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## **Kobasa Maddi Hardiness Scale**

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.

## **Hardiness (psychology) - Wikipedia**

Kobasa Maddi Hardiness Scale 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 Bell executives. By adding new items and eliminating poor ones, a new

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## **Kobasa Maddi Hardiness Scale - SIGE Cloud**

version used by Maddi, Kobasa and students at the ... (2013). Cross-cultural adaptation of the DRS-15 Dispositional Resilience Scale: A short hardiness measure. Final report on ...

## **(PDF) A Short Hardiness Scale (updated)**

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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### **Kobasa Hardiness Scale - jalan.jagame.com**

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 was developed for use with city bus

### **Paul T. Bartone, Ph.D. - Hardiness - Resilience**

scores indicate higher psychological hardiness (Kobasa, Maddi & Kahn 1982). Kobasa et al. tested the internal consistency of the scale by the Cronbach

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alpha (0.81) (Maddi & Kosaba 1994). The reliability of the translated version of the scale was confirmed in our study by test-retest as 0.87. The CD-RISC consists of 25 items which are scored on

### **Research Paper: Comparison of Psychological Hardiness and ...**

It is a 4-point Likert-type scale and scored from never=0 to most times=3. Higher scores indicate higher psychological hardiness (Kobasa, Maddi & Kahn 1982).Kobasa et al. tested the internal ...

### **(PDF) Hardiness and Health: A Prospective Study**

Friends, What is constant in our world: personal and organizational uncertainty, and constant need for improvement.. What's the result: stress. What's the prescription: build your " psychological hardiness ". Psychologists Salvatore Maddi and Suzanne Kobasa coined the term "psychological hardiness" and spawned much research into the

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relationship between it and physical health.

## **3-C's to Psychological Hardiness - Everyday Leadership**

A. HARDINESS 1. Pengertian Hardiness  
Konsep Hardiness awalnya dikemukakan oleh Maddi dan Kobasa pada tahun 1979 sebagai suatu variabel yang ada dalam diri individu untuk menerima dan menghadapi sesuatu yang terjadi dalam kehidupan seorang individu. Maddi (2013) menyatakan hardiness adalah karakteristik kepribadian yang membuat

## **BAB II TINJAUAN PUSTAKA A. HARDINESS 1. Pengertian Hardiness**

5.1 Efficacy and Hardiness. Work by Salvador Maddi and Suzanne Ouellette  
Kobasa helped provide a framework for thinking about staying healthy in the face of challenge. They call these personality attributes hardiness. First, they suggest that a healthy personality maintains a sense of control.

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## **Hardiness - an overview | ScienceDirect Topics**

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 their inservice program for nurses.

## **What is the Relationship Between Personality Hardiness and ...**

Hardiness and Health: A Prospective Study Suzanne C. Kobasa, Salvatore R. Maddi, and Stephen Kahn University of Chicago Utilizing a prospective design, this study tested the hypothesis that hardiness commitment, control, and challenge functions to decrease the effect of stressful life events in producing illness symptoms.

## **Hardiness and Health: A Prospective Study**

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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 (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 ...**

Hardiness HARDINESS As existential courage. Hardiness is a personality construct that manifests existential courage to cope positively with stress through the hardy attitudes of commitment, control, and challenge (Maddi, 2006; Maddi, Khoshaba, Harvey, Fazel, & Resurreccion, 2009).

### **Hardiness — Resilient Warrior**

The proposed components of the hardiness construct were not the result of empirical studies, but of a theoretical



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model of the person as active actor who chooses his/her strategies and goals (Maddi & Kobasa, 1981). The first assessment instrument, based on a number of pre-existing scales (Kobasa, 1979), was not supported by psychometric results.

### **Development and validation of the Occupational Hardiness ...**

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 ...

### **Hardiness Test - Psychology Today**

Psychological hardiness/mental toughness affect mental strength at work, in personal life and in sports. Learn how to develop mental toughness, hardiness and mental strength with the Hardiness Test.

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