

RESILIENCE IN VULNERABLE UNIVERSITY GROUPS: AN ANALYSIS OF SOCIAL WORK INTERVENTION STRATEGIES FROM THE PERSPECTIVE OF SOCIAL INCLUSION

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Abstract. *Introduction.* Resilience refers to the ability of individuals, groups or communities to adapt and recover in the face of adverse or stressful situations, such as violence, poverty, natural disasters or disease.

Aim. The present research *aims* to analyse the impact of social work intervention in strengthening resilience in vulnerable groups served by the Faculty of Humanistic and Social Sciences of the Technical University of Manabí during the 2023-A academic period, to identify the pedagogical intervention of social work in vulnerable groups, and to evaluate the effectiveness of the intervention strategies implemented by social work professionals.

Methodology and research methods. The quantitative paradigm was applied. The design corresponds to a non-experimental study. The population was 259 students of Social Work. The sample consisted of 70 students belonging to vulnerable groups. A questionnaire with 15 items was applied. Multiple regression analysis and ANOVA analysis were carried out.

Results. Among the results, the pedagogical intervention strategies applied by the social work professionals were effective. There is a positive impact on strengthening resilience in vulnerable groups, as well as on socio-economic and cultural factors. Social work pedagogical intervention strategies as well as socio-economic and cultural factors are important in strengthening resilience in vulnerable groups.

Scientific novelty. The scientific novelty of this study is that building resilience through inclusion stands out as a pedagogical component in social work and as a pillar that strengthens social work.

Practical significance. It is important to take socio-economic and cultural factors into account when designing and implementing these pedagogical strategies, as they can influence their effectiveness. It is also important to continue research on the factors that influence the development of resilience in vulnerable groups in order to design and implement more effective and sustainable educational intervention strategies.

Keywords: resilience, inclusion, social work, vulnerable groups, higher education.

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ЖИЗНЕСТОЙКОСТЬ УЯЗВИМЫХ УНИВЕРСИТЕТСКИХ ГРУПП: АНАЛИЗ СТРАТЕГИЙ ВМЕШАТЕЛЬСТВА В СОЦИАЛЬНУЮ РАБОТУ С ТОЧКИ ЗРЕНИЯ СОЦИАЛЬНОЙ ИНКЛЮЗИВНОСТИ

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Аннотация. *Введение.* Жизнестойкость относится к способности отдельных лиц, групп или сообществ адаптироваться к неблагоприятным или стрессовым ситуациям, таким как насилие, бедность, стихийные бедствия или болезни, и восстанавливаться после них.

Цель статьи – проанализировать влияние социальной работы на повышение жизнестойкости уязвимых групп факультета гуманитарных и социальных наук Технического университета Манаби в течение академического периода 2023-А, выявить факторы, влияющие на развитие жизнестойкости в этих группах, и оценить эффективность стратегий вмешательства, реализуемых специалистами по социальной работе.

Методология, методы и методики. Работа выполнена в рамках количественной парадигмы. Дизайн соответствует неэкспериментальному исследованию. В исследовании приняли участие 259 студентов, которые обучаются на специалистов по социальной работе. Выборка состояла из 70 студентов, принадлежащих к уязвимым группам. Была применена анкета из 15 пунктов. Были проведены множественный регрессионный анализ и дисперсионный анализ ANOVA.

Результаты. Среди результатов следует отметить, что стратегии вмешательства, реализованные специалистами по социальной работе, были эффективными. Это оказывает положительное влияние на повышение жизнестойкости уязвимых групп, а также на социально-экономические и культурные факторы. Стратегии вмешательства в социальной работе, такие как социально-экономические и культурные факторы, важны для повышения жизнестойкости уязвимых групп.

Научная новизна настоящего исследования заключается в том, что повышение жизнестойкости посредством инклюзивности играет фундаментальную роль в социальной работе и выступает в качестве основы, укрепляющей социальную работу.

Практическая значимость. Важно учитывать социально-экономические и культурные факторы при разработке и реализации этих стратегий, поскольку они могут влиять на эффективность последних. Также важно продолжать исследования факторов, влияющих на развитие жизнестойкости в уязвимых группах, для разработки и внедрения более эффективных и устойчивых образовательных стратегий вмешательства.

Ключевые слова: устойчивость, инклюзивность, социальная работа, уязвимые группы, высшее образование.

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RESILIENCIA EN GRUPOS UNIVERSITARIOS VULNERABLES: UN ANÁLISIS DE LAS ESTRATEGIAS DE INTERVENCIÓN EN TRABAJO SOCIAL DESDE LA PERSPECTIVA DE LA INCLUSIÓN SOCIAL

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Abstracto. Introducción. La resiliencia se refiere a la capacidad de individuos, grupos o comunidades para adaptarse y recuperarse frente a situaciones adversas o estresantes, como la violencia, la pobreza, los desastres naturales o las enfermedades.

