

## Hardiness and Mental Health Among Young Adults: A Review Study

Shreya Pasrija<sup>1\*</sup>, Dr. Anita Gupta<sup>2</sup>

### ABSTRACT

The objective of this review paper is to understand how hardiness benefits mental health by promoting commitment to your words, control over your actions, and the development of a challenging spirit, all of which contribute to better emotional, social, and psychological well-being. So it's essential to know how hardiness impacts overall mental health. However, research on the relationship between hardiness and mental health are limited. A review of the current research revealed a strong relationship between hardiness and mental health as there is need for further investigation on the connection between hardiness the development of mental health in young adults is also highlighted. Overall, hardiness was found to be a stronger buffer against stressful situations than optimism, social support.

**Keywords:** *Hardiness, Mental Health, Young Adults*

**H**ardiness is a purely subjective. It's tough to draw conclusions and assign particular traits or characteristics to people because hardiness varies and cannot always be consistent over time. It is the capacity to return to a normal situation it is a pattern, attitude, and belief that retains a person sufficiently powerful to confront challenging circumstances without being influenced. (Sadaghiani 2011) The greater the level of hardiness, the more flexible an individual is. These broad mind-sets and patterns are highly effective in dealing with tough times, as they provide the courage and drive to turn obstacles into opportunities for self-improvement.

Additionally, there are three important components, also known as the three c's of hardiness, which are commitment, challenges, and control. This allows individual to be resilient. (Suzanne C Kobasa 1979)

Psychological hardiness is a significant characteristic that may assist individuals in dealing with illness and outside stresses. Some researchers saw psychological hardiness as a general indicator of mental health. The fact is, hardiness can be used to assess an individual's overall mental health and also It is critical to nurture existential courage, which enables continuing searches for purpose in life. (Gatab and Ghajari 2013)

---

<sup>1</sup>Student

<sup>2</sup>Assistant Professor

\*Corresponding Author

## Hardiness and Mental Health Among Young Adults: A Review Study

Mental health is generally defined as the ability to adapt to difficult situations by effectively managing our emotions and ideas in order to keep working for worthwhile goals and behave in accordance with our beliefs. Mental health is something that one adheres to rather than something one has. According to the World Health Organization, Mental health is "more than just the absence of mental disorders " Good mental health entails dealing with present difficulties while maintaining wellness and happiness it includes our emotional, psychological, and social well-being (WHO 2022). It impacts our feelings, thoughts, and actions It also influences our capacity to cope with stress, interact with others, and arrive at sound choices Mental health plays a role at all phases of life, especially early childhood and adolescence through adulthood Physical and mental health were essential elements of being balanced. (Doku 2012)

When there is good mental health, it has a lot of benefits. It gives a sense of well-being and contentment and enhances the ability to care for other people and oneself, to construct self-confidence and good self-worth, a sense of well-roundedness with focus on the body, mind, soul, creativity, intellectual growth, wellness, and so on. It also builds a sense of balance in one's life—between solitude and sociability, work and play, sleep and wakefulness, rest and exercise, flexibility, etc. It allows you to fully participate in life through meaningful activities and positive relationships, as well as cope with the challenges of life and overcome them. (Ziesman2005).

There some factor which influence mental health of an individual.

- The heredity factor: It is the transmission of characteristics from parents to offspring. It molds one's behavior and character, making individuals unique.
- Physical Factor: A wellbeing body equals a healthy mind. An unhealthy state makes life inappropriate. Individuals' mental health is directly affected by their physical condition. (Padilla and Woodbridge 2016)
- Socio-Cultural factor: Children form thoughts and actions based on previous experiences. The house, as the children's first environment, Impacts how they act and what they think, and the social group where a person belongs can contribute to the development of his or her mental health. Schools and religious institutions are also capable of molding the character of a child. (Chen 2023)

Overall, individuals who have a high degree of hardiness are more inclined to be resilient in the midst of difficulties. They are likely to implement efficient methods of coping, keep a positive attitude, and experience less psychological distress. As a result, encouraging hardiness can be a successful aspect of mental health interventions and developing resilience programs. (Sadeghi and Einaky 2020)

### **LITERATURE REVIEW**

There are some researches were done which particularly emphasize on these to variable Hardiness and Mental Health.

Davishe (1999) The authors define health related hardiness as a personality attribute that determines how people deal with stress and adversity, particularly in the context of health issues. The treatment included instructive sessions on coping with stress, cognitive restructuring, as well as the development of networks of social assistance The results showed that increasing resilience with personalized psycho-educational training may

## Hardiness and Mental Health Among Young Adults: A Review Study

represent a successful way to boosting mental health results in people who are experiencing psychological distress.

