**EFFECT OF PSYCHOLOGICAL HARDINESS ON RESILIENCE AMONG INDIAN YOUTH**

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**Abstract**

Present study explores psychological hardiness and its effect on resilience on youth. Method: -The descriptive study is done using short psychological hardiness and resilience scale for youth. Result: -The study shows that there is positive Effect of Psychological Hardiness and Resilience.

**Keywords:** Psychological hardiness, Resilience, Mental Well Being

**Introduction**

**Background of the study-**

The motive of the forefront has a look at is to research the Effect of Psychological Hardiness on Resilience. Global concerns about the results of disasters, educational issues, political violence, disorder, malnutrition, maltreatment, and different threats to human improvement and nicely-being have sparked a surge of global interest in resilience and technological ability. Hardiness is considered as one of the model sources of personality to demanding conditions, accountable for intellectual fitness preservation. Adolescents as an age organization are certainly one of maximum prone to pressure elements, Due to differences in social situations below which the improvement of the hardiness of youth takes location. Resilience can be broadly defined because of the capacity of a dynamic system to evolve successfully to disturbances that threaten system characteristics, viability, or development. This has a look at highlights how mental hardiness influences resilience, which in turn allows a person to grow and face challenges. Hence the study ambitions to discover the effect of mental hardiness on resilience among youth.

**Conceptual framework**

Psychological Hardiness

Psychological Hardiness is the potential to cope mentally or emotionally with a disaster or to go back to a pre-disaster reputation quickly. Resilience is a concept of a "tremendous version" after a stressful or damaging scenario (Hopf S.M 2010). Hardiness, in mental terms, refers to a mixture of personality traits that permits someone to withstand physical and psychological pressure without outgrowing a bodily illness. This mindset and persona type is one which perspectives problems and demanding situations as private demanding situations, in preference to as roadblocks, and allows for a non-public increase in the face of adversities.

One of the pillars of fitness assessment of diverse groups is the intellectual fitness of that community. There are so multiple variables that set off mental health comparable as life hoping, happiness, tremendous questioning, and so forth. Usually, intellectual fitness plays an essential element in making sure the electricity and effectiveness of each network. Also, via Psychological Hardiness and Resilience mental fitness may be bettered. Since students are most of the most prestigious, tagged, and community contributors to the community, their mental fitness has a unique importance in literacy and clinical expertise. Entry into the college is observed by using several modifications in social and human relations. In one of these situations, the performance and effectiveness of individualities are affected which is frequently associated with pressure and challenge. Changing connections with family and friends, eating habits, napping and loneliness have a backward effect on a few college students. Attention to mental fitness and high-quality of existence is one of the maximum essential issues in positive psychology this method suggests that current methods emphasize fitness problems and have a restricted attitude toward fitness. Veritably, the physical and mental health of the humans in the network is essential and one of the most predominant problems within the world gift, and the fitness of the social strata is one of the essential troubles of each of us that should be taken into consideration from three dimensions of bodily, mental, and social. In fact, mental health is one of the outcomes people comply with in their lives. Since mental health is taken into consideration as vital to supporting the pleasant of human lifestyles.

With the aim of a great life, part of the exercising of psychologists, behavioral scientists, and counsels is devoted to human beings. So, a long way, there are numerous depictions of intellectual fitness that everyone emphasizes the significance of the integrity and integrity of the character. Ginsberg believes that intellectual fitness is dominant and that the proper connection with the ambient, especially inside the fields of affection, paintings, and endeavor, is thought to be pleased with the functionality to locate and work, to have a circle of relatives, and to supply a circle of relatives environment, to get away from the troubles included by means of law It's battle, enjoyment of existence and the proper use of probabilities are a criterion of balance and intellectual fitness

The WHO considers fitness past the absence of damage and disease, and it is described as a kingdom of complete physical, mental, and social well-being. Goldstein (Kaplan & Saduk, 1994) considers mental health as a balance among individuals and the environment in attaining self-actualization. Maslow (1993) recognizes the ideas and values of the determined and helpless humans and those who have mental fitness, at least in a few instances, because they have exceptional perceptions and perceptions of the material, social, and psychological world of personal. These identical perceptions and attitudes differentiate the cost system of the character. Research has proven that psychological hardiness is one of the powerful variables in the mental health of people, and mental health is one of the problems which might be conceptually associated with mental hardiness. Mental stubbornness changed began taken into consideration through Khoda Rahi-mi (1995) and was taken into consideration as a fixed persona trait that acts as a protective shield in the face of traumatic lifestyles occasions as a supply of resistance (Kobasa, 1979, quoted by means of Haghighati, Attari, Sina Rahimi, & Soleimaniyan, 1999).

