

HARDINESS: A CONCEPT ANALYSIS

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Purpose: The term “hardiness” has been present in the literature for several decades. Hardiness has been used to characterize qualities of individuals facing stress in a number of populations including: athletes, workers with stress, college students, caregivers of chronically ill family members, and patients with life threatening disease. The purpose of this poster is to: a) Analyze the concept of hardiness using the Rogers’ Evolutionary Method; b) Investigate its use and similarities across disciplines; and c) Propose future directions for the concept of hardiness.

Method: Rogers’ Evolutionary Method was used to analyze the concept of hardiness. This method explores changes in a concept over time and across disciplines. The author conducted a database search in PubMed, CINAHL and PsychInfo using the keyword hardiness, and located 2,498 articles. The database search was narrowed to include only those articles that dealt with adults and contained the word hardiness in the title. 404 articles remained. Final sample of articles was limited to relevant and available articles published in the last five years, of which 23 were used for this concept analysis.

Findings: The authors who use the term “hardiness” do not define the term but list its characteristics. Many researchers believe that hardiness is a personality component. It is seen to act as a buffer between stress and health. It is associated with personality aspects such as endurance, strength, boldness and power to control. Hardiness is also seen in persons having a strong sense of purpose and an ability to endure.

Discussion: There is a need to further explore and define the concept of hardiness. Once the characteristics and attributes of hardiness are established and a definition is created, interventions can be developed to promote and foster hardiness in individuals experiencing stress and illness.