Contentment with Life

| Indicators                    | AWV         | D         |
|-------------------------------|-------------|-----------|
| 1. Meaning of Life            | 3.38        | SA        |
| 2. Satisfaction with the Life | 3.46        | SA        |
| <b>Grand Mean</b>             | <b>3.42</b> | <b>SA</b> |

Table 9 illustrates that the respondents exhibit a strong sense of cultural identity and connectedness, with a mean score of 3.44 indicating strong agreement (SA). The highest score is in having a positive outlook on the future due to motivation from others (3.47), suggesting that social connections play a crucial role in fostering resilience. This positive outlook is vital for resilience as it provides emotional support and encourages proactive coping strategies, reducing vulnerability to extremist influences that often exploit feelings of isolation and hopelessness.



Additionally, the ability to deal with difficult situations (3.45) and recover from setbacks (3.39) through connections with others highlights the importance of social networks in resilience. This sense of connectedness not only provides practical support but also reinforces a sense of belonging and community, which are essential for countering the narratives of violent extremism that often target socially isolated individuals. Strengthening these social bonds can further enhance resilience by providing a robust support system that individuals can rely on during challenging times. Cultural identity is an important aspect in psychological resilience as it gives people a sense of belonging and stability in stressful situations (Terrana & Al-Delaimy, 2023). This is consistent with research that emphasizes the importance of cultural identity in promoting resilience in heterogeneous communities (Theron & Phasha, 2015).

Table 9: Level of Resilience Along Cultural Identity and Connectedness

| Items                                                                                    | AWV         | D         |
|------------------------------------------------------------------------------------------|-------------|-----------|
| 1. I feel like I can deal with difficult situations based on connection to other people. | 3.45        | SA        |
| 2. I am able to recover from setbacks through the help of other people.                  | 3.39        | SA        |
| 3. I have a positive outlook on the future because other people are motivating me.       | 3.47        | SA        |
| <b>Mean</b>                                                                              | <b>3.44</b> | <b>SA</b> |

In table 10 the respondents demonstrate a good level of resilience in terms of bridging capital, with a mean score of 3.30 indicating strong agreement (SA). The highest score is seen in having a strong sense of purpose (3.39), which is crucial for resilience as it provides direction and motivation. A clear sense of purpose can act as a protective factor against violent extremism by giving individuals a reason to engage positively with their community and resist extremist ideologies that offer a false sense of purpose.

However, the scores for regulating emotions (3.25) and coping with stress (3.26) are slightly lower, indicating that while respondents have some emotional resilience, there is room for improvement. Effective emotional regulation and stress management are key components of resilience, as they enable individuals to handle adversity without resorting to harmful behaviors. Enhancing these skills through targeted interventions can further strengthen resilience by helping individuals maintain psychological well-being and resist the emotional manipulation often used by extremist recruiters. Bridging capital is essential for resiliency and allows access to different resources and support systems beyond immediate close networks (Putnam, 2020). Individuals with high levels of bridging capital can harness greater community support, which is critical for dealing with and recovering from adversity (Helliwell et al., 2019).

Table 10: Level of Resilience Along Bridging Capital

| Items                                                  | AWV         | D         |
|--------------------------------------------------------|-------------|-----------|
| 1. I have a strong sense of purpose in my life.        | 3.39        | SA        |
| 2. I am able to regulate my emotions in a healthy way. | 3.25        | A         |
| 3. I am able to cope with stress in a healthy way.     | 3.26        | A         |
| <b>Mean</b>                                            | <b>3.30</b> | <b>SA</b> |

Table 11 shows a moderate level of resilience in terms of linking capital, with a mean score of 3.25 indicating agreement (A). The highest score is in having a strong support system (3.28), which is essential for resilience as it provides practical and emotional resources that individuals can draw on during difficult times. A strong support system can help counter the narratives of violent extremism by reinforcing a sense of belonging and connectedness.

The slightly lower scores for feeling connected to the community (3.22) and belonging to a larger group (3.26) suggest that while there is some sense of community, it may not be as strong as it could be. Enhancing community engagement and fostering a stronger sense of belonging can further bolster resilience by providing individuals with a network of relationships that support positive social integration and resist extremist ideologies that thrive on social fragmentation. This is especially important when navigating complex societal processes and seeking help during disasters. Recent research emphasizes the relevance of linking capital in building community resilience, particularly in marginalized groups (Frounfelker et al., 2020).