Individuals with a multiplied degree of hardiness tend to understand lifestyles as meaningful and purposeful, even all through tumultuous times. Bartone and colleagues (2013) nation that people with high hardiness levels will perceive an annoying situation as exciting and worthwhile, a threat to exercise management, and a possibility for increase. As conceptualized, hardiness protects individuals from the negative effects of stress within a couple of contexts, which include sports (Maddi & Hess, 1992), military, and first responders (Bartone & Snook, 1999; Florian, Milkulincer, & Taubman, 1995), and college students (Lifton, Seay, & Bushke, 2000; Maddi et al., 2006). Psychological hardiness consists of the subsequent 3 attitudes: control, commitment, and mission.There are 3C’s of Psychological Hardiness

The concept of Psychological Hardiness was proposed by psychologists Suzanne Kobasa and Salvatore Maddi. It comprises three attitudes – the three Cs: commitment, control, and challenge. Individuals ‘high in hardiness’ are more likely to put stressful life events into perspective and tend to perceive them as less of a threat and more of a challenge and as opportunities for personal development. As a consequence, stressful events are less likely to impact negatively on a person’s health. The buffering effect of psychological hardiness on health and well-being has been well researched and has been demonstrated for a variety of occupational groups, from business executives to students including people working in highly stressful conditions such as firefighters and people in the military.

**Types of Psychological Hardiness**

Three developments make up hardiness: assignment, control, and commitment.

1. The first “C” of hardiness is the venture method of seeing troubles or stressors as demanding situations and opportunities. Individuals with this trait receive alternatives as part of their lifestyles and don’t count on life to be smooth. It is the mindset that alternate is the norm, in preference to balance, and that alternate offers opportunities for personal development rather than threats. The contrary of the challenge is safety, and the need for the whole lot to stay acquainted and predictable, permitting you to stay in your consolation region.

2. The 2nd “C” of hardiness, manipulation means now not seeing oneself as a helpless sufferer who is at the mercy of stressors. It entails having an inner locus of manipulation, in other words, feeling that you can impact the direction of your lifestyle and make moves that will improve your probability of reaching your dreams. Individuals with this trait are positive and experience an experience of private power. It is the tendency to preserve the mindset that manipulation is something that comes from the inside. You focus on what you may manipulate and act as though you can influence the occasions taking region around you by way of your efforts. The contrary of manipulation is powerlessness, which incorporates the belief that your lifestyle is controlled by means of external forces (fate, government) and that you do not have the method or abilities to obtain your dreams. Our feel of control is often based totally on perception in place of goal information.

3. The third “C” of hardiness, dedication manner having a feeling of cause and meaning in life. Persons with this trait no longer just continue to exist, going via existence with little direction; as an alternative, they thrive. It is the mindset of taking a real interest in different people, having an interest in the world, and getting concerned with humans and activities. The contrary of dedication is alienation, which entails cutting yourself off and distancing yourself from other human beings.

Resilience

Psychological Resilience is the potential to cope mentally or emotionally with a crisis or to go back to a pre-disaster reputation speedy. In simpler terms, mental resilience exists in folks that develop psychological and behavioral abilities that allow them to stay calm during crises/chaos and to move on from the incident without lengthy-time period negative consequences. Resilience is typically thought of as a "superb model" after a stressful or detrimental scenario. When a person is "bombarded through daily strain, it disrupts their inner and outside sense of balance, imparting demanding situations in addition to opportunities." However, the routine stressors of daily lifestyles may have fine influences which sell resilience. It is still unknown what the best degree of strain is for every character. Some people can manage greater amounts of pressure than others. According to Germain and Gitterman (1996), strain is skilled in a man or woman's lifestyle direction at times of hard existence transitions, related to developmental and social alternate; demanding lifestyles occasions, such as grief and loss; and environmental pressures, encompassing poverty and network violence.

