

**IMPACT OF HARDINESS ATTITUDES ON SELF-
REALIZATION IN DIFFICULT-LIFE SITUATION
(ВЛИЯНИЕ УСТАНОВКИ ЖИЗНЕСТОЙКОСТИ
НА САМОРЕАЛИЗАЦИЮ В ТРУДНЫХ СИТУАЦИЯХ)**

S.M.Hammad

Peoples' Friendship University of Russia, Moscow, Russia

An empirical study aimed to investigate the role of hardiness attitudes (commitment, control, risk) on personality's self-realization in difficult life situation. A sample of 228 Palestinian youth participated in the study live in Lebanon have difficult life conditions. As it was reported by FAFO Institute for Applied International Studies that the majority show sign of psychological distress, one in four feels hopeless about the future, one in four feels hopeless about the future, including crowded housing, poor-quality schools, long-term unemployment, low-income etc.

(<http://www.fafo.no/ais/middeast/lebanon/livingconditions/index.htm>)

In spite of largely lacking researches on success factors, we believe, it's important to conduct such studies to guarantee a good future for youth and society, especially changes in the world in economic, political, moral levels etc. are touching whole generations

and countries.

A questionnaire created by Dr. Adel Moukhaymar was used to measure the level of hardiness of Palestinian youth. Questionnaire consists of 47 statements, measuring the hardiness level and its components (commitment, control and risk). Data collected from 288 young people recruited from Burj El-Barajneh camp and the neighborhood, with education from ninth grade and up, aged from 18-25 years old and distributed by gender as follow in table 1:

Table 1

Gender		
Gender	Number	Percentage
Male	93	40.8
Female	135	59.2
Total	228	100

A multidimensional self-realization questionnaire created by Dr. Kudinov S.I. used to measure psychological peculiarities of self-realization in different life activities. The questionnaire consists of 102 statements.

First a cluster analysis was done to clarify the levels for all domains of hardiness. Results One- Way ANOVA for hardiness shown in table 2:

Table 2

	low	moderated	high	F	Significance ($\alpha = 0.05$)
Comm it-ment	33,538	39,414	43,629	338,989	0,000
control	31,462	33,730	36,242	48,085	0,000
risk	34,366	37,234	42,274	187,262	0,000

The results are significant at $\alpha = 0.05$ for the commitment, control and risk domains. Furthermore, the computed t- test score for commitment, control and challenge, All of these values are greater than the critical t- test value ,this means that there are significant differences at $\alpha = 0.05$ between low a high levels of hardiness shown in table 3.

Table 3

	low	high	t-value	Significance ($\alpha = 0.05$)
Commitment	33,538	43,629	-23,172	0,000
control	31,462	36,242	-7,816	0,000
risk	34,366	42,274	-18,453	0,000

But a clear correlation within each cluster is the descending in the control level in relation to other components. Can we relate this to the unpredictability of life situation, or, conversely, to a correct understanding of the objective difficulties that do not have the power to change?! "If you cannot change the situation - change the attitude towards it" or it's a kind of peculiarity for young people growing up in poverty, where the risk and commitment are higher.

Secondly we compared the relation between indicators of self-realization with low and high levels of hardiness. Tables No4 show these relations:

	low	high
Socio-cooperative goals(attitude)	24,35	27,97
Personal goals(attitude)	14,37	13,90
Active(interaction)	19,66	24,98
Inactive(inertia)	11,43	9,81
Optimism	24,03	27,47
Pessimism	6,44	4,45
Internality	19,37	21,48
Externality	7,03	5,39
Sociocentrism	17,94	21,35
Egocentrism	19,90	22,66
Creativity	21,06	25,42
Conservatism	10,05	6,42
Constructive	17,72	22,05
Destructive	9,70	9,87
Social barriers	14,99	16,65
Personal barriers	11,86	10,98

As observed from the table No 4, youth ranking high degree of hardiness in all domains, as in Table2, are ranking high score of positive indicators of self-realization in Table 4.

Hardiness in young people is also found to be positively correlated with an internal locus of control, having a sense of optimism, constructive having a strong sense of purpose and future.

Литература:

<http://www.fafo.no/ais/middeast/lebanon/livingconditions/index.htm>

في ثقافة يوتو شار يوتيم نيو عيبهم تامل اا فنزيس مل او نيو فنزلا نبل اصل ا . (7991) دبم ع ، رم يوخم

شعب يار ذللا نيو رص مل نل ج مل ا . عم ب جلا قنبشلا ا ذل عم ب جلا قنبشلا ا ذل قنبشلا ا ض ا ر ع ا و

02-7,)71(1 مجلد 1) Mokhemor, Adel. Jiznestoikost i sotsialnaya poderjka studentov, egiptskii psihologisheskii issledovatelskii jurnal.]