Maddi and Hightower (1999) look at the relationship between resilience, positive The investigation aims to determine whether these qualities affect coping strategies Methods to cope were classified into three distinct categories: problem-focused, emotion-focused, and avoidance coping strategies, which involve proactively facing and handling problems These people are less inclined to employ the technique of avoidance coping, which involves escaping the stressful event rather than trying to deal with it Emotion-focused coping, which concentrates on regulating one's emotional reaction when stressed instead of the stressful event itself The research found that increasing hardiness and optimism may promote better coping practices, especially coping with problems, that are associated with higher psychological results and adaptability.

Heckman and Clay (2005) investigated the link between "hardiness a history of abuse, and women's health" They investigated how these characteristics influenced women's overall health outcomes The hardiness, which is defined as resilience and adaptability to stress, played an important role in minimizing the negative consequences of a history of abuse on women's health The findings highlight the relevance of increasing resilience and coping mechanisms, such as hardiness, in improving women's health and well-being .

Ramzi and Besharat (2010) done a research which aimed to determine the effect of psychological adaptability on performance in sports and mental wellness The investigators sought to know if hardiness boosts productivity along with psychological wellness for athletic competitions The research found that psychological toughness is vital for boosting athletes performance and psychological wellness Building resilience through focused coaching and assistance programs. may help athletes accomplish more effectively and highlighting the significance of psychological endurance in sports.

Hasel et al (2011) The Study aimed to investigate the effectiveness of resilience coaching in reducing perceived tension among college students The purpose was to see if toughness, an individual's adaptability factor, might be strengthened by retraining and thus decrease distress rates The results demonstrated a substantial decrease in reported levels of tension among students who participated in the resilience training session This demonstrates that the training was effective in helping participants cope with and decrease stress.

Amin poor and Naghadeh (2014) done a research which examined the relationship between hardiness and happiness amongst Payame Noor University students Aminpoor and Naghadeh conducted the study in order to better comprehend the possible impact of hardiness on the general contentment rate and subjective well- being as expressed as pleasure among college learners The outcomes of this research help clarify the aspects that facilitate students' psychological well-being, especially the significance of hardiness in promoting pleasure.

Abdollahi et al (2015) The present research looks into the effect of hardness on strain as well as ideas of suicide in undergraduate students Investigators found that greater degrees of hardiness were correlated with fewer tensions and thoughts of suicide in subjects The investigation emphasizes the relevance of establishing hardiness as a safeguard against strain and suicide ideation among undergraduates.

## Hardiness and Mental Health Among Young Adults: A Review Study

Hystad et al (2015) conducted a three-year follow up investigation to evaluate the degree of mental resilience in military personnel. Psychological hardiness refers to a resilient attribute that helps people cope with difficult circumstances. It is comprised of three primary components: commitment, control, and challenge. The study involved military troops who took toughness tests at different times throughout a three-year span. The primary objective was to determine if hardiness maintained consistency over time or changed owing to a variety of factors. The researchers claim psychological hardiness is an ongoing characteristic that may be improved by specific measures and circumstances, particularly in military instruction and missions.

Talavera Velasco et al (2018) investigated the effect of psychosocial factors such as exhaustion, and a hardy attitude affecting the psychological wellness of police officers. A representative group of police officers had been assessed with established indicators of exhaustion, mental health threats, as well as hardiness. The study found that substantial amounts of psychological risk variables and burnout were connected with less favorable mental health results. In contrast, a hardy personality has been shown to operate as a safeguard, decreasing the harmful impacts of exhaustion and psychological hazards on psychological wellness.

Dekami et al (2019) The research is intended to investigate the way spiritual devotion influences resilience and overall psychological wellness in this specific group of people. The research indicates that religious commitment is essential for developing psychological resilience while encouraging mental wellness among soldiers' wives. The results suggest that strategies aimed at strengthening religious commitment or leveraging current religious customs might be beneficial in improving this population's psychological well-being and adaptability.

Ng and Lee (2020) The goal of the research was to investigate whether hardiness influenced the link between feelings of isolation and symptoms of depression in older people. The research finds that boosting hardiness among older people could decrease the negative effects of isolation on mental health. Treatments that enhance resilience through hardiness programming could help older adults cope with loneliness while still maintaining a positive psychological state.

Kang and Sharma (2022) The investigators aimed to determine whether resilience influences the incidence and extent of underlying psychological problems in this group of people. The research discovers that psychological adaptation has a crucial role in reducing chronic disorders of the mind among rural teenagers. Treatments focused on boosting hardiness have the potential to significantly enhance mental health outcomes, making them an effective strategy to improve the psychological well-being of teenagers in rural areas.