Resilience is the high-quality transformation or capability to adapt however authentic dangers to variant or improvement (Masten, 2001; Masten and Reed, 2002). It is described as “a class of phenomena characterized through appropriate consequences in spite of serious threats to adaptation or improvement” (Masten, 2001). Adapting resilience, to a place of work, is defined as “high-quality mental capability to rebound, to get better from adversity, uncertainty, struggle, failure, or maybe advantageous alternate, progress and improved obligation” Luthans, 2002). (Resiliency references people's capacity to bounce back from disappointments and perform ways more than pre-prevalence degrees. The concept of resiliency must turn out to be progressively sizeable at some stage in the maximum recent two decades (Cicchetti and Garmezy, 1993; noted by Charney, 2014).

There are four distinct styles of Resilience:

1) Mental

The potential to pay interest and encourage yourself to do something that’s hard.

2) Emotional

The capacity to invoke fine emotions when you want them, like optimism, interest, or pleasure.

3) Social

The capability to reach out to others for assistance while you need it. This also manner studying to be the sort of person that others are to need to aid and encourage.

4) Physical

The capacity to face bodily challenges.

Resilient humans may display characteristics like: -

*  Holding tremendous views of themselves and their abilities
*  Possessing the capability to make sensible plans and keep on with them
*  Having an internal locus of control
*  Being a great communicator
*  Viewing themselves as fighters as opposed to sufferers
*  Having high emotional intelligence and dealing with emotions efficiently.
* Factors of Resilience consist of: -
*  Social Support: It can encompass instant or extended family, community, friends, and corporations.
*  Realistic Planning: The potential to make and perform sensible plans helps individuals play to their strengths and awareness of achievable desires.
*  Self-Esteem: A wonderful sense of self and self-assurance in one’s strengths can stave off feelings of helplessness when faced with adversity.
*  Coping Skills: Coping and problem-solving capabilities assist empower someone who has to paintings thru adversity and triumph over hassle.
*  Communication Skills: Being capable of communicating truly and efficiently enables humans to search for assistance, mobilize resources, and take movement.
*  Emotional Regulation: The potential to manipulate overwhelming emotions (or seeking help with paintings via them) helps human beings preserve cognizance when overcoming a project.

Significance of the observe

The studies will offer higher insights into the effect of mental hardiness and resilience. Through those studies, the impact of hardiness on resilience is unraveled, emphasized, and scrutinized. Its findings will benefit different researchers, clinicians, and mental teachers in identifying a way to deliver this variable together to get a higher result in the general overall performance amongst university students. The result of this study will offer treasured statistics for other intellectual health advocates or their awareness-elevating campaigns. In addition to this, the assessment furnished in this study can be for a pristine paradigm an effective way to be useful for comparable dialogue and one-of-a-kind variables may be included. Statement of problem

Effect of Psychological Hardiness on Resilience among youth.

**Objective**

To find the effect of Psychological Hardiness on Resilience among youth.

**Hypothesis**

Ho- There is significant difference of Psychological Hardiness on Resilience among youth.

**Review of literature**

**Finstad, Giorgi, Lulli, Pandolfi, Foti, et al. (2021)** Psychological resilience is an important variable for dipping and averting the negative psychological effects of the epidemic and is related with inferior levels of depression, anxiety and burnout.

**Zhao, et al (2021)** observed that the occurrence of depression was somewhat low and coping styles facilitated the relation between resilience and depression.

**Wu et.al (2020)** discussed that psychological education and healthiness advancement programmers that target firming psychological resilience between undergraduate scholars may help adoptive positive coping styles to help their mental health and psychological welfare.

**Li, Zhang, et.al (2019)** examined Resilience, as a coping means, can efficiently combat emotional stress. And found that higher the resilience is the better copying strategy was.

**Chow, et.al (2018)** said that nursing students with a high level of resilience have better perceived well-being, and the level of resilience of postgraduates was significantly higher than that of undergraduates

**Fradelos, et.al (2017)** said that, resilience can have negative influence depressive symptomatology. Moreover, lower levels of depression can lead to fewer anxiety symptoms.

