HOW TO DEVELOP ONE’S ADVERSITY QUOTIENT

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Adversities and challenges are part of our life. Everyone has experienced them once or most of the time. Some are even going through them at this moment while trying their best to do well in their chosen field of work. Performing at your best is never easy especially if you are going through something really difficult.

Challenges and difficulties in life come in different forms. We experience adversities in our physical body as well as in our mental health. There are also the so-called Social, Emotional, Spiritual and Financial adversities. These adversities are unbearable at times, especially if you lack support system. Because of this, it is believed that Adversity Quotient (AQ) becomes as important as the IQ or the Intelligence Quotient especially in building a healthy work place for everybody.

Adversity Quotient is also known as the Science of Resilience. It is how a person deal and handle the challenges and difficulties in his or her life. Scoltz in 1997 developed an assessment instrument called the ARP or the Adversity Response Profile. It is a scientifically grounded tool that measures how well a person deal with the adversities in life.

Why is it important to have resilience? Adversities can either make or break you. It plays an important factor in one’s growth and greatness. Without it, there will be no growth. You’ll remain stagnant. We have to always remember that the road to success will always have patches. The journey will not be smooth ad perfect. Adversity is inevitable, but stress is optional.
In an article published by Jim Haudan, he mentioned some key points on how to develop AQ. The first one is the character building. Overcoming challenges is a way of character building according to Haudan. Character Building creates the confidence to overcome the things that don't go our way.

He also mentioned that learning to deal with adversity is what creates resilience. Every challenge we navigate strengthens our confidence and our ability to conquer future obstacles. Haudan also mentioned the importance of learning from discomfort. Problems that we haven't encountered before give us real headache. To face and learn from them is much better than to avoid them. Drawing out our true strengths is also one of the keys, according to Haudan. We have strengths within us that has remained dormant for so long. We have to use this in solving our problems.

Acceptance is also one of the crucial things that we must learn. One must realized that adversities is part of life and it is inevitable. Just like what Miss Universe 2018 Catriona Gray said that we must always see the situation with silver lining. In tough times, it is also very important to have your buddy. A person to whom you are able to confide and find comfort. Lastly, remember that we are able to succeed because of it. Victory becomes more meaningful knowing that you really worked hard for it.

To be resilient is probably one of the most especial traits of Filipinos for we are able to cope no matter how tough a situation is. Hence, it is also undeniable that there will also be people who stress themselves over things that don’t go their way. Though there are some ways to develop one’s AQ, the most important thing in overcoming trials is to seek God’s guidance. Through Him, everything will be okay.

References: