

Exploring Resilience among Adolescent Females with History of Child Sexual Abuse in Alice, Eastern Cape: A Qualitative Study

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ABSTRACT This paper reports on the adolescent females' resilience following an experience of child sexual abuse. Literature documented that parental alcohol abuse, poor parent-child communication and lack of attachment are among factors contributing towards child sexual abuse. Reflecting from resilience and ecological system theories which underpinned this study, adolescent females who have been sexually abused may demonstrate social competence and positive self-esteem provided they receive emotional support from parents, school and the community. The aim of the study was to investigate resilience amongst fifteen purposively sampled adolescent females, aged 15 to 18 years, from one secondary school in Alice, South Africa. Ethics were adhered to during interviews. Data was coded for analysis and categorized into six themes; family ties, self-esteem, decision making processes, substance abuse, sex- education and academic performance. In conclusion, an integrated approach that involves multiple sectors (community, social workers) should be implemented to enhance resilience among vulnerable youth.