

POSSIBILITIES OF POSITIVE PSYCHOTHERAPY IN THE FORMATION OF HARDINESS



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Abstract

The main goal of this study was to explore the possibilities of Positive psychotherapy in the formation of hardiness and to delve deeper into the relationship between hardiness and actual capabilities of the person. Data were collected from 380 people from Ukraine, aged between 19 and 62. The respondents completed the Wiesbaden Inventory for Positive Psychotherapy and Family Therapy (WIPPF 2.0), which was developed by N. Peseschkian in collaboration with H. Deidenbach and the Maddi Hardiness Scale. We used Pearson's correlation coefficient to measure the statistical relationship between hardiness and personal capabilities. Also, we used regression analysis to determine the prognostic indicators for hardiness. As a result of our research, we found that the capabilities of contact, trust, hope, love, achievement, and reliability have the greatest influence on hardiness.

Keywords: hardiness, Positive Psychotherapy, personality features, primary and secondary capabilities

Introduction

In the modern scientific world, the concept of personal hardiness is attracting increasing attention of researchers. The problems of loss of meaning of life, coping with stressful factors, especially in activity, prompts exploration for means of psychological and psychotherapeutic support.

The concept of "hardiness" was first presented by Suzanne C. Kobasa (1979) as a personality style or pattern associated with continued good health and

performance under stress (Mund, 2016). This concept is defined as a basic characteristic of a personality, the system of an individual's attitudes and beliefs that mediate the impact of adverse life situations on human consciousness and behavior (Maddi, 2013).

So, S. Kobasa and S. Maddi (2002) characterized hardiness as being comprised of three components, known as the 3C's: 1) Commitment, 2) Control, and 3) Challenge. 'Commitment' is an important characteristic of a person's attitude to him/herself, the surrounding world and interactions with it, which gives strength and

motivates him/her to self-realization, leadership, healthy thoughts and behavior; it allows the person to feel important and sufficiently valuable to be fully engaged in solving life's problems without paying attention to stress factors and changes. 'Control' over circumstances helps to find ways to influence the outcome of changes from stress rather than falling into a state of helplessness and passivity. 'Challenge' helps a person to be open to the surrounding world, other people and society. Its essence lies in the perception by a person of his/her life events and problems as a challenge and test for his/herself. The applied aspect of hardiness is determined by the role that its personal parameters play in tolerance to stressful situations (Baranauskienė, Serdiuk, Chykhantsova, 2016).

D. Leontiev believes that hardiness is a kind of psychological analogue of a person's life core that reflects the extent of his/her overcoming of certain stressful situations and adapting to given circumstances, as well as a measure of applied efforts for self-improvement and overcoming unfavorable circumstances in life (Leontev, 2002). According to S. Maddi 'hardiness emerged as a set of attitudes or beliefs about yourself in interaction with the world around you that provides the courage and motivation to do the hard work of turning stress changes from potential disasters into opportunities instead' (Maddi, 2004, p. 286).

An important factor for hardiness is an individual's fundamental assumptions (Janoff-Bulman, 1992), which are the basis of his/her picture of the world, they are included in the acts of internal human choice, so they are the basis for self-determination, purposefulness and self-development. These fundamental assumptions, as a unit of worldview, are a criterion for value choices made by an individual in different life circumstances and a base for certain personal meanings (Kuprieieva et al., 2020).

The important fact is that not only hardiness as human potential, but also Positive Psychotherapy (PPT) as a therapeutic approach is among the resources that ensure a person's ability to overcome stress. According to E. Messias (2020) the feature of Positive Psychotherapy is a change in the focus of approaches to a person from an orientation to symptoms and deficits, to the development and support of his/her internal resources. In other words, Positive Psychotherapy is one such therapeutic model that has aimed to reorient the therapeutic approach to be more focused on

supporting clients to use their inner resources to overcome challenges, understand and recognize areas of growth, and focus instead on working towards hardiness (Mead, 2021). Positive psychotherapy, with the help of reflection and self-assessment, allows people to come to the awareness of their resources, the content of the conflict, the characteristics of conflict reactions and their psychodynamic origin. The basic conflict is described by primary and secondary capabilities and during therapy the personal meaning and development of every capability are reflected upon, differentiated, compiled by the human (Dobiałą, Winkler, 2016).

