A Concept Analysis of Hardiness

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ABSTRACT

Hardiness is a personality characteristic. It was initially conceived by Kobasa in 1979 who compared the differences between men who had “high stress/low illness” personalities and those who had “high stress/high illness” personalities and those who had “high stress/high illness” personalities. This personality characteristic influences how an individual evaluates and copes with stressors. Clinically, it effects both patients and nurses coping with their stressors. Therefore, hardiness is an important concept in health care. Yet, this concept has rarely been discussed or applied in Taiwan. The purpose of this study was to apply concept of analysis strategies (Walker & Avant, 1995) to explore the psychological background and evolution of core concept of hardiness. The critical attributes of hardiness, such as control, commitment, and challenge, are illustrated by cases including model cases, borderline cases, contrary case, and related cases. In addition, the discussion about empirical studies was included to afford suggestions for future research.

Key words: hardiness, concept analysis.

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