

A CONCEPTUAL GLANCE: PSYCHOLOGICAL HARDINESS

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Abstract

The aim of this study is to draw a conceptual sheme of the psychological hardiness. Psychological hardiness; "Is a personality trait that reduces stress and supports the ability to cope with stressful events". In this context, conceptual development, basic components and sub-dimensions of psychological hardiness are investigated. The studies on the relation of the sub-dimensions to each other have been examined. Risk factors and protective factors affecting psychological hardiness were examined. The perspectives of theoretical models in psychological hardiness are examined. The characteristics of individuals with psychological hardiness have been researched in the literature. The development of the psychological hardiness scale, validity and reliability studies were examined. Researches about psychological hardiness in our country and in the world have been examined and evaluations have been made and suggestions have been presented. A general compilation of all these studies has been attempted to establish a conceptual basis.

Keywords: Psychological Hardiness, Subscales of Psychological Hardiness, Psychological Hardiness Scale.