**Masood, et.al (2016)** conducted research on gender differences in resilience and psychological to investigate resilience and psychological distress in the patients with burn injuries. Results revealed that there were significant gender differences in resilience and psychological distress of patients with burns.

**Narayanan & Annalakshmi (2015)** found that resilience was negatively predicted by both rejections experienced in the school environment and extrinsic aspirations. The findings have implications for policy and intervention for adolescent students in rural schools of low socio-economic backgrounds.

**McGarry, et.al (2013)** observed participants experienced more symptoms of secondary traumatic stress, showed less resilience and compassion satisfaction, more use of optimism and sharing as coping strategies, and less use of dealing with the problem and non-productive coping strategies than comparative groups.

**Sun & Stewart (2013)** found that the interaction between age and gender is significant for empathy and help-seeking, and for adult support at home, at school and in the community, peer support at school and outside schools, and autonomy experience.

**Gang & Feder, (2013)** discussed that Resilience is the ability to adapt successfully in the face of stress and adversity. Stressful life events, trauma, and chronic adversity can have a substantial impact on brain function and structure, and can result in the development of posttraumatic stress disorder (PTSD), depression and other psychiatric disorders.

**Research Methods**

**Research Design-**

The research design used in this research is Descriptive Research Design.

**Participants-**

The participants of the present study consisted of various college and university students from various parts of India. Sample was selected through simple random sampling. The participants were selected from graduate and post graduate courses. The sample size is 100. Of the 100 participants 55% were male students, 45% were female students. Participants were from the age range 18-27 years.

Table:1 Demographic Details

|  |  |
| --- | --- |
| Total participants | 100 |
| Female | 55% |
| Male | 45% |
| Type | Urban |
| Age-range | 18-27 |

**Variables-**

1. Psychological hardiness
2. Resilience

**Tools-**

1. **Psychological Hardiness-** To measure the psychological hardiness, A short psychological hardiness scale is used and it was given by Paul. T. Bartone. It is a 15-item scale. This 15-item scale includes positively as well as negatively keyed items. Response options: 0 = Not at all true; 1 = A little true; 2 = Quite true; 3 = Completely true. Scoring: \*Asterisks indicate items that are negatively keyed and must be reversed before scoring, as follows: (0 = 3; 1 = 2; 2 = 1; 3 = 0). Test-retest reliability coefficient of .52 (N=95). This scale has demonstrated appropriate criterion-related and predictive validity in several samples, with respect both to health and performance under high-stress conditions. It has excellent psychometric properties including Cronbach’s alpha coefficients ranging from .70 to .77 for the facets, to .83 for the overall scale. This scale has demonstrated appropriate criterion-related and predictive validity in several samples, with respect both to health and performance under high-stress conditions. It covers 3 dimensions which are as follows

|  |  |  |
| --- | --- | --- |
| Commitment | Control | Challenge |

1. **Resilience-** To measure resilience we used psychological resilience scale for youth and was given by Rizwan Hassan Bhat and Shah Mohd. Khan. The scale comprised of 21 items with 5-point Likert type responses, viz., 'Strongly Disagree, Disagree, Uncertain', 'Agree' and 'Strongly Agree'. Reliability-Internal Consistency Cronbach's Alpha is 0.881 Composite Reliability is 0.63 to 0.74. Validity is 53.15%. Dimensions of Psychological Resilience: There are five factors of psychological resilience

* **Self-Perception**: The process in which individuals, lacking introductory states of mind or passionate reactions, by watching their own particular conduct and arriving at conclusions in the matter of what attitude possibly determined that conduct.
* **Single Mindedness**: describes the individual's ability to have the ability to think for oneself aim or purpose and is determined to achieve it. It is t and to take action consistent with that thought.
* **Task Orientation**: Concentrating on the culmination of specific undertakings as a measure of achievement.
* **Organized**: it is a characteristic of a person to plan things carefully and keep things orderly
* **Self-Restraint**: it is the strength of will to carry out one's decisions wishes, or plans.