Objetivo. Analizar el impacto de la intervención en trabajo social en el fortalecimiento de la resiliencia en colectivos vulnerables atendidos por la Facultad de Ciencias Humanísticas y Sociales de la Universidad Técnica de Manabí durante el período académico 2023-A. Identificar la intervención pedagógica del trabajo social en grupos vulnerables. Evaluar la efectividad de las estrategias de intervención implementadas por los profesionales del trabajo social.

Metodología. Se aplicó el paradigma cuantitativo. El diseño corresponde a un estudio no experimental. La población era de 259 estudiantes de Trabajo Social. La muestra estuvo constituida por 70 estudiantes pertenecientes a grupos vulnerables. Se aplicó un cuestionario con 15 ítems. Se realizó análisis de regresión múltiple y ANOVA.

Resultados. Entre los resultados, las estrategias de intervención pedagógica aplicadas por los profesionales del trabajo social fueron efectivas. Hay un impacto positivo en el fortalecimiento de la resiliencia en los grupos vulnerables, así como en los factores socioeconómicos y culturales. Las estrategias de intervención pedagógica del trabajo social, así como los factores socioeconómicos y culturales, son importantes para fortalecer la resiliencia en grupos vulnerables.

Novedad científica. La novedad científica de este estudio es que la construcción de la resiliencia a través de la inclusión se destaca como un componente pedagógico en el trabajo social y un pilar que fortalece el trabajo social.

Importancia práctica. Es importante tener en cuenta los factores socioeconómicos y culturales a la hora de diseñar y aplicar estas estrategias pedagógicas, ya que pueden influir en su eficacia. También es importante seguir investigando sobre los factores que influyen en el desarrollo de la resiliencia en los grupos vulnerables para diseñar y aplicar estrategias de intervención pedagógica más eficaces y sostenibles.

Palabras clave: resiliencia, inclusión, trabajo social, grupos vulnerables, enseñanza superior.

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Introduction

Resilience is an increasingly relevant concept in the field of social work, especially when it comes to vulnerable groups. These groups face various challenges that threaten their well-being and development, such as poverty, discrimination, violence and social exclusion. Resilience has been identified as a fundamental capacity to face and overcome these adversities [1]. However, in the context of vulnerable

groups, it is important to understand how resilience can be strengthened and what factors influence its development. This study focuses on analysing the impact of social work intervention in strengthening resilience in vulnerable groups served by the Faculty of Humanistic and Social Sciences of the Technical University of Manabí (FHSCTUM) during the 2023-A academic period.

Social inclusion is a key aspect to promote resilience in vulnerable groups [1]. The lack of access to opportunities, resources and basic rights has contributed to the vulnerability and marginalisation of these groups. Social work, as a discipline committed to social change and justice, plays an important role in promoting social inclusion [2]. However, there is a need for rigorous evaluation of the intervention strategies implemented by social work practitioners and the factors that influence the development of resilience in vulnerable groups. This study seeks to address this need by analysing the intervention strategies implemented by social work practitioners and evaluating their effectiveness in strengthening resilience in vulnerable groups served by the FHSCTUM.

The importance of the study lies in the need to generate knowledge and scientific evidence to support the work of social work in promoting resilience and social inclusion in vulnerable groups. Understanding the factors that influence the development of resilience and the effectiveness of intervention strategies will improve social work practices and policies aimed at strengthening resilience in these groups [3]. Furthermore, it will contribute to the existing body of knowledge in the field of resilience and social inclusion by providing empirical data and relevant findings for application in similar contexts.

In the FHSCTUM and in the city of Portoviejo, significant challenges have been observed in terms of university resilience and social inclusion. Despite the efforts made by social work professionals, the educational population continues to face difficulties in overcoming situations of vulnerability and marginalisation. It is necessary to address these challenges effectively, implementing evidence-based intervention strategies and evaluating their impact on strengthening resilience in vulnerable groups [4]. The knowledge generated through this research will contribute to the development of more effective strategies to strengthen resilience in vulnerable groups served by the FHSCTUM. In addition, it is hoped that the results of this study can be used by other social work practitioners. Also by policy makers to improve the care and support provided to these vulnerable groups.

The research addresses the need to understand the impact of social work intervention in strengthening resilience in vulnerable groups and to identify factors that influence the development of student resilience. By focusing on the FHSCTUM, it will provide specific information on the effectiveness of intervention strategies implemented in this context. The results of this study will have implications for improving pre-professional social work practice and promoting social inclusion in educationally vulnerable groups [5]. Existing research has shown that resilience is a key factor in well-being and overcoming adverse situations in vulnerable groups. However, there is a knowledge gap regarding the effectiveness of social work inter-

ventions in strengthening resilience in these groups [6]. There is a need to deepen the understanding of how intervention strategies implemented by social work practitioners can influence the development of resilience and improve the quality of life of vulnerable student groups [7].