According to PPT theory, everyone has two core capabilities: the Capability of Perception and the Capability of Love. N. Pesechian (1987) concluded that these two core capabilities are what lies behind our further abilities. PPT seeks to explore an individual's two core capabilities to understand better and, where appropriate, address imbalances to create additional positive outcomes. Positive Psychotherapy sees human beings as capable of helping the person, who wants to lead a meaningful and fulfilling life, to grow, mature and flourish (Dobiałą, Winkler, 2016).

Consequently, in our study we try to investigate the role of Positive Psychotherapy in the development of a person's hardiness.

The object of the research – personal features of hardiness.

The aim of the research – to investigate the importance of primary and secondary capacities in the formation of a person's hardiness.

Methodology

2.1. Methods and organization of the research

The study was conducted on the basis of the Laboratory of Personality Psychology of Kostyuk Institute of Psychology of the National Academy of Educational Science of Ukraine.

In the empirical study we used the following methods:

1. Wiesbaden Inventory for Positive Psychotherapy and Family Therapy (WIPPF 2.0), which was developed by N. Pesechian in collaboration with H. Deidenbach (Pesechian, & Deidenbach, 1988), translated and adapted for the Ukrainian sample by L. Serdiuk and S. Otenko (Serdiuk, Otenko, 2021). The questionnaire consists of 27 scales that allow us to assess the subjective significance of one's personality

traits in the following three sections: 1) actual capacities (secondary in relation to one's own behavior; primary in relation to oneself); 2) manifested conflict reactions in four areas of the balance model; 3) subjectively perceived parameters of the relationship model. All questions were rated on a four-point scale, ranging from strongly agree to strongly disagree. Cronbach's alpha ranged according to the different WIPPF scales in the Ukrainian version from 0.73 to 0.86 (Serdiuk, Otenko, 2021).

2. Maddi Hardiness Scale, adapted version by D. Leontev and E. Rasskasova (Leontev, & Rasskasova, 2006). It was designed to determine personal ability and willingness to act actively and flexibly in situations of stress and difficulties. The Scale contains a general indicator of hardiness and three scales: commitment, control, and challenge. It has 45 statements and 4 answer options from 1 (*completely disagree*) to 4 (*completely agree*). Cronbach's alpha was 0.81.

For statistical analysis of the obtained data, the following methods of mathematical statistics were used: correlation, regression analysis. The processing of the obtained empirical data was carried out using the statistical software package SPSS 21.0 for Windows.

2.2. Participants in the research

The sample of our study consisted of 380 people, including 96 men (25,26%) and 284 women (74,74%) from different regions of Ukraine, aged 19 to 62 years. Average age 37.7 ± 11.1 . According to the way of selection, the sample is random to avoid unintentional or deliberate distortion of the facts.

Results

Table 1 reports the correlations among the study variables. Pearson's correlation coefficient results obtained indicate that there are more correlations between primary capacities. Therefore, we can say that the following primary capacities have relationships with hardiness as: hope ($r = 0,533$; $p < 0,01$), trust ($r = 0,451$; $p < 0,01$), contact ($r = 0,439$; $p < 0,01$), and love ($r = 0,419$; $p < 0,01$). This indicates that hardiness can be developed through the individual's example through relationships. Faith correlates with challenge as a component of hardiness ($r = 0,325$; $p < 0,01$). Sexuality correlates with general hardiness ($r = 0,330$; $p < 0,01$) and control ($r = 0,335$; $p < 0,01$). This means that the respondents are aware of their capabilities and

characteristics, self-reflect and show self-understanding. Primary capacities influence the corresponding experiences on mood and physical condition, which is important in stressful situations.

Among the secondary capacities, the influence on hardiness have: punctuality ($r = 0,383$; $p < 0,01$), reliability ($r = 0,381$; $p < 0,01$) and achievement ($r = 0,358$; $p < 0,05$). With the help of these secondary capacities, a person tries to control a stressful situation and demonstrates hardiness-s.

As a result of our research, we found that people tend to express themselves in terms of socially acceptable qualities, at the same time, real behavior often turns out to be the opposite. Through awareness of the poles, it becomes possible to increase acceptance and understanding of oneself.

Table 1.

