

Hardiness Test: Find Your Score about Hardiness

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Abstract: Many psychologists believe knowledge will guide one's life. Therefore knowledge about hardiness might be correlate to their own hardiness life. Hardiness [1] is a constellation of personality characteristics that cause an individual more powerful, durable, stable, and optimistic in the face of stress and reduce the negative effects encountered. Thus, the objective of this study is creating hardiness test so one's can learn more about hardiness. The test was conducted with 35 participants. The result showed that most of participants had low understanding (48.5%) and average understanding (51.4%) about hardiness. This result also indicates that people need programs to increase understanding about hardiness using media such as internet.

Keywords: hardiness, adolescent, Facebook

Background

Adolescence is the most complex period because teenagers undergo significant changes physically and psychologically. Physical changes characterized by emergence of secondary sex characteristics, namely height growth and genetalia organ development in the male and female. It also causes psychological changes, the emotions tend to be unstable [2]. Along with the times and technology, teens change in different ways as well, and it is not rare that this causes stress for the teenagers themselves. Many found that teenage who are stressed will resolve the problem to negative things so that need to develop a hardiness personality.

Hardiness personality is associated with people who have made commitments in life, they have control, and see difficult or new situations as a challenge, not a threat. Teenage with hardiness personality will always be optimistic, be able to cope with stress, and be able to adapt to events that cause stress.

Nowadays, the technology is more advance and internet is increasing widespread as well. The applications on the internet also varied, one of them is social network like Facebook. Most teens in Indonesia have an account on Facebook. Therefore, as researchers, we have developed an idea that combines hardiness measurement with Facebook use, so that the teenagers easily access and respond to questionnaires on hardiness. The use of Facebook is quite significant in this study so providing information about hardiness can give great benefit to the teenager users of Facebook.

1. Preliminary Research

1.1. Method

This study used a survey method. The participants included 35 students in Universitas Muhammadiyah Prof. DR. Hamka.

1.2. Result

This study is used quantitative methods with the number of respondents were 35 students. The score of the hardiness test which have been done by the respondents was 48.5% with the low score, 51.5% with the medium score, and 0% with the high score. Calculation of scores is divided into three, namely low, medium and high. The score is derived from the total of questions difficulties divided by three grades of scores, namely low, medium and high. Based on the research, the majority have a hardiness personality in a moderate level. The weakness of this test is that it includes a number of hardiness distracters that less appropriate and needs repair. This study shows that there needs to be a test of hardiness personality through Facebook so the teenagers can figure out what the personality that must be improved.

2. Computer Model

This test is distributed through Facebook. This test will sent through message in Facebook to the user teenagers of Facebook. They will do the tests to give a blue on the answer that they think is correct. Then they were asked to send back the test that has been done and the result will be provided through the message as well. In the future, this hardines tests will be developed to be used by workers to deal with job demands.

References

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