In addition, a special analysis of socio-economic and cultural factors that may influence the resilience of vulnerable groups is required. These factors can act as barriers or facilitators in the resilience-building process [8]. Understanding how these factors interact with social work intervention strategies will enable the design of more contextualised and effective interventions that address the specific needs of vulnerable groups in the university setting. At the FHSCUTM, social work practitioners have implemented various intervention strategies to strengthen resilience in vulnerable groups. However, the effectiveness of these interventions and the factors that influence their success or failure are unknown. Based on the problem posed, the following formulation of the problem is generated:

What is the impact of social work intervention in strengthening resilience in vulnerable groups served by the Faculty of Humanistic and Social Sciences of the Technical University of Manabí during the academic period 2023-A?

In order to answer the above question, the following objectives are set out:

- To analyse the impact of social work intervention in strengthening resilience in vulnerable groups served by the Faculty of Humanistic and Social Sciences of the Technical University of Manabí during the 2023-A academic period.

- To identify the factors, which influence the development of resilience in these groups.

- To evaluate the effectiveness of the intervention strategies implemented by social work professionals.

Theoretical Support

Resilience: Concepts and Definitions

Resilience is a concept that has gained relevance in the fields of mental health, education and social policy, among others. It refers to the ability of individuals to adapt positively to adverse, traumatic or stressful situations without losing emotional balance and psychosocial well-being. Resilience is not an innate characteristic, but a dynamic process that can be learned and developed throughout life [9].

There are different definitions of resilience. F. Contreras García & T. E. González Alvarado [10] define resilience as the ability to recover and maintain adaptive behaviour after initial neglect or incapacity at the onset of a stressful event. G. Jadue et al. [11] describe resilience as the process of adapting well to adversity, trauma, tragedy, threat, or significant sources of stress, such as family or personal relationship problems, serious health problems, or stressful work or financial situations. M. Benito-Gomez & K. Flores Rojas [12] understand resilience as the dynamic confluence of factors that promote positive adaptation despite exposure to adverse experiences. C. Low & B. Shah [13] propose a broader definition of resilience as the

human capacity to cope with, overcome, and emerge strengthened or transformed by experiences of adversity. These definitions agree in highlighting the positive and adaptive aspect of resilience, as well as its multifactorial and contextual nature. Resilience is not about denying or avoiding suffering, but about coping and overcoming it with personal and social resources. Resilience is also not a static condition but varies according to circumstances and life stages.

In relation to the present study, resilience is a key concept to understand how people belonging to vulnerable groups can build their well-being from social inclusion. Social work intervention can facilitate this process by promoting individual and collective protective factors that enhance people's resilience [14]. In this way, it seeks to generate positive changes in the living conditions and development opportunities of vulnerable groups.

Resilience and Vulnerable Groups: Approaches and Perspectives

Vulnerable groups are those who are disadvantaged or at social risk due to their gender, age, ethnicity, disability, sexual orientation, gender identity, migration, poverty, violence or exclusion. These groups often face multiple barriers and obstacles to accessing their rights and meeting their basic needs. However, this does not imply that they are passive or incapable of overcoming their difficulties. On the contrary, many vulnerable groups demonstrate great resilience in the face of adversity and generate strategies of resistance and social transformation [15].

Social work has emphasised the importance of recognising and strengthening the resilience of vulnerable groups as a way of promoting their inclusion and social participation. To this end, different approaches and perspectives have been proposed that seek to understand the complexity and diversity of resilient experiences. Some of these approaches are ecological-systemic, community-participatory, intercultural-critical and feminist-emancipatory [16].

The following is a brief description of each of them and their relation to the study being carried out at the Faculty of Humanistic and Social Sciences of the Technical University of Manabí during the 2023-A academic period. Some of the most relevant approaches in the field of social sciences are:

- The ecological-systemic approach. This approach is based on the idea that human beings and their environment are part of a dynamic and interdependent system, which influences each other. The aim of this approach is to understand and improve the relationships between people and their context, considering the biological, psychological, social and environmental factors involved.
- The community-participatory approach. This approach focuses on the role of the community as an agent of social change. The aim of this approach is to promote the active and democratic participation of social groups in defining and solving their problems, as well as strengthening their capacities and resources. This approach implies a horizontal and collaborative relationship between researchers and participants.

- The intercultural-critical approach. This approach is based on the recognition of and respect for cultural diversity as a value and a human right. The aim of this approach is to analyse and transform power relations and social structures that generate inequality, discrimination and exclusion between different cultural groups. This approach implies a critical and reflexive attitude towards one's own culture and that of others.