Table 11: Level of Resilience Along Linking Capital

| Items                                             | AWV         | D        |
|---------------------------------------------------|-------------|----------|
| 1. I feel a sense of connection to my community.  | 3.22        | A        |
| 2. I feel a sense of belonging to a larger group. | 3.26        | A        |
| 3. I have a strong support system.                | 3.28        | SA       |
| <b>Mean</b>                                       | <b>3.25</b> | <b>A</b> |

Table 12 reflects that the respondents exhibit a high level of resilience in terms of related behaviors, with a mean score of 3.37 indicating strong agreement (SA). The highest score is in identifying and resisting extremist messaging (3.42), which is a crucial skill for resilience as it helps individuals recognize and reject harmful ideologies. This ability to critically evaluate and resist extremist propaganda is vital for preventing radicalization.

Confidence in making positive changes in the community (3.38) and seeing the humanity in diverse individuals (3.32) further reinforce resilience by promoting inclusive behaviors and proactive engagement. These behaviors are essential for countering extremist narratives that often dehumanize others and promote division. Encouraging these positive behaviors through community initiatives and educational programs can strengthen resilience by fostering a culture of inclusivity and active citizenship. This study highlights the participants' ability to handle and recover from violent situations, which is supported by good coping techniques and strong psychological frameworks.

The respondents' remarkable resilience, namely their capacity to identify and withstand extremist messages, indicates their possession of essential abilities to detect and reject detrimental ideas (Ryan, 2019). This ability is key in the prevention of radicalization. Moreover, Randel et al. (2018) suggest that their belief in their ability to bring about positive changes in the community and recognize the shared humanity in diverse individuals emphasizes the significance of cultivating inclusive behaviors and proactive involvement. These are crucial for combating extremist narratives and fostering a culture of inclusivity and active participation in society.

Table 12: Level of Resilience Along Related Behaviors

| Items                                                                       | AWV         | D         |
|-----------------------------------------------------------------------------|-------------|-----------|
| 1. I am able to identify and resist extremist messaging.                    | 3.42        | SA        |
| 2. I feel confident in my ability to make positive changes in my community. | 3.38        | SA        |
| 3. I am able to see the humanity in people who may be different from me.    | 3.32        | SA        |
| <b>Mean</b>                                                                 | <b>3.37</b> | <b>SA</b> |

Table 13 shows that the respondents demonstrate a high level of resilience in terms of related beliefs, with a mean score of 3.34 indicating strong agreement (SA). The highest score is in finding meaning and purpose without resorting to extremist ideology (3.38), which is crucial for resilience as it shows that individuals can derive a sense of purpose from positive sources. This ability to find meaning in non-extremist ways is a strong protective factor against radicalization.

Seeking positive role models and mentors (3.33) and finding solutions through related beliefs (3.31) further enhance resilience by providing individuals with guidance and a sense of security. Positive role models and mentors can offer support and inspiration, helping individuals navigate challenges and resist extremist influences. Reinforcing these beliefs through community programs and mentoring initiatives can strengthen resilience by providing individuals with positive examples to emulate and a belief in their ability to stay safe and secure. Exposure to violence frequently requires increased resilience, which can be aided by community support, strong social networks, and access to mental health resources (Masten, 2018).

Table 13: Level of Resilience Along Related Beliefs

| Items                                                                                        | AWV         | D         |
|----------------------------------------------------------------------------------------------|-------------|-----------|
| 1. I am able to find meaning and purpose in my life without resorting to extremist ideology. | 3.38        | SA        |
| 2. I am able to seek out and find positive role models and mentors.                          | 3.33        | SA        |
| 3. I am able to find solution through related beliefs that I will be safe.                   | 3.31        | SA        |
| <b>Mean</b>                                                                                  | <b>3.34</b> | <b>SA</b> |

Table 14 depicts the overall level of resilience among the respondents is high, with a grand mean of 3.34 indicating strong agreement (SA) across the various dimensions. The highest resilience is observed in cultural identity and connectedness (3.44), highlighting the importance of social ties and a sense of community in fostering resilience. These social connections provide emotional and practical support, which are crucial for withstanding the challenges posed by extremist influences. The respondents also show strong resilience in terms of related behaviors (3.37) and beliefs (3.34), indicating a proactive approach to resisting extremist ideologies and maintaining a positive outlook on life. These dimensions reflect the ability to engage in positive actions and hold constructive beliefs, both of which are essential for countering the narratives of violent extremism. While linking capital has a slightly lower score (3.25), indicating a moderate sense of community connection, this area still shows agreement and provides a foundation for further enhancement. Strengthening community ties and fostering a greater sense of belonging can further enhance resilience. Overall, the high levels of resilience across the various dimensions suggest that the respondents are well-equipped to resist violent extremism, but continuous support and targeted interventions can help maintain and further build on this resilience (Golicha, 2022).

