



To study the Psychological Hardiness among male and female college students

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ABSTRACT- The purpose of the research was to know the differences of gender on psychological hardiness among college students. The total sample consisted of 200 first year college students, out of which 100 male and 100 females were selected using random sampling technique studying in colleges of Chandigarh. Singh Psychological Hardiness Scale (2008) was used to measure psychological hardiness. Analysis of data was done using t-test. The result of the study showed that there is significant gender difference on psychological hardiness among college students.

Keywords: Psychological Hardiness, Gender, College Students

1. INTRODUCTION

Psychological Hardiness is a personality trait that is alienated with a person's capacity to manage problem of stressful life with some coping strategies that convert the potential unfortunate situations into learning experiences. It is usually characterized by a desire to be involved completely, to be in charge of situations, and a learning from life's experiences instead of focusing on the outcomes. Psychological hardiness refers to the coping strategies, skills, beliefs and attitudes that help people in dealing with the difficult situations of life. Kobasa (1979) categorized psychological hardiness traits into three major categories: challenge, control and commitment. The trait of challenge refers to the ability to see stressful situations as opportunities to be challenged and rise above the given circumstances. Control refers to the perception that a person is in control of his own life and capable of overcoming challenges through one's own ability. Commitment is the tendency to involve oneself in the activities of life and to take real interest about the surrounding world. These three traits result in positive thinking and the confidence which are needed to succeed in life by the students. Hardiness is a personality disposition, and on a psychological level this disposition has aspects of both cognitive appraisal and action.



Further, Bartone (2006) considers psychological hardiness as something more global than mere attitudes. He described hardiness as a broad personality style that may include cognitive, emotional and behavioural qualities. This style of functioning which involves commitment, challenge and control, is believed to affect how one views oneself and interacts with the world around.

According to Maddi (2004), individual who possess the three C's are healthier. There is three dimensions (popularly known as 3 C's to Psychological hardiness) that tend to generalize the hardiness and in turn helps in building physical well-being. Barton considers hardiness as something more global than mere attitudes while acknowledging the importance of the three core dimensions. (Bartone, P.T., 2006).

A study by Kobrynowicz & Branscombe (1997) on college students had concluded that 20% of women reported feeling personally discriminated against in a college setting compared with just 8.5% of men based on gender. They highlighted that college men reported less gender discrimination than what college women reported. A study by Hannah & Morrissey (1988) found that high school females were harder than high school males. An adult population found no significant gender differences in hardiness (Hannah & Morrissey, 1988).

Klag and Bradley (2004) found that hardiness buffered the effects of stress on illness in adult males but not in females. They found that relative coping mediated the hardiness-illness relationship in females but not in males.

2. OBJECTIVE OF THE STUDY

- To study the psychological hardiness among male college students.
- To study the psychological hardiness among female college students.
- To study the difference between psychological hardiness among male and female college students.

3. HYPOTHESIS

There exists no significant difference between psychological hardiness among male and female college students.



4. METHODOLOGY–

4.1 SAMPLE-

The sample consisted of 200 subjects out of which 100 males and 100 females were selected from various colleges of Chandigarh using simple random sampling technique.

4.2 TOOLUSED-

Singh Psychological Hardiness Scale (Singh, 2008) was used to find out the hardiness among males and females.

4.3 DATA COLLECTION– The tool was administered on 100 male and 100 female college students. The whole procedure was explained to them clearly. Obtained data were analysing using t-test for comparing males and females on psychological hardiness.

5. RESULT AND DISCUSSION- The main aim of this study was to know the difference of gender on psychological hardiness among college students. The t-test was used to find out whether gender (males/females) has any impact on psychological hardiness.

Table 1 Showing the Mean, SD and t-value of psychological hardiness among males and females

| Variables | N | Mean | SD | t |
|-----------|-----|-------|------|------|
| Males | 100 | 30.47 | 4.32 | 2.68 |
| Females | 100 | 28.68 | 4.80 | |

Significant difference was found between males and females on psychological hardiness ($t=2.68, p<0.05$).

Results of the study showed a significant gender difference on psychological hardiness among college students. The psychological hardiness among male college students is more as compared to female college students. The results were also supported by Moradi (2010), Vali Nezhad Khorrami (2007), Veisi and et al (2001), Kiamarsi (1999) and Desai R(2017).Sheard (2009) showed that psychological hardiness is much higher in girls than school boys which is totally different result from this study.

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