

Psychological Hardiness of Tribal Students in Relation to their Gender and Socio-Economic Status

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Abstract: *The aim of the present study was to know the impact of Gender and Socio-economic status (SES) on psychological hardiness of tribal college students. The random sampling method was used in this study. A sample of 200 tribal college students (100 male, 100 female) from 2 different SES (Low and High) were randomly selected from the various colleges of Ranchi District. Hardiness Scale developed by A. K. Singh used to measure psychological hardiness. The data were analyzed using t-test. The result showed that there is significant gender difference on psychological hardiness among college students. The results showed no significant difference between mean scores of High and Low SES adolescents on the variable psychological hardiness.*

1. Introduction

Psychological hardiness is one of the important elements of personality, which play a basic role in people's quality of life. People with 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).

Concept of Psychological hardiness was first introduced by Suzanne C. Kobasa in 1979 and defined as a "personality style or pattern associated with continued good health and performance under stress. Psychological hardiness or personality hardiness, or cognitive hardiness is a personality style, comprising the three related general dispositions of commitment, control, and challenge that functions as a resistance resource in the encounter with stressful conditions (Kobasa, S.C., 1979; Kobasa, S.C., et al., 1982). The concept of hardiness focuses on the person that remains relatively healthy after experiencing high amounts of stressful life events. Kobasa & Maddi (1982) found that the persons who are resistant to the psychological pressure not only do not hurt mentally, but also they welcome stress and believe that such situations are necessary for their development. Maddi (2004, 2006) 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.

Commitment, which involves the belief that no matter how bad things get, it is important to stay involved with whatever is happening, rather than sink into detachment and alienation (Maddi, 2013). In other words if you are strong in commitment, you believe that no matter how bad things get, it is best to stay involved with the people and events going on around you (Maddi, Erwin Carmody et al., 2013). Hardiness-commitment provides a sense of internal balance and confidence, which is important for realistic assessment of stressful and threatening situations (Bartone, Kelly & Matthews, 2013).

Control, which leads you to believe that no matter how bad things get, you need to keep trying to turn the stresses from

potential disasters into growth opportunities. It seems like a waste of time to let yourself sink into powerlessness and passivity (Maddi, 2013). Control should likewise lead to greater adaptability since people high in control approach novel situations with the belief they can respond well and influence outcomes (Bartone, Kelly & Matthews, 2013). People who are strong in the control attitude believe that trying to influence outcomes by the decisions they make is more likely to lead to meaningful outcomes than sinking into powerlessness in the face of stresses

Challenge, you accept that life is by its nature stressful, and see those stressful changes as an opportunity to grow in wisdom and capability by what you learn through trying to turn them to your advantage. In this, you think that you can learn from failures as well as successes. You do not think you are entitled to easy comfort and security. Instead, you feel that fulfilment can only be gained by having turned the stresses into growth opportunities.

A previous study found that high school females were harder than high school males (Hannah & Morrissey, 1988). Yet, a different study on an older adult population found no significant gender differences in hardiness (Hannah & Morrissey, 1988). Kiamarsi (1999) and Desai, R. (2017), showed that male have more hardiness compared to women since they are less excited in problematic situations and act more reasonably, but women have more excitements. However, Sheard (2009) presented totally different results. He showed that psychological hardiness is much higher in school girls than school boys. Some other studies such as Hosseinpour et al. (2008) showed no meaningful difference between male and female.

2. Objectives of the study

- 1) To Study and compare the psychological hardiness of male and female tribal college students
- 2) To study and compare the psychological hardiness of tribal college students belongs to high and low SES group.

3. Hypotheses of the study

- 1) There will be no significant difference in psychological hardiness of male and female tribal college students.

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2) There will be no significant difference in psychological hardiness of high and low SES group.

4. Sample

A sample of 200 tribal college students (100 male, 100 female) from different colleges of Ranchi District were randomly selected for present study. The half of the total students taken from high SES and other half from low SES. They were in the age group between 16-18 years and belonging to nuclear family.

5. Tools

1-Personal Data Sheet (PDS):-To collect the basic information regarding age, sex, education, SES, family structure and other details about the respondents has been used, which was designed by researcher. Psychological Hardiness Scale developed by Dr. Arun Kumar Singh (2011) was used to measure the psychological hardiness of selected respondents. It is a five point scale. High score indicate high level of hardiness.

6. Procedure

The above mentioned scales were administered on the selected sample with proper instruction. The obtained responses were served with the help of standard procedure given in the manual.

7. Result and Discussion

Table 1: Mean, SD and t value of Tribal male and female on psychological hardiness scale

Group	N	Mean	SD	t value	Level of significance
Tribal male	100	119.1	9.68	2.67	0.01
Tribal female	100	122.78	10.2		

Data presented in Table 1 revealed that the mean scores of tribal female is more than tribal male on the variable psychological hardiness. The mean and SD score of tribal male was 119.1 and 9.68 respectively. On the other side mean and SD score of female was 122.78 and their standard deviation 10.2 respectively. The calculated t-ratio is 2.67 which is significant at .01 level of confidence. This revealed that there exists a significant difference between mean scores of tribal male and female in psychological hardiness. Therefore it may be concluded that gender plays a significant role in determining the psychological hardiness. Tribal female college students are more psychologically hard than their counterpart tribal male.

Table 2: Mean, SD and t value of high SES tribal and low SES tribal on psychological hardiness scale

Group	N	Mean	SD	t value	Level of significance
High SES tribal students	100	119	9.89	1.3	Not significant
Low SES tribal students	100	116.86	13.57		

Going through the data in table no-2 it is clear that as compare to low SES group, High SES group of tribal students scored high on hardiness scale but the difference between them is not statistically significant. The mean

scores of high SES students and low SES students on the variable psychological hardiness are 119 and 116.86 respectively and their standard deviation as 9.89 and 13.57 respectively. The t-ratio is 1.3 which is not significant. This revealed that there exists no significant difference between mean scores of high and low SES tribal students in psychological hardiness.

8. Conclusion

Gender plays an important role in Psychological hardiness. Female are more hard than male. There is a significant difference between mean scores of tribal male and female in psychological hardiness. SES doesn't play any role in psychological hardiness.

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