Table 14: Summary of Level of Resilience of the Respondents

| Indicators                             | AWV         | D         |
|----------------------------------------|-------------|-----------|
| 1. Cultural Identity and Connectedness | 3.44        | SA        |
| 2. Bridging Capital                    | 3.30        | SA        |
| 3. Linking Capital                     | 3.25        | A         |
| 4. Related Behaviors                   | 3.37        | SA        |
| 5. Related Beliefs                     | 3.34        | SA        |
| <b>Grand Mean</b>                      | <b>3.34</b> | <b>SA</b> |

Table 15: Significant Difference in the Well-being of the Respondents when Analyzed as to Profile

| Indicators | U - Value | H - Value | P-Value | Decision |
|------------|-----------|-----------|---------|----------|
| Age        | -         | 0.59      | 0.17    | ns       |

|                       |      |       |      |   |
|-----------------------|------|-------|------|---|
| Gender                | 0.32 | -     | 0.02 | * |
| Religious Affiliation | -    | 0.92  | 0.03 | * |
| Socio-Economic Status | -    | 0.103 | 0.01 | * |

\*- significant to 0.05; ns – not significant

In table 15 the results show that age is not a significant factor in determining the well-being of respondents, with a P-value of 0.17 indicating no significant difference. This suggests that well-being levels are relatively consistent across different age groups within the sample. However, the other factors—gender, religious affiliation, and socio-economic status—do show significant differences. Gender has a P-value of 0.02, indicating that there is a significant difference in well-being between male and female respondents. This finding underscores the need to consider gender-specific factors when addressing well-being, as men and women may experience and respond to stressors differently. Religious affiliation and socio-economic status are also significant factors, with P-values of 0.03 and 0.01, respectively. This indicates that respondents' well-being varies significantly depending on their religious background and economic status. These findings highlight the importance of considering cultural and economic contexts when designing interventions aimed at improving well-being as stated by Howden-Chapman (2023). Furthermore, Roberts et al. (2016), individuals from lower socio-economic backgrounds might face more challenges that impact their well-being, necessitating targeted support to address these disparities.

Table 16: Significant Difference in the Level of Resilience of the Respondents when Analyzed as to Profile

| Indicators            | U - Value | H - Value | P-Value | Decision |
|-----------------------|-----------|-----------|---------|----------|
| Age                   | -         | 0.58      | 0.13    | ns       |
| Gender                | 0.38      | -         | 0.02    | *        |
| Religious Affiliation | -         | 0.82      | 0.000   | *        |
| Socio-Economic Status | -         | 0.93      | 0.000   | *        |

\*- significant to 0.05; ns – not significant

Table 16 indicates that age does not significantly impact the level of resilience among respondents, with a P-value of 0.13 suggesting no significant difference. This consistency across age groups may point to the effectiveness of general resilience-building programs that can be applied across different age demographics. However, significant differences in resilience are noted for gender, religious affiliation, and socio-economic status. The P-value of 0.02 for gender suggests that males and females differ significantly in their levels of resilience. This may be due to different social roles, experiences, and coping mechanisms between genders, highlighting the need for gender-sensitive approaches in resilience-building initiatives. Religious affiliation and socio-economic status are also significant determinants of resilience, with P-values of 0.000 for both factors. This indicates that resilience levels vary substantially among respondents based on their religious and economic backgrounds. The significant impact of socio-economic status suggests that economic stability and access to resources are critical components of resilience. Similarly, the role of religious affiliation points to the importance of cultural and community support systems in fostering resilience against violent extremism.

The findings imply that gender influences resilience levels among youth in the Municipality of Calamba, consistent with existing research highlighting gender disparities in psychological resilience. Women and men frequently use distinct coping techniques, resulting in varied levels of resilience. Women are often shown to have higher levels of emotional resilience than men, which can be attributed to their tendency to seek social support more actively (Van Droogenbroeck et al., 2018). This further implies that women with more resilience may be more resistant to extremist groups' recruitment and radicalization procedures, as extremist organizations

frequently exploit vulnerabilities and a lack of social support to recruit youth. Consequently, building resilience through targeted interventions has the potential to reduce the probability of young people engaging in violent extremism. Understanding the gender-specific characteristics that influence resilience can help design more effective, targeted preventative strategies. Programs aimed at increasing male resilience may include emotional regulation and the utilization of social support networks, while for females, enhancing existing social support systems and addressing specific socio-cultural stresses may be more beneficial (Beelmann, 2022).

This suggests that economic status has no influence on the resiliency of Calamba's youth. This outcome is consistent with some research that suggests resilience is a multidimensional construct impacted by factors other than economic status (Luthar et al., 2018). It contradicts the assumption that lower socioeconomic status always leads to lower resilience, showing the complexities of resilience in relation to individual and contextual factors (Masten, 2018). Given the data, it appears that socioeconomic status, while essential, is not the only predictor of vulnerability to violent extremism. This conclusion underlines the importance of comprehensive preventative methods that extend beyond addressing economic inequities.