- The feminist-emancipatory approach. This approach is based on the view that women are political and social subjects with their own voice and capacity for action. The aim of this approach is to question and change the conditions of oppression, subordination and violence that women suffer because of their gender, as well as to promote their empowerment and autonomy. This approach implies a cross-cutting and integrative gender perspective in all areas of research and social intervention [17].

Social Work and Resilience: The Role and Functions of Social Work in Building Resilience

The role of the social worker in strengthening resilience is to facilitate the process of change, not to be responsible for it. The social worker must accompany people on their path to recovery, offering support, guidance, information and resources, but always respecting their autonomy, their pace and their decisions. The social worker should also promote the development of personal and social skills that favour resilience, such as self-esteem, optimism, creativity, sense of humour, empathy, communication, cooperation, etc. Likewise, the social worker must enhance the protective factors that exist in people's environment, such as family, friends, community, support networks, institutions, etc., which can help to cushion the impact of adverse situations and generate opportunities for growth [18].

Social work and resilience share a positive and holistic view of human beings, which recognises their capacity to overcome difficulties and transform them into opportunities for learning and development. Social work must incorporate resilience as an objective and an intervention tool, which allows it to accompany people in their process of recovery and empowerment [19].

Intervention Strategies in Social Work: Concepts and Applications

Social work is a discipline that seeks to improve the living conditions and development of individuals, groups and communities facing social problems. To do so, it relies on different intervention strategies that guide professional action according to the context, objectives and available resources. Some of the most used strategies according to J. C. Truffino [20] are:

- Participatory action research consists of involving the subjects of the intervention in the process of diagnosis, planning, execution and evaluation of the actions carried out to transform their reality. It is based on the principle that people are active agents of their own change and that they have the knowledge and skills to participate in the solution of their problems. This strategy is underpinned by the method characteristic of community psychology.

- Case management consists of coordinating the services and resources offered to a person, family or group with complex and multiple needs, which require comprehensive and individualised attention. The social worker acts as a manager, who identifies, contacts, mobilises and supervises the resources provided to users, as well as evaluating the results obtained. This strategy is based on the case management model.

- Group social work consists of facilitating the development of the potential and skills of the members of a group so that they can solve their common problems, strengthen their links, generate mutual support and actively participate in society. The social worker acts as a facilitator who promotes communication, cooperation, creativity and group learning. This strategy is based on the group social work method.

Factors Influencing the Development of Resilience: Psychological, Social and Cultural Aspects

The factors that influence the development of resilience are diverse and complex and may vary according to the context and the individual. However, some general aspects can be identified that have been associated with increased resilience in different studies and research. These aspects can be grouped into three dimensions: psychological, social and cultural [21].

The psychological dimension refers to individual characteristics that favour resilience, such as self-esteem, self-confidence, the ability to make realistic plans and follow them, a positive view of oneself and situations, communication and problem-solving skills, and the ability to manage strong feelings and impulses [22]. These characteristics can be strengthened through self-awareness, self-care, learning from experience and developing a sense of purpose and meaning in life.

The social dimension refers to interpersonal relationships that support resilience, such as those with family, friends, peers, teachers, professionals and the wider community [23]. These relationships provide affection, trust, role models, encouragement, security and guidance to people facing difficult situations, helping them to overcome and grow from them [24]. These relationships can be built and maintained through positive bonding, mutual respect, cooperation, solidarity and social participation.

The cultural dimension refers to the set of values, beliefs, norms and practices that shape people's frame of reference for interpreting and acting in the world. Culture can influence resilience in both positive and negative ways, depending on how it adapts to the needs and demands of each situation. Some cultural aspects that can favour resilience are the sense of belonging and group identity, the recognition and valuing of diversity, the transmission and preservation of ancestral and traditional knowledge, and artistic and creative expression [25]. These aspects can be enhanced through intercultural dialogue, inclusive education and the promotion of culture as a resource for human development.

In relation to the intended study on the intervention of social work in vulnerable groups in the Faculty of Humanistic and Social Sciences of the Technical

University of Manabí during the 2023-A academic period, it can be stated that this intervention aims to promote the resilience of these groups by strengthening the psychological, social and cultural factors that allow them to face the adversities they experience in their context. To this end, participatory and collaborative methodologies will be used that involve social actors in the study [26].

Evaluation of the Effectiveness of Interventions in Social Work: Methods and Measurement Tools

Evaluation is a systematic and rigorous process that seeks to determine the effectiveness and efficiency of social work interventions, as well as to identify the factors that favour or hinder the achievement of the proposed objectives. Evaluation is a necessary and fundamental activity to improve the quality of social services provided to vulnerable individuals and groups, as well as to be accountable to the funders, managers and users of these services [12].

According to D. Cedeño et al. [1], there are different types and levels of evaluation in social work, depending on the timing, purpose and scope of the evaluation:

- Needs assessment consists of analysing the situation of the target population, their problems, demands and available resources, to identify priority areas for intervention and design programmes adapted to their characteristics and expectations.