The relationships of hardiness with personal capabilities

Actual capabilities		Hardiness			
		commitment	control	challenge	general indicator of hardiness
Secondary capacities	Orderliness	.265	.277	-.105	.331
	Cleanliness	-.223	.253	-.157*	.334**
	Punctuality	.358*	.029*	.390*	.383**
	Politeness	-.023	.163*	-.133	-.103
	Openness	.141*	.096	.046	.115
	Achievement	.388**	.364*	.347	.358*
	Reliability	.311**	.245*	.298	.381**
	Thrift	.229	.294	.370**	.328*
	Obedience	-.035	.011	.216**	-.071
	Justice	.139*	.125	.037	.122
Primary capacities	Exactitude	.223**	.158*	.115	.196**
	Patience	.158*	.126	.140*	.159*
	Time	.164**	.273**	.252**	.242**
	Contact	.483**	.474**	.341**	.439**
	Trust	.423**	.432**	.368**	.451**
	Hope	.514**	.507**	.387**	.533**
	Sexuality	.250**	.335**	.283**	.330**
	Love	.420**	.385**	.443**	.419**
Faith	.201	.259	.325**	.264	

Note: **. Correlation is significant at the 0.01 level (2-tailed). *. Correlation is significant at the 0.05 level (2-tailed).

It is interesting to note that all three components of hardiness (commitment, control and challenge) have correlations to primary capabilities as contact, trust, hope and love. This means that emotions take the first

place and they are very important for the development of hardiness. This can be explained by the fact that, in essence, primary capacities refer to life experience that was acquired in connection with secondary capacities. So, the development of hardiness through positive psychotherapy will mean that the person can increase acceptance and understanding of himself.

We used regression analysis to determine the prognostic indicators for hardiness. Table 2 presents the calculation of results for hardiness predictors.

Table 2.

Prognostic model of hardiness

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,654 ^a	,527	,410	12,9694

Note: Predictors: (const) love, reliability, contact, achievement, hope, trust.

Dependent variable: hardiness

As we see, the primary capacity of love is in the first place in the formation of hardiness. Basic settings are formed on the basis of primary capacities and we need to pay attention because they are the basis of human screening and the development of hardiness. Thus, the predictors that have a positive impact on hardiness are primary and secondary capacities: reliability, contact, achievement, hope, trust.

Actual capabilities are the main tool for work in Positive Psychotherapy, because they are the content of the conflict, and they are the kind of value norms that help us build hardiness.

Conclusions

This study represents one of the first attempts to examine the role of actual capabilities (primary and secondary capacities) with hardiness. This result confirms the definition of hardiness as an individual resource that can be enhanced when people develop their capacities through Positive psychotherapy.

The Wiesbaden Inventory for Positive Psychotherapy and Family Therapy is an original tool for the study of personality traits, primary and Secondary Capacities. Using this Inventory we studied an impact of personal capabilities on the development of hardiness.

In our study, we found that such components of hardiness as commitment, control and challenge

involve personal capabilities in interaction with the parameters of an existentially difficult situation.

As actual capabilities are the content of upbringing, they are formed in individuals in accordance with the needs of society. They are socialization variables, so some abilities prevail over others. This was demonstrated in our study. A person forms and develops his/her abilities depending on the micro and macro society. As a result, our sample is characterized by the following indicators. The strongest correlations were found between the hardiness and primary capacities: contact, trust, hope, and love and secondary capacities: achievement and reliability. We also demonstrated, that primary and secondary capacities as predictors have a positive impact on hardiness. The primary capacity of love is in the first place of hardiness' predictors. Depending on the physical condition, environment and time in which a person lives, these abilities are differentiated and form an unchangeable structure of essential traits. These abilities are constantly featured in everyday life in various situations.

The primary abilities ensure the development of viability as internal resources of the individual. Depending on the physical condition, environment and time in which a person lives, these capabilities are differentiated and affect the formation of hardiness.

Our research has confirmed that PPT helps individuals better understand the skills and abilities they have, and ones they might need to develop, to achieve a greater sense of inner balance, which is important for the formation and development of hardiness.

As the aim of the research was to investigate the importance of primary and secondary capacities as actual capabilities in the formation of a person's hardiness, so we did not set differences between primary and secondary capacities in this process. But this is in the plans for future research. Also, the further research should use a longitudinal research plan that will unequivocally prove that the development of actual abilities can consistently influence people's resilience, which, as a result, will be reflected in their general state of both physical and mental health.

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