

**Determinants of Risk and Resilience among Youth and the Effect
of Sensitization Programme**

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80_RECOMMENDATION

The study places certain recommendations in connection with the research in the topic of risk and resilience, which can be taken forward to form an impactful piece of work that can be an assistive document for implementing policies and programmes for young people in general

- The study was conducted taking into account the college going students due to language and geographical limitations that were taken into account. The study recommends that further research can be conducted on school-going and school/college dropout youth, which can give a broader picture on the prevalence of risk and the levels of resilience. It may also substantiate the socio-demographic or socio-cultural determinants of these risks and resilience, providing a different dimensional thought on the existing challenges faced by the youth.
- The sensitisation programme conducted during the period of the study showed a positive effect. However, sustainability in certain dimensions of resilience and a few risk behaviours needs continuous support and strengthening. Hence, the study recommends tailored intervention programmes rather than sensitisation for a longterm sustenance of risk reduction and resilience enhancement.
- The study came up with the results indicating socio-demographic determinants on risks and resilience, depicted that not only personal profile of youth influences risk and resilience but also parents, familial and living conditions also do influence. An intervention programme that includes parents and family members, along with youth, can have better coverage for reducing risk and enhancing resilience from all facets. A tailored intervention programme for not only parents and family, but also teachers, educators and administrators can be developed and tested for effectiveness for further implementation.
- The study also recommends development of training modules that can be used in school and college curriculum as value added courses monthly once to reinforce resilience building.
- The researcher recommends a comparative study of risk and resilience among youth in the different states of India not only to explore the magnitude of the prevalence but also to have a wide data base to help in policy and programme implementations.