**Procedure-**

The google link was created and circulated on social media platforms with the proper details and all the instructions were also shared along with the google form links that consisted the items of psychological hardiness scale and resilience scale for youth. The sample was of 100 students who were doing their graduation and post-graduation. The sample was collected from all across India. After that data obtained was analysed and tabulated on the basis of which interpretation from result table was drawn.

**Inclusion criteria**

1. Students pursuing their graduation and post-graduation were only taken up for participation
2. The age range considered was from 18-27 years only.

**Exclusion Criteria.**

1. Participants who didn’t fall under the required age were excluded from the study.
2. Students who were studying were only taken and another occupation were excluded.

**Statistical Analysis-**

The tabulation and findings of the responses and scores obtained was with the help of SPSS. Version 20.0 of SPSS (Statistical Package for the Social Sciences) SPSS. Version 20.0 of SPSS (Statistical Package for the Social Sciences). It was used throughout the analysis of the scores in accordance to the manuals of the scales used and the basic descriptive analysis was also done to analyse the demographic characteristics. The scoring and norms for some scales were provided online which was systematically followed as per the norms of the manuals. The t-test was done to find the results and the interpretation.

**Ethical Consideration-**

(1) The participants were assured that the confidentiality of the results will be maintained.

(2) Name of the respondent was not made compulsory to be given for the sake of confidentiality of the responses.

(3) Prior informed consent was taken from all the respondents.

**CHAPTER- IV**

**Result and Interpretation**

Table:2 t-test between Psychological Hardiness and Resilience (N=100)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variables** | **Degree**  **Of Freedom** | **Mean** | **Standard Deviation** | **t-value** |
| Psychological Hardiness | 100 | 25.12 | 4.77 | 52.360 |
| Resilience | 100 | 102.1 | 23.29 | 43.782 |

**Interpretation-**

From the above table we can interpret that there is 0.01 level of significance. There was a positive effect of psychological hardiness on resilience.

**CHAPTER-V**

**Discussion and Recommendation**

**Discussion-**

The aim of the study was to see the effect of psychological hardiness on resilience. For this study a google form was created and circulated among various students pursuing their graduation and post-graduation across India. The sample size was 100 students. Students were from 18-27 years of age group. The hypothesis of the present study was that "The respondents will have a significant effect of psychological hardiness on resilience".

To test the above hypothesis means, SD’s and t-value were calculated for psychological hardiness and resilience. The obtained mean, SD’s and t-value for psychological hardiness and resilience are shown in the table of statistical analysis. As it is clear from the inspection of table that effect of psychological hardiness and resilience has a significance of 0.1 level. It has found that psychological hardiness has a positive effect on resilience among youth. Hence the hypothesis has been accepted. Also, **Wu et.al (2020)** discussed that psychological education and healthiness advancement programmers that target firming psychological resilience between undergraduate scholars may help adoptive positive coping styles to help their mental health and psychological welfare. And it was even supported by **Abbas Sadeghi, et.al (2020)** founded that psychological hardiness and resiliency in maintaining and improving mental health of students. Psychological hardiness and resilience can explain the variability of mental health in students. And can help to improve the mental wellbeing of students.

As it is clear from the results that psychological hardiness has a significant positive effect on resilience. The reason may be contributed that to the fact that individual who are high in psychological hardiness have the ability to see challenge as an opportunity for growth, the second ability is control which means that the individuals have control over their actions which can influence the surroundings, the third ability is commitment which means that having purpose in life. This means that having this will have a positive effect on resilience. It refers to the ability to bounce back when faced with challenges. Individuals who are high in resilience assume themselves as fighters, they hold themselves as optimistic. This result is supported by Gang & Feder, (2013) discussed Resilience is the ability to adapt successfully in the face of stress and adversity. Stressful life events, trauma, and chronic adversity can have a substantial impact on brain function and structure, and can result in the development of posttraumatic stress disorder (PTSD), depression and other psychiatric disorders.

**Limitations-**

1. The sample size can be increased
2. It can be made even more specific by selecting the students like only from bachelor’s

**Implication of the Study-**

These findings can benefit researchers working in the field of positive psychology (psychological hardiness and resilience) as this will help them understand the correlation between them. It can also be helpful for the educational psychologist and the developmental psychologist in understanding how to inculcate both the variables in children from early age and will also help them understand the role of gender in the psychological hardiness and resilience. It will also give them the insight about the significant difference of gender on the psychological hardiness and resilience among college students.