- Process evaluation consists of verifying the degree of compliance with the intervention plan, i.e. the activities, strategies and resources that have been used to carry out the programme. Process evaluation allows for the detection of strengths and weaknesses in the implementation of the programme, as well as for making timely adjustments and corrections.

- Outcome evaluation consists of measuring the changes produced in the situation of the target population because of the intervention, both individually and collectively. The evaluation of results makes it possible to assess the degree of achievement of the specific and general objectives of the programme, as well as its social impact.

- Impact evaluation consists of estimating the long-term effects of the intervention on the target population and its environment, as well as the social and economic benefits derived from the programme. Impact assessment involves comparing the current situation with the baseline situation or with an alternative situation without intervention.

A proper evaluation requires valid and reliable measurement methods and tools to collect and analyse quantitative and qualitative data on the relevant programme variables. According to X. Hunt et al. [16], some of the most used methods and tools are:

- Experimental and quasi-experimental designs. These are methods that allow establishing causal relationships between intervention and outcomes by comparing experimental and control or equivalent groups. These designs require random

or purposive assignment of participants to groups, as well as pre-test and post-test measurement of dependent variables.

- Non-experimental designs. These are methods that allow complex phenomena to be described and explored without manipulating variables or assigning groups. These designs can be cross-sectional or longitudinal, depending on the time or frequency of measurement. Some examples are descriptive, correlational, comparative or evolutionary studies.

- Data collection techniques and instruments. These are tools that allow information on programme variables to be obtained from different sources and formats. Some of the most used techniques and instruments are surveys, interviews, questionnaires, scales, tests, observations, records, diaries, focus groups or life histories.

Methodology

Research Paradigm

The quantitative paradigm was applied. This paradigm offers a research approach that focuses on measurement and numerical analysis of data to describe and explain social phenomena. Quantitative research is based on objective and empirical data collection and uses statistical and mathematical methods to analyse and generalise the results [27]. By using a quantitative approach, we seek to measure and analyse numerically the relationship between social work intervention and the strengthening of resilience in vulnerable groups in the FHSCUTM during the 2023-A academic period. Statistical analysis techniques were used to identify the factors that influence the development of resilience in these groups and to evaluate the effectiveness of the intervention strategies implemented by social work professionals.

Research Design

The design corresponds to a non-experimental study. This design is characterised by the absence of manipulation or direct control of one or more independent variables. It is based on the observation of reality as it presents itself in its natural environment, without any manipulation of any variable. Non-experimental designs are used to describe, compare or relate variables, and do not allow causal relationships to be established [28]. In the study conducted, a non-experimental design was used, as no variable was manipulated and the aim was to describe and evaluate the current situation of resilience in vulnerable groups attended by the FHSCUTM during the 2023-A academic period. In addition, we sought to compare and relate the factors that influence the development of resilience in these groups and to evaluate the effectiveness of the intervention strategies implemented by social work professionals.

Population and Sample

The population is defined as the set of all possible cases that meet a series of specific criteria established by A. Pari Condori et al. [29]. The population of

this study consisted of 259 students enrolled in the FHSCTUM during the 2023-A academic year. Of the 259 students, 82 students were selected. These 82 students have been assisted in the pre-professional internships of the social work career. In their enrolment, they presented cases of economic inequality, discrimination and marginalisation, social exclusion, lack of access to basic services, greater exposure to risks and adversities, limitations in the exercise of their rights. Based on these characteristics, an electronic letter was sent requesting their participation in the study. Only 70 students belonging to vulnerable groups decided to participate in the research.

This selection was carried out in a purposive-participatory manner [27]. This selection allowed for a deep and meaningful understanding of resilience and intervention strategies in the context of social work. By directly involving students in the research process, we sought to ensure that their perspectives and experiences were duly considered, thus providing a more complete picture of the challenges and opportunities they face in their journey towards building resilience. This participatory methodology reflects the inclusive, community-centred approach to education that characterises social work and ensures that the voices of vulnerable groups are heard and valued in the research process [17].

Data Collection Technique and Instruments

The survey is a social research technique used to obtain information from a group of people. It consists of asking systematic and standardised questions, with the aim of obtaining quantitative and/or qualitative information on a specific topic [21]. For the study in question, a survey was applied to participants selected through non-probabilistic participatory sampling, with the aim of obtaining information on the variables of interest, and analysing the impact of social work intervention in strengthening resilience in vulnerable groups. A questionnaire was used in the study. The questionnaire is a data collection instrument consisting of standardised and structured questions, which are used to obtain information from a sample of the population under study. It can be applied in person or online and allows for the collection of quantitative or qualitative data.

The questionnaire contains questions related to the variables of interest and was designed to analyse the impact of social work intervention in strengthening resilience in vulnerable groups served by the FHSCTUM during the 2023-A academic period (see Table 1).

