

Hardines on Mountain Climbers

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ABSTRACT

Hardiness is a personality that makes individuals stronger, more resilient in facing pressure and vulnerable to stress. Individuals with a hardiness personality believe they can control or influence events in their lives. The purpose of this study was to obtain a description of hardiness in mountain climbers. This study used descriptive analysis. The data collection technique used in this study was the distribution of scales using a questionnaire. The sample in this study were mountain climbers aged 20-30 years and had climbed a mountain at least once. The number of respondents in this study was 93 men and 31 women. Based on the results of the data collection, it can be concluded that the hardiness picture is in the high category with an empirical mean value of 46.69. Thus, it can be concluded that the level of hardiness in respondents is classified as high, which can be interpreted as mountain climbers having resilience in facing challenges and being able to adapt well.

Keywords: Mountain Climber, Hardiness, Survive