

Psychological Hardiness: A Comparative Study of Males and Females

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ABSTRACT

The aim of the present study was to know the difference in gender on psychological hardiness. For this purpose, the sample was selected from Jaipur district of Rajasthan with the help of purposive sampling. In the initial stage 120 participants (adults 60 males and 60 females) took part in the study, upon which the Singh Psychological Hardiness Scale (2008) was administered. The data collected was analyzed using statistical 't' test. It was concluded there that significant difference in two genders on psychological hardiness.

Keywords: *Psychological Hardiness, Adults, Gender difference.*

P psychological hardiness is one of the elements which play a basic role in People's life quality and to create a balance among different dimensions of it. People who have low hardiness will hurt more by harmful elements in long term while people with high hardiness apparently have natural or acquirable security against the stressful elements. Hardiness is the ability to understand the external conditions accurately and to make a desirable decision about oneself (Jomhari, 2002).

In the early days of research on hardiness, it was usually defined as a personality structure comprising the three related general dispositions of commitment, control and challenge that functions as a resistance resource to encounters with stressful conditions. The commitment disposition was defined as a tendency to involve oneself in activities in life and as having a genuine interest in and curiosity about the surrounding world (activities, things, other people). The control disposition was defined as a tendency to believe and act as if one can influence the events taking place around oneself through one's own efforts. Finally, the challenge disposition was defined as the belief that changes, rather than stability, is the normal mode of life and constitutes motivating opportunities for personal growth rather than threats to security.

Lately, Maddi has characterized hardiness as a combination of three attitudes (commitment, control, and challenge) that together provide the courage and motivation needed to turn stressful circumstances from potential calamities into opportunities for personal growth.

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While acknowledging the importance of the three core dimensions, Bartone considers hardiness as something more global than mere attitudes. He conceives of hardiness as a broad personality style or generalized mode of functioning that includes cognitive, emotional, and behavioral qualities. This generalized style of functioning, which incorporates commitment, control, and challenge, is believed to affect how one views oneself and interacts with the world around.

Psychologists Salvatore Maddi and Suzanne Kobasa coined the term “psychological hardiness” and spawned much research into the relationship between it and physical health. They concluded and others have largely affirmed that hardiness promotes physical health under stress. Maddi and Kobasa identified three dimensions that tend to promote this sense of hardiness and in turn physical wellness.

They are:

1. Commitment : People with psychological hardiness tend to have and hold a sense of purpose in what they do. Meaning seems to be part of their game. So, if they are on the sinking Titanic, they are working with purpose; if in a downsizing company they are holding to purpose. Personally, this measure invites us to reach to our deeper values, which exist no matter what the context. So, if dignity, respect, honesty, love, or creativity (not to mention God) matter to me, I can invoke these core values no matter where I am.

2. Control : People who have a sense that there are things they can do, and people who focus in the domain of what they can do, rather than what’s outside their control, tend to be more hardy and less painfully stressed.

3. Challenge: People with hardiness, enjoy challenge. They generally see themselves as capable of change and expect life around them to change. They don’t respond in the mode of my friend Charlie Ross’ line: “Change is great; you go first.” Instead, mistakes are cause for learning, losses are preludes to winning, and weaknesses create opportunities to grow better.

Operational Definitions

Hardiness is a personality style which is characterized (rather than alienation) and of control (rather than powerlessness) and perception of problems as challenges (rather than threats).

Aims of the study

- To study and compare the psychological hardiness of adult males and females.

Hypothesis of the study

1. There will be significant difference between males and females regarding psychological hardiness.
2. There will be significant difference in the three dimensions (commitment, control and challenge) of psychological hardiness among male and females.

Locale of the study

The study has been conducted on adults with in the limits of Jaipur, Rajasthan in order to collect data.

Selection of samples

Based on purposive sampling technique 120 adults were selected. Thus in the respondents in which 60 males and 60 females were grouped. Respondent’s age range was from 21 to 35 years.

