

## **Application of Psychological hardiness hardiness Training To Improve On People Who Have Paraplegia due to Spinal Cord Injury**

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### **Abstract**

People who have disabilities such as paraplegia are very vulnerable to stress and depression that can lead to death, so they need to get the intervention. One way to prevent stress and depression occurs is by increasing a person's mental endurance. Mental resilience can be enhanced through the use hardiness hardiness training. Hardiness training can increase the hardiness through three dimensions, namely control, commitment and challenge. People with high hardiness will be more resistant than the pressure in everyday life so that they will be able to overcome all the obstacles that exist in everyday life so that they will not easily stressed and depressed. The study was conducted in three people suffering from paraplegia due to spinal cord injury with the hardiness level is below average according to the questionnaire dispositional resillience scale-15. Samples were obtained at a special nursing paraplegia by distributing questionnaires that dispositional resillience hardiness scale-15 (DRS-15) from Paul Bartone which has been translated into Indonesian. Translated results later tested and get results alpha coefficients 0776 for commitment dimensions, 0744 for dimensional challenge, and 0891 for dimensional control. Research carried out by quasi-experimental methods. Researchers compared the results with questionnaires before hardiness training after training hardiness. As a result, an increase hardiness in three subjects. Dimensions hardiness most increased is the dimension of control and commitment, while the dimensions of the challenge has not increased much.

Keywords: hardiness, hardiness training, paraplegia, disability, spinal cord injury