Predko et al (2023) This study investigates the psychological elements which impact the link between mental well-being and hardiness in Ukrainians throughout the war that continues. The research aims at better comprehending the way hardiness influences psychological wellness in situations with substantial stress and trauma resulting from war. The research ends that psychological resilience is crucial for sustaining mental wellness under the severe strain of war. Building resilience by specific measures could offer essential mental wellness advantages to individuals who have experienced comparable events that were traumatic. This research contributes to our understanding of the mental processes that enable people to overcome serious difficulty.

## CONCLUSION

A review of the literature on the impact of hardiness on mental health in young adults consistently shows that hardiness, as a characteristic of personality that includes flexibility, resilience, and effective approaches to coping, leads substantially to better mental health results. According to research, hardiness improves coping mechanisms, lowers strain and mental distress, decreases the adverse impacts of traumatic events, and facilitates a sense of psychological wellness. These research indicate that interventions focused on promoting hardiness may be helpful in improving young adults' mental health and adaptability, especially during times of stressful circumstances and adversity.

## REFERENCES

- Abdollahi. A, Abu Talib. M, Yaacob. S. N & Ismail. Z (2015) The role of hardiness in decreasing stress and suicidal ideation in a sample of undergraduate students *Journal of Humanistic Psychology*, 55(2), 202-222 <https://doi.org/10.1177/0022167814543952>
- Abdollahi. A, Abu Talib. M, Yaacob. S. N. & Ismail. Z (2015) The role of hardiness in decreasing stress and suicidal ideation in a sample of undergraduate students *Journal of Humanistic Psychology*, 55(2), 202-222 <https://doi.org/10.1177/0022167814543952>
- Aminpoor. H & Naghadeh. S. A. (2014) The relationship between hardiness and happiness in students of Payame Noor University *Stud*, 4(1), 01-05
- Davis. B, Webster. C & Austin. W (1999) Health-related hardiness and the effect of a psycho-educational group on clients' symptoms *Journal of psychiatric and mental health nursing*, 6(3), 241-247 <https://doi.org/10.1046/j1365-28501999.630241x>
- Dekami. Z, Gianbaqeri. M & Beliad. M. R. (2019) Correlation of religious commitment with hardiness and mental health in veterans' spouses *Iranian journal of war and public health*, 11(1), 29-34 <https://doi.org/10.1037/mil0000069>
- Heckman. C. J & Clay. D. L (2005) Hardiness, history of abuse and women's health *Journal of Health Psychology* 10(6), 767-777 <https://doi.org/10.1177/1359105305057312>
- Kang. T. K. & Sharma. S. (2022) Psychological Hardiness and its Relationship with Comorbid Mental Health Problems among Rural Adolescents *Indian Journal of Positive Psychology*, 13(4), 382-385 <https://doi.org/10.1080/136078632018.1550629>
- Lee. T. M (2020) The mediating role of hardiness in the relationship between perceived loneliness and depressive symptoms among older *Aging & mental health*, 24(5), 805-810
- Maddi. S. R & Hightower. M. (1999) Hardiness and optimism as expressed in coping patterns *Consulting Psychology Journal: Practice and Research*, 51(2), 95 <https://doi.org/10.1037/1061-4087.51.2.95>
- Predko. V, Schabus. M & Danyliuk. I (2023) Psychological characteristics of the relationship between mental health and hardiness of Ukrainians during the war *Frontiers in Psychology*, 14, 1282326 <https://doi.org/10.3389/fpsyg.2023.1282326>
- Ramzi. S & Besharat. M. A. (2010) The impact of hardiness on sport achievement and mental health *Procedia-Social and Behavior* 5, 823-826 <https://doi.org/10.1016/j.sbspro.2010.07.192>
- Talavera-Velasco. B, Luceño-Moreno, L. Martín-García & García-Albuérne. Y (2018) Psychosocial risk factors, burnout and hardy personality as variables associated with mental health in police officers *Frontiers in psychology*, 9, 1478 <https://doi.org/10.3389/fpsyg.2018.01478>

## Hardiness and Mental Health Among Young Adults: A Review Study

### ***Acknowledgment***

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### ***Conflict of Interest***

The author(s) declared no conflict of interest.

***How to cite this article:*** Pasrija, S. & Gupta, A. (2024). Hardiness and Mental Health Among Young Adults: A Review Study. *International Journal of Indian Psychology*, 12(3), 811-816. DIP:18.01.078.20241203, DOI:10.25215/1203.078