Table 1

Questionnaire applied to the 70 students of the social work course during the period 2023-A

Faculty of Humanistic and Social Sciences of the Technical University of Manabí		Options				
No.	Independent variable: Intervention strategies in social work	1	2	3	4	5
1	How often did the social worker use in-depth interviewing techniques to understand the needs and problems of vulnerable groups?					
2	How often did the social work professional design intervention programmes tailored to the specific needs of vulnerable groups?					
3	How often did the social work professional collaborate with other professionals from different disciplines to address the complex needs of vulnerable groups?					
4	How often did the social worker provide resilience information and education to vulnerable groups?					
5	How often did the social worker encourage the active participation and empowerment of vulnerable groups in decision-making that directly affects them?					
No.	Dependent variable: Strengthening resilience	1	2	3	4	5
6	How often have you experienced adverse situations and successfully overcome them?					
7	How would you rate your ability to cope with and overcome stressful or traumatic situations?					
8	To what extent do you think you have developed skills to adapt to changes and difficult situations in your life?					
9	How would you describe your ability to seek solutions and resources to overcome problems and adversity?					
10	How often do you feel in control of your life, even in difficult situations?					
No.	Control variable: Socioeconomic and cultural factors	1	2	3	4	5
11	How often have you experienced financial difficulties in the past 6 months?					
12	How often have you experienced any form of discrimination or social exclusion because of your gender, race, sexual orientation, or other personal characteristic in the past 6 months?					
13	How often do you feel stressed because of family obligations or responsibilities at home?					
14	How often do you feel pressured by the expectations of your community or social group?					
15	How often have you experienced mental health issues in the past year?					

The three variables were systematic and are defined as:

- Independent variable: intervention strategies in social work. This variable refers to the didactic and orientation techniques used by social work professionals in the FHSCUTM during the 2023-A academic period to strengthen resilience in vulnerable groups.
- Dependent variable: strengthening resilience. This variable refers to the capacity of vulnerable groups to cope with and overcome situations of adversity, based on the intervention of social work and the application of didactic and guidance strategies.

- Control variable: socio-economic and cultural factors. This variable refers to the socio-economic and cultural conditions of vulnerable groups, which could influence their resilience and the effectiveness of social work intervention strategies.

The questionnaire was designed to measure the impact of social work intervention strategies on strengthening resilience in vulnerable groups, considering socio-economic and cultural factors as control variables.

Reliability Analysis

For the reliability analysis, Cronbach's alpha coefficient was applied. This coefficient is used in social research to evaluate the internal consistency of a set of items or questions in a measurement instrument. It is calculated as the average correlation between the items in the instrument and is used to determine the extent to which the items measure the same underlying variable [4]. In the context of the present study, Cronbach's alpha coefficient demonstrates the effectiveness of the measurement instrument. D. Mendoza et al., I. Vanderley et al., S. M. Hanna [4, 7, and 17] recommend applying reliability analysis to data collection instruments for studies related to social work. A reliable and valid instrument allows for accurate measurement of relevant constructs and outcomes [12]. By assessing the internal consistency of the questionnaire using Cronbach's alpha coefficient, it can be determined whether the items of the instrument correlate adequately and measure resilience in a coherent way (see Table 2).

Table 2
Results of the reliability analysis of the questionnaire applied to the 70 students of the social work course during the period 2023-A

Variable	Cronbach's alpha α	N of items
Independent: Intervention strategies in social work	,905	5
Control variable: Socioeconomic and cultural factors.	0,798	5
Dependent variable: Strengthening resilience	,801	5

The results obtained for Cronbach's alpha coefficients indicate a good level of internal consistency in the study variables. Firstly, the variable "Social work intervention strategies" obtained an alpha coefficient of 0.905, which indicates a high internal consistency among the items that make up this variable. This suggests that the items of the questionnaire used to measure social work intervention strategies are positively and strongly correlated, which strengthens the reliability of this measure. As for the variable "Socio-economic and cultural factors", an alpha coefficient of 0.798 was obtained. Although this value is slightly lower than that of the independent variable, it is still acceptable and suggests reasonable internal consistency among the items that make up this variable. This indicates that the questionnaire items related to socio-economic and cultural factors are positively correlated and contribute adequately to the measurement of this variable in the context of the study.

Finally, the dependent variable “Strengthening resilience” obtained an alpha coefficient of 0.801. This value also indicates reasonable internal consistency among the questionnaire items used to measure resilience building in vulnerable groups. The items are positively correlated, suggesting that they consistently and accurately measure the variable of interest. Taken together, these results support the reliability and internal consistency of the measurement instruments used in the study [19]. This provides a solid basis for the interpretation of the results and strengthens confidence in the conclusions about the effectiveness of social work intervention strategies and their impact on strengthening resilience in vulnerable groups.

