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short hardiness scale leads back to the original 53-item version used by Maddi, Kobasa and students at the University of Chicago in the early 1980's, primarily with samples of Illinois Bell executives.

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Kobasa Maddi Hardiness Scale The geneology of the present short hardiness scale leads back to the original 53-item version used by Maddi, Kobasa and students at the University of Chicago in the early 1980's, primarily with samples of Illinois ...

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Psychological hardiness, alternatively referred to as personality hardiness or cognitive hardiness in the literature, is a personality style first introduced by Suzanne C. Kobasa in 1979. Kobasa described a pattern of personality characteristics that distinguished managers and executives who remained healthy under life stress, as compared to those who developed health problems. In the following years, the concept of hardiness was further elaborated in a book and a series of research reports by S

~~Hardiness (psychology) - Wikipedia~~

Three C ' s of Hardiness - Susan Kobasa. Control. Tendency to believe and act as if one can influence the events taking

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place around oneself through your own efforts.

Commitment. Tendency to involve oneself in the activities in life and having a genuine interest in and curiosity about the surrounding world. Challenge.

~~The Art of Hardiness: Building Life Resilience~~

Assess Your Hardiness and Resilience. To find out how hardy and resilient you and your direct reports really are, LeadershipTraction offers the Dispositional Resilience Scale (DRS-15), a 15-question self-assessment created, tested, and validated by Hardiness Resilience researcher, author, and Maddi and Kobasa protégé , Paul T. Bartone, Ph.D..

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The scale was mainly based on the theory of hardiness of Kobasa (1979, 1982). A review of existing hardiness questionnaires was used to develop an initial item pool representing the classical dimensions of challenge, commitment, and control. As previous research has shown that complex response scales add construct-

~~Development and validation of the Occupational Hardiness~~

...

The genealogy of the present short hardiness scale leads back to the original 53-item version used by Maddi, Kobasa and students at the University of Chicago in the early 1980's, primarily with samples of Illinois Bell executives. By adding new items and eliminating poor ones, a new 50-item scale

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was developed for use with city bus

~~Paul T. Bartone, Ph.D. - Hardiness - Resilience~~

Hypothesized that hardiness—commitment, control, and challenge—functions to decrease the effect of stressful life events to producing illness symptoms. 259 upper- and middle-level male managers...

~~(PDF) Hardiness and Health: A Prospective Study~~

Hardiness can be learned at any time in life according to Maddi and Kobasa (1984). A recent pilot study with nurse managers showed that hardiness can be increased through small-group training (Rich, 1985). Some employers could benefit by including hardiness training sessions as part of

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their inservice program for nurses.

~~What is the Relationship Between Personality Hardiness and~~

...

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The CD-RISC correlates positively (.83) with the Kobasa (1979) hardiness measure in psychiatric outpatients (N=30).

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It also correlates positively (.36) with the Sheehan Social Support Scale (N=589) (Connor & Davidson, 2003, pp. 79–80). Divergent/Discriminant

~~Hardiness – an overview | ScienceDirect Topics~~

Personality hardiness has been found to be a stress/health moderator in a wide range of studies. Still, there are problems with its measurement. The present 15-item scale has excellent psychometric...

~~(PDF) A Short Hardiness Scale (updated)~~

The results showed that students scoring low in hardiness were disproportionately represented amongst the drop outs and students with a high hardiness score were most likely to

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complete their degree. Evaluation: This is a strength as it supports Kobasa ' s findings that a person scoring high on a scale measuring hardiness is more successful in coping with the negative effects of stress.

~~Individual differences in stress: personality types A, B...~~

Kobasa, S.C., Maddi, S.R., & Kahn, S. (1982), Hardiness and health: a prospective study, *Journal of Personality and Social Psychology*, 42, 168-177.

~~Kobasa, S.C., Maddi, S.R., & Kahn, S. (1982), Hardiness...~~

In the course of my work, I discovered the concept of the "hardy personality " (" hardiness "), which was developed by Suzanne C. Kobasa and Salvatore Maddi. They described

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this personality as...

~~Hardiness and Grit | Psychology Today~~

Psychological hardiness has been shown to reduce the occurrence of illness in reaction to stress; it also is linked to the ability to thrive under pressure in both one's personal and professional life. This test is made up of two types of questions: scenarios and self-assessment. For each scenario, answer according to how you would most likely ...

~~Hardiness Test~~

the 3Cs of hardiness. As we tried to learn more about stress management at IBT, two additional studies stimulated thought on the larger picture of hardiness. In one study

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(Kobasa, Maddi, Puccetti, & Zola, 1986), hardiness, social support, and physical exercise were compared in their stress-management effectiveness. Among managers who were all ...

~~The Story of Hardiness: Twenty Years of Theorizing...~~

Hypothesized that hardiness—commitment, control, and challenge—functions to decrease the effect of stressful life events to producing illness symptoms. 259 upper- and middle-level male managers (mean age 48 yrs) were administered a battery of tests (including Rotter's Internal–External Locus of Control Scale, the Schedule of Life Events, and the Seriousness of Illness Survey) covering a 5-yr period.

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