Resilience As a Foundation for Effective Social Work Interventions: A Study of Abra-Based Practitioners

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Abstract

This descriptive quantitative study assessed the level of resilience among registered social workers in the Province of Abra. Using purposive sampling, the study involved 61 registered social workers. Quantitative data were collected through a structured self-administered questionnaire based on the Seven Cs of Resilience—competence, confidence, connection, character, contribution, coping, and control—and the Brief Resilience Scale (BRS). Frequency, percentage, weighted mean, and ranking were used to analyze the data. The findings revealed that respondents demonstrated a high overall level of resilience (M = 3.75). Among the seven dimensions, character obtained the highest mean (M = 4.18), while competence had the lowest mean (M = 3.42), although both were interpreted as high. Meanwhile, the respondents' ability to recover from adversity was moderate (M = 2.93). These findings suggest that although social workers demonstrated strong professional values, ethical integrity, coping capacities, and interpersonal connections, their ability to recover from stressful and emotionally demanding work experiences requires further strengthening. The study highlights the importance of addressing resilience through both individual capacity-building and organizational support. Based on the findings, a Resilience Enhancement Program is recommended to strengthen self-care, stress management, supportive supervision, peer mentoring, mental health support, and continuing professional development. These interventions may help promote professional well-being, reduce burnout, and sustain effective social welfare service delivery in the Province of Abra.

Keywords: Social work; resilience; professional competence; service delivery

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