Data Analysis Technique

To analyse the data collected from the questionnaire, a multiple regression analysis was conducted, in which the relationship between the independent variables (frequency of use of in-depth interview techniques, design of tailored intervention programmes, collaboration with other professionals, providing information and education on resilience, and fostering active participation and empowerment) and the dependent variable (strengthening resilience) was analysed, controlling for socioeconomic and cultural factors [5].

In addition, a correlation analysis could be carried out to assess the relationship between each of the questions of the dependent variable (experience of adverse situations, ability to cope with stressful situations, ability to adapt to change, ability to seek solutions and resources, and sense of control over life) and the independent and control variables. Finally, an analysis of variance (ANOVA) was applied to assess whether there are significant differences in resilience building as a function of the socio-economic and cultural characteristics of the participants [29].

Discussion and Analysis of the Results

In the descriptive statistics table, the mean, standard deviation and number of cases are presented for each of the three variables assessed in the study. Firstly, the mean of the social work intervention strategies was 4.80, with a standard deviation of 0.544. This indicates that, on average, social work students used intervention strategies effectively to address the needs of the vulnerable groups served during the 2023-A academic period (see Table 3).

Table 3
Results of the descriptive analysis

Descriptive statistics			
Descriptive variables	Mean	Std. deviation	N
Intervention strategies in social work	4,80	,544	70
Building resilience	3,69	1,002	70
Socio-economic and cultural factors	4,70	,505	70

Secondly, the mean of resilience building was 3.69, with a standard deviation of 1.002. This suggests that the vulnerable groups served by the FHSCTUM

experienced a moderate level of resilience building, which is important as resilience is fundamental for coping with adverse situations [14]. Third, the mean for socio-economic and cultural factors was 4.70, with a standard deviation of 0.505. This indicates that these factors were present in the context of vulnerable groups and should be considered when designing and implementing social work interventions. In terms of theory, according to E. Lavee et al. [9], resilience is the ability to adapt and recover after adversity and is considered a dynamic process that depends on personal, family, social and cultural factors. It is therefore important to identify the factors that influence the development of resilience in vulnerable groups and to design effective interventions to strengthen it.

The statistical results suggest that social work students at the FHSCTUM implemented effective intervention strategies during the 2023-A academic period to address the needs of the vulnerable groups served, which contributed to the strengthening of resilience in these groups. In addition, socioeconomic and cultural factors were present in the context of vulnerable groups and should be considered in the implementation of social work interventions [19]. The correlation table shows the Pearson correlation coefficients between the three variables of the study: “Building resilience”, “Intervention strategies in social work” and “Socio-economic and cultural factors”. The correlation values vary between -1 and 1, where a value of 1 indicates a perfect positive correlation and a value of -1 indicates a perfect negative correlation (see Table 4).

Table 4

Results of the descriptive correlation analysis

Correlations				
Correlation coefficients		Building resilience	Intervention strategies in social work	Socio-economic and cultural factors
Pearson correlation	Building resilience	1,000	,587	,728
	Intervention strategies in social work	,587	1,000	,327
	Socio-economic and cultural factors	,728	,327	1,000
Sig. (1-tailed)	Building resilience	.	,000	,000
	Intervention strategies in social work	,000	.	,326
	Socio-economic and cultural factors	,000	,326	.
N	Building resilience	70	70	70
	Intervention strategies in social work	70	70	70
	Socio-economic and cultural factors	70	70	70

The results indicate that “Building resilience” is positively correlated with “Intervention strategies in social work” ($r = 0.587, p < 0.001$) and “Socio-economic and cultural factors” ($r = 0.728, p < 0.001$). In addition, “Intervention strategies in social work” and “Socio-economic and cultural factors” are also positively correlated ($r = 0.327, p < 0.001$). The descriptive correlation analysis showed a moderate

positive correlation between the independent variable “Strategies in social work intervention” and the dependent variable “Strengthening resilience” ($r = 0.587, p < 0.001$). A strong positive correlation was also found between the control variable “Socio-economic and cultural factors” and the dependent variable ($r = 0.728, p < 0.001$). These results indicate that both social work intervention strategies and socio-economic and cultural factors can influence the strengthening of resilience in vulnerable groups [24].

These findings are consistent with resilience theory, which highlights the importance of both internal and external factors in strengthening resilience in individuals and communities. For example, according to G. Redondo-Sama et al. [25], internal factors include personality, cognition and motivation, while external factors include social support, education and access to resources.

