

Hardiness and Mental Health among Adolescents

MeenaKumari* and Nisha**

Abstract

The present study has been designed to investigate the relationship between hardiness and mental health. For this, sample of 200 adolescents, studying in various government and private senior secondary schools of Haryana was taken. All the selected students were administered Psychological Hardiness Scale and Mental Health Battery. The data thus obtained were analyzed by using Pearson's Product Moment Correlation. The findings revealed significant positive correlation between hardiness and mental health.

Key words: Mental health, hardiness, adolescents.

* Assistant Professor, Deptt. of Education, Ch. Devi Lal University, Sirsa (Haryana)

** Research Scholar, Deptt. of Education, Ch. Devi Lal University, Sirsa (Haryana)