### Test of Relationship

Table 17: Significant Relationship Between the Levels of Well-Being and Resilience

| Variables  | Mean | r - Value | P-Value | Decision |
|------------|------|-----------|---------|----------|
| Well-Being | 3.42 |           |         |          |
| vs         |      | 0.24      | 0.010   | *        |
| Resilience | 3.34 |           |         |          |

\*- significant @ 0.05

Table 17 shows the correlation analysis shows a significant relationship between well-being and resilience, with an r-value of 0.24 and a P-value of 0.010. This positive correlation indicates that higher levels of well-being are associated with higher levels of resilience. The mean scores for well-being (3.42) and resilience (3.34) reflect generally high levels of both constructs among the respondents. This finding suggests that interventions aimed at improving well-being can have a concurrent positive impact on resilience. It underscores the interconnectedness of these constructs, where enhancing one's sense of well-being can strengthen their capacity to resist violent extremism.

The significant relationship also highlights the importance of holistic approaches that address both psychological and social factors in resilience-building programs. By fostering a supportive environment that enhances overall well-being, such programs can effectively contribute to stronger resilience against violent extremism. This integrated approach can help individuals not only cope with stress and adversity but also thrive and contribute positively to their communities. Contentment with life, equated with overall life satisfaction, is a crucial component of subjective well-being, reflecting a favorable assessment of one's living circumstances (Diener et al., 2018). This moderate positive association underscores the importance of life satisfaction in fostering resilience, as resilient individuals often have positive life evaluations that enhance their ability to cope with adversity and recover from setbacks (Masten, 2018). This relationship highlights how positive psychological states can protect against stress and improve adaptive functioning, which is vital to preventing negative outcomes such as engagement in violent extremism. Similarly, prosocial orientation, encompassing behaviors and attitudes that promote the welfare of others, such as empathy, altruism, and cooperative behaviors (Caprara et al., 2018), is positively correlated with resilience. While this link is weaker than life satisfaction, the significant positive correlation indicates that prosocial actions are associated with higher levels of resilience. These actions help build supportive social networks and increase social capital, valuable resources during times of stress (Ungar, 2018).



The overall level of resilience among the youth respondents is high, as evidenced by strong scores in cultural identity, related behaviors, and beliefs. These findings are encouraging, as they reflect the youths' capacity to critically evaluate extremist narratives and maintain a sense of purpose and social responsibility. However, there is still a need to strengthen aspects such as emotional regulation and stress coping, which remain slightly lower in comparison. These are critical areas of psychological resilience that, if reinforced, can significantly reduce susceptibility to extremist recruitment. The study also affirms that gender, religious affiliation, and socioeconomic status play a significant role in shaping well-being and resilience, suggesting that interventions must be nuanced and inclusive. A comprehensive, youth-focused strategy must be implemented one that goes beyond addressing individual behavior and instead strengthens systemic support. This includes bolstering family and community institutions, expanding access to education and mental health services, and fostering mentorship and leadership development. Through these efforts, young people can be guided toward positive social engagement and away from pathways that lead to violent extremism.

## CONCLUSION

In result, the study reveals that youth well-being is deeply intertwined with their capacity to resist violent extremism. High levels of well-being, marked by strong pro-social orientation, a profound sense of meaning and purpose, and elevated life satisfaction are positively associated with resilience. Respondents demonstrated substantial emotional and social strength, underpinned by cultural identity and community connectedness, which collectively bolster their resistance to extremist ideologies.

However, the study also identifies areas needing improvement, particularly in emotional regulation and stress coping. These dimensions are crucial to strengthening psychological resilience and preventing vulnerability to radical narratives. Moreover, the results highlight that gender, religious affiliation, and socioeconomic status significantly influence well-being and resilience, indicating the need for targeted and inclusive interventions.

To effectively discourage youth involvement in violent extremism, a holistic strategy must be adopted. This includes fostering emotional regulation skills, strengthening community support systems, and promoting gender-sensitive, culturally adaptive, and economically relevant programs. Encouraging youth participation in social institutions, providing opportunities for meaningful engagement, and highlighting the influence of positive role models can further reinforce resilience. By equipping the youth with internal strengths and external support, they can be empowered to reject extremism and contribute constructively to peace, development, and nation-building.

## Ethical Consideration

Institutional ethics procedures were adhered to in this investigation. Before data collection, ethical approval was obtained from the research ethics committee. Following an explanation of the study's objectives and the voluntary nature of their involvement, informed consent was acquired from the participants. Anonymity and confidentiality were upheld during the entire investigation.

## Conflict Of Interest

The writers disclose no conflicts of interest. In line with university regulations, they want to use this publication as a foundation for their request for institutional incentives from their university.

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