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Instruments of the study

1. Personal data sheet: - A personal data sheet developed by the investigator was used to collect information about gender and age.
2. Singh Psychological Hardiness Scales (SPHS):- Constructed and standardized by sing (2008) was used to assess hardiness level of respondents. The test is comprised of total 30 items. These 30 items measured three hardiness components i.e., commitment, control and challenge.

1. Procedure of data collection

Data was collected from Jaipur, Rajasthan over population was taken from the center before commencing collection of data for cordial relation was establish with the subject the conduction of data was the design of the study mention and hear the subject what's your and of confidential nature of the test and were told that result with will be utilized your only of educational and research.

Statistical analysis

After scoring various techniques of statistics were applied mean, standard deviation and 't' test were computed.

RESULT AND DISCUSSION

Table no: 1 show the Mean, SD, and 't' value of psychological hardiness and gender.

Gender	N	Mean	SD	df	t	Sign
Males	60	105.9	5.69	118	17.41	.01
Females	60	84.48	7.63			

Observation of the table: 1 indicated the mean value of two classified group seems to differ from each other on psychological hardiness. The mean and SD value obtained by the male 105.9 ,SD 5.69 and female was 84.48, SD 7.63 .Both group 't 'ratio was 17.41 with df 118 which is significant at .01 level of confidence .According to the table we found that there is a significant difference between mean scores of male and female on the psychological hardiness .So we can say that gender plays an important role in the psychological hardiness among male and female.

So, the hypothesis: 1 that there is a significant difference between male and female on the psychological hardiness was accepted.

Table: 2 show that the Mean, SD, and 't' value in various dimensions of psychological hardiness male and female.

Name of dimensions	Group	N	Mean	SD	df	t	Sign
Commitment	Males	60	36.35	14.23	118	3.36	.01
	Females	60	29.83	4.87			
Control	Males	60	35.05	4.27	118	10.06	.01
	Females	60	26.98	4.51			
Challenge	Males	60	34.6	4.60	118	8.77	.01
	Females	60	27.67	4.00			

The mean scores of males and females on the first dimension of psychological hardiness i.e. commitment are 36.35 and 29.83 and their SD are 14.23 and 4.87 .The t-value is 3.36 with df 118 which is significant at .01 level of confidence .According to the result we found that

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there is a significant difference between mean scores of male and female on the commitment dimension of psychological hardiness.

The mean scores of males and females on the second dimension of psychological hardiness i.e. control are 35.05 and 26.98 and their SD are 4.27 and 4.51 .The t-value is 10.06 with df 118 which is significant at .01 level of confidence .According to the result we found that there is a significant difference between mean scores of male and female on the control dimension of psychological hardiness.

The mean scores of males and females on the third dimension of psychological hardiness i.e. challenge are 34.6 and 27.67 and their SD are 4.60 and 4.00 .The t-value is 8.77 with df 118 which is significant at .01 level of confidence .According to the result we say that there is a significant difference between mean scores of male and female on the challenge dimension of psychological hardiness.

So the hypothesis 2, that there is a significant difference in the three dimensions (commitment, control and challenge) of psychological hardiness among adults male and female is accepted.

CONCLUSION OF THE STUDY

The following conclusions were found from the analysis and interpretation of the data:

1. A significant difference was found between mean scores of males and females on the variable psychological hardiness. According to the mean score of male was found to be higher than females, so we can say that male is hardy personality than the females. The reason for this is the atmospheres surrounding us ,in which the children are brought from the beginning . In which teach women to be humble behavior.
2. A significant difference was found between mean scores of males and females on the three dimensions (commitment, control and challenge) of psychological hardiness. The mean scores of male on these entire dimensions were higher than female. In this way we can say that the ability to commitment, control and challenge in males is higher than female's adults.

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Conflict of Interest

The author declared no conflict of interests.

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