**Conclusion-**

The existing research was done to find the effect of psychological hardiness on resilience. For this google link was circulated among various college students across India. A sample of 100 students participated. After that those results were calculated and result table was formed. It was found that there is a positive effect of psychological hardiness on resilience.

**Recommendation for Future Research-**

In accordance with the present study, in future the work can be done by getting more specific in the data collection i.e., focusing either on the bachelorette or post-graduate college students, or other specific age group. variables can also be studied in accordance with happiness and coping.

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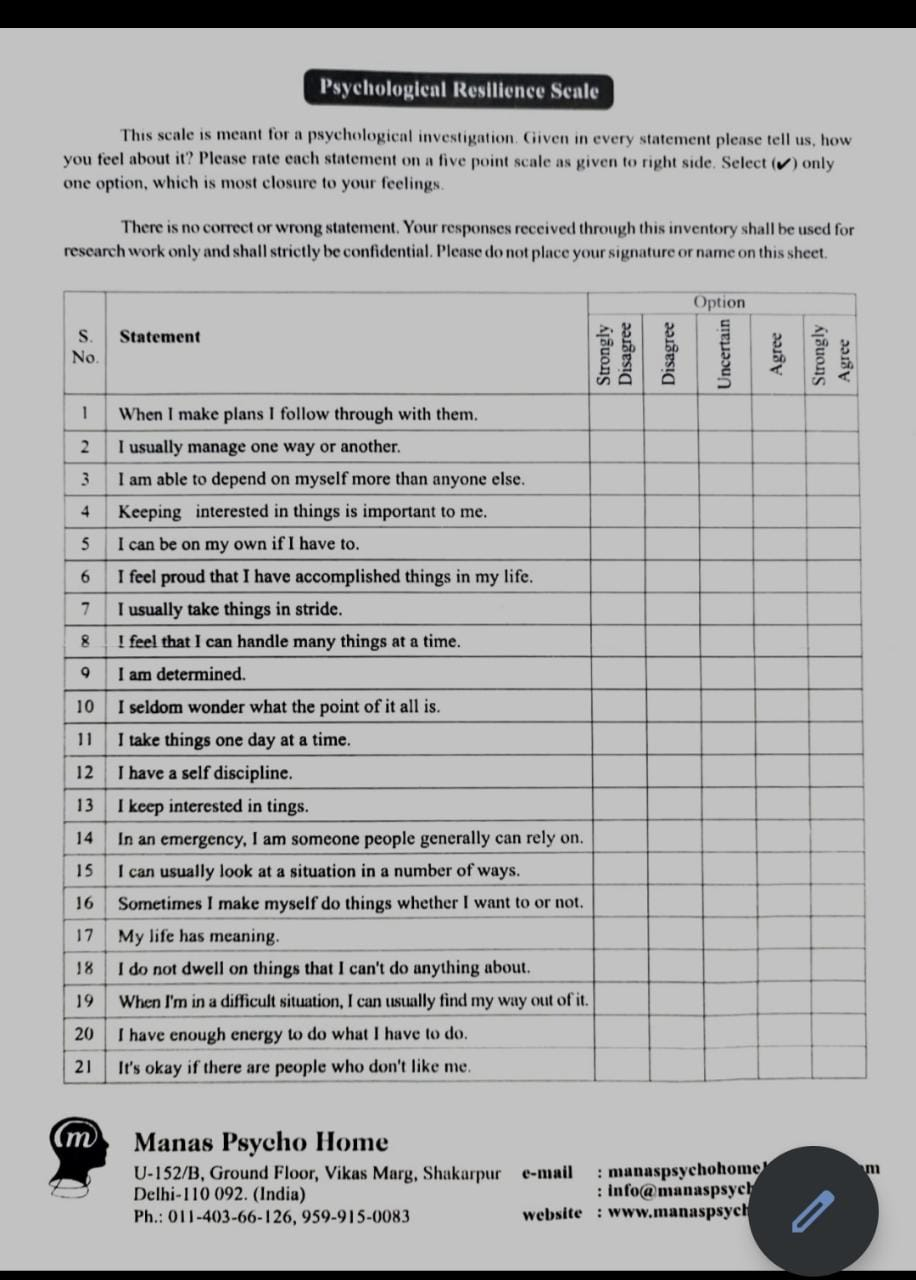
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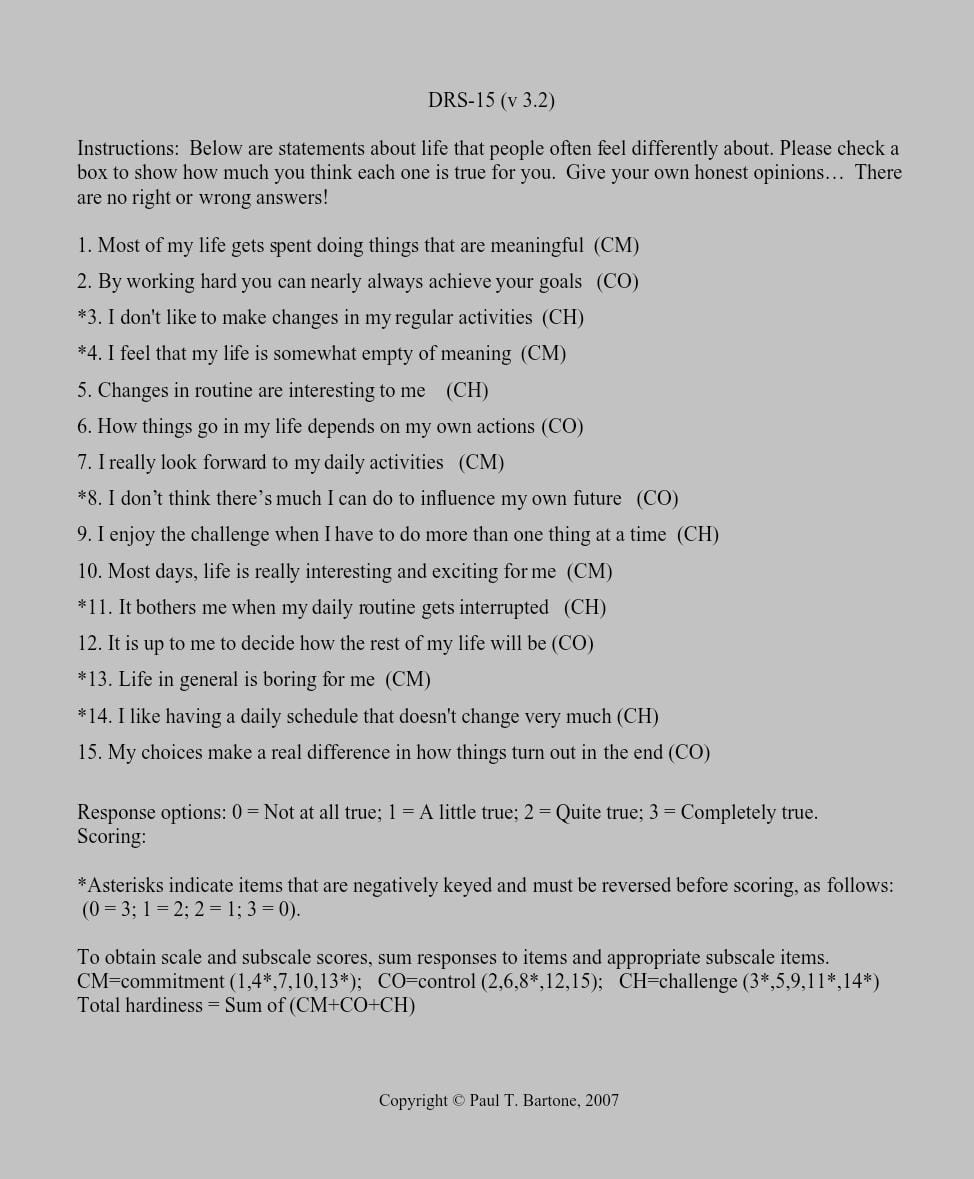
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**Annexure**

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**6**