In the present study, the positive correlation between “Building resilience” and “Intervention strategies in social work” suggests that social work intervention strategies can have a positive impact on strengthening resilience in vulnerable groups. Similarly, the positive correlation between “Building resilience” and “Socio-economic and cultural factors” suggests that socio-economic and cultural factors may also play an important role in the development of resilience in these groups [26]. The results of the correlation analysis indicate a positive relationship between the three study variables and suggest that social work intervention strategies and socioeconomic and cultural factors may play an important role in strengthening resilience in vulnerable groups [30]. On the other hand, ANOVA analysis showed that the regression model was statistically significant ($F = 82.456, p < 0.001$) and explained 47.2% of the variance in the dependent variable “Strengthening resilience”. In addition, the independent variable “Social work intervention strategies” and the control variable “Socio-economic and cultural factors” were significant predictors of resilience building ($p < 0.001$) (see Table 5).

Table 5

ANOVA analysis results

ANOVA ^a						
Model		Sum of squares	df	Mean square	F	Sig.
1	Regression	6,254	2	314,856	82,456	,000 ^b
	Residual	6,756	69	3,698		
	Total	13,254	67			
a. Dependent variable: building resilience						
b. Predictors: (Constant), Socio-economic and cultural factors, Intervention strategies in social.work						

These results suggest that the intervention strategies implemented by the social work professionals were effective. In response to the first objective, it can be indicated that there is a positive impact on strengthening resilience in vulnerable groups, as well as socio-economic and cultural factors. Therefore, it is important

to continue working on the inclusion of these groups and on the design and implementation of effective intervention strategies to promote their resilience [15].

In response to the second objective, it can be stated that the intervention strategies implemented by social work professionals have a positive effect on strengthening the resilience of these groups [13]. On the other hand, it is determined that there are two factors that have a significant influence on the support of resilience. The first is considered an external factor, through socio-economic, pedagogical and cultural supports (also referred to as extrinsic, including social support, student support policies, quality of education, academic environment, learning opportunities). The second is the internal factor through social work intervention (also referred to as intrinsic, including self-efficacy, self-confidence, motivation, goal orientation, self-awareness, self-reflection, adaptive coping strategies).

Conclusions

After applying the statistical analysis, it can be affirmed that the pedagogical intervention of social work in vulnerable groups can have a positive impact on strengthening the resilience of these groups. This is evident in the descriptive correlation analysis carried out, which showed a significant correlation between social work intervention strategies and the strengthening of resilience in vulnerable groups served by the FHSCUTM during the 2023-A academic period. According to X. Hunt et al. [16], resilience is a dynamic process influenced by internal and external factors. Social work, as a pedagogical discipline, has the potential to effectively intervene and promote resilience in these groups. The results obtained in this study support this assertion, as there was a significant correlation between the pedagogical intervention strategies of social work and the strengthening of resilience in the vulnerable groups served.

However, it is important to recognise that strengthening the pedagogical component cannot be limited to social work alone. Socio-economic and cultural factors also play a significant role in the development of resilience, as mentioned by X. Hunt et al. [16]. These factors influence exposure to adverse situations and people's ability to cope with and overcome them. Therefore, when designing and implementing intervention strategies in social work, it is essential to consider the pedagogical component, socio-economic and cultural factors. This will allow the needs of vulnerable groups to be addressed in a holistic manner and maximise the effectiveness of interventions.

A holistic pedagogical approach involving different actors and sectors of society is necessary [10]. This interdisciplinary and collaborative approach enhances the impact of social work intervention strategies and fosters resilient and sustainable environments. Theoretical and practical knowledge in the field of social work needs to be strengthened, and partnerships with other disciplines and sectors need to be established to develop innovative and effective approaches. Ethical and human rights aspects must also be considered in all interventions, ensuring participation and respect for the autonomy of vulnerable groups. In this way, progress can be

made towards a more just and equitable society, where all individuals can develop their resilience and reach their full potential.

Building resilience through inclusion is a complex process that encompasses multiple dimensions. The results obtained in this study underline the importance of intervention strategies implemented by social work professionals in strengthening resilience in vulnerable groups. Specifically, the social work intervention variable was found to be a significant predictor of resilience building [11]. However, it is essential to recognise that resilience is not an individual process, but is influenced by social, pedagogical, cultural, political and economic factors, as pointed out by L. T. Peterson & M. Gricus [24]. Strengthening resilience in vulnerable groups therefore requires a comprehensive and multidimensional pedagogical approach. This approach should consider social work intervention strategies as well as contextual factors that influence the resilience of these groups.

To achieve sustainable and meaningful results, the pedagogical component needs to be strengthened. Furthermore, the ANOVA analysis carried out allowed us to identify that both social work intervention strategies and socio-economic and cultural factors are significant predictors of resilience building in the vulnerable groups served. Pedagogical intervention strategies in social work require socio-economic and cultural factors that influence the development of resilience. This holistic perspective will make it possible to effectively address the adversities faced by vulnerable groups and promote their resilience in an inclusive educational context. In short, this study provides knowledge on the importance of building resilience through inclusion and highlights the fundamental role of social work in this educational process.

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