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**PREDICT HARDINESS, AND TEMPERAMENT AND CHARACTER, FOR DIVORCED  
WOMEN COPING STRATEGIES SHIRAZ**

**NAHID RAHPEYMA\* AND GHASEM NAZIRI**

Islamic Azad University Fars Science and Research Branch, Fars, Iran

\*Corresponding Author: E Mail: [nahid.rahpeyma@yahoo.com](mailto:nahid.rahpeyma@yahoo.com); Ph.: +98 9179275562

**ABSTRACT**

This study aims to predict the nature and character of hardiness, coping strategies divorcees to the city, has been done.

The population consists of all divorced women in the city, which number 132, the sampling method, the samples were chosen. The instrument was included personal views Kobasa, Cloninger Temperament and Character Inventory and coping strategies questionnaire Parker and Endler, which reliability with Cronbach's alpha, was approved.

After analyzing the data, the results showed: Challenge and Commitment, the most effective strategy is based on the forecast, the challenge is greatest role in predicting coping strategies, perseverance and modernistic enthusiasm, the most for prediction It is oriented strategy, perseverance and modernistic enthusiasm, coping strategies are most effective in predicting the damage, the omission does the most anticipated strategy to avoid the circuit.

Adaptive leader's hardiness and temperament and character personality can affect the divorced women.

**Keywords:** Hardiness, Temperament and Character, Coping Strategies, Divorcees

**INTRODUCTION**

Divorce, the disruption of the most basic structure of society, the family, and a major loss of life, is. Divorce, after the death of a spouse, the greatest need for change, to adapt

to this, the people affected [1]. Important works of divorce, psychological effects on women who are divorced is. Social studies show that, Sarsv' divorce for women, more

than men [2]. This is despite the fact that, despite the profound cultural and environmental changes, and changes in lifestyle, many divorced women deal with the threats and problems of life, no abilities are essential [3]. Because, recent studies have shown that the type of coping strategies used by individuals, not just mental health, which affects his physical well-being [4].

Since the divorce, a very severe stress, is in theory (Cognitive–Emotional Theory), cognitive, emotional, stated that, stressor events, the phenomenon are essentially personal, function and interaction of the individual with the environment, and his assessment of potential events threatening and challenging [5]. Therefore, the above approach, it is assumed that, if the stress is created, a challenging and demanding situation assessment, or does not have enough resources to cope with this situation, when a person has, the strategies To comply with these challenges is provided. Lazarus and Folkman (1991), coping strategies as a set of behavioral and cognitive responses, have been defined, aiming to minimize stress stressful situation [5].

Coping strategies can influence the family, social and personality characteristics should be. This character trait, the three characteristics interdependent control,

commitment and challenge (militant), is formed.

Another personality trait that can affect the adjustment strategies approaches Cloninger's temperament and character personalities that have been raised. Character, including a reasonable self, others and the world, and more features are included that, under the influence of environmental factors on the structure of personality, emerges. Nature, the genetic basis of emotions and learning that, through automatic emotional behavior, business, and as observable behaviors in early life, seen, and almost all life, remains constant [6].

Lipea (2001), the relationship between hardiness and coping strategies, suggests that, stubborn people, problem solving, coping and social support used [7]. In both studies it is clear that, hardiness is associated with coping strategies [8,9,10,11]. In addition to the role of personality hardiness, character studies of the role of other features, including the nature and character of the character, and its components, the coping strategies have pointed out [12,13,14,15].

Based on the theoretical and empirical literature has been done, it is likely that personality traits such as hardiness and temperament and character, they divorced women's coping strategies, influence; in other

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words, the aim of this research is to whether hardiness and temperament and character, able to predict the types of coping strategies, divorced women, are they?

Studies carried out in connection with the hardiness and coping strategies, suggest a relationship between these two variables. Hachaturova and Milana (2013), in considering the difficult personality, and coping behavior in conflict situations that, hardiness, coping strategies adapted to predict. Hardiness and its dimensions, commitment and non-compliant control strategies, correlation, and challenges, a negative correlation with coping strategies [9]. Hwang (2013), in examining the relationship between hardiness, coping behavior and commitment to a public hospital revealed that the positive correlation between hardiness and coping behavior of employees, there are also the tenacity of (Challenge and Commitment and control), with problem-oriented coping, seeking support, positive performance, relationship existed [8]. Roos (2010) found that, between hardiness and coping style, there [10].

In Iran, Dehghani and Kajbaf (2013), in examining the relationship between hardiness and coping styles, showed that, between hardiness and coping styles of problem solving, and refer to others, there is a

significant correlation [16]. Feiz et al (2001), the relationship between hardiness and coping Baastrs, showed that, between hardiness and methods of problem-oriented coping, and emotion-focused coping, a significant relationship exists [17].

Research in relation to the nature and character, and coping strategies, methods. Panayiotou et al (2014), in examining the relationship between coping and personality, showed that, agreeableness predicts avoidant coping [12], and through the mediation of avoidant coping, psychological distress was able to anticipate them. Peng et al (2012), the study of personality, coping and mental health, determined that, conscientiousness, neuroticism and extroversion with different coping behaviors, has been, and this, in turn, was related to psychological distress [13]. Moral relationship of coping with the problem circuit, positive and negative, avoidant coping, respectively, while, neuroticism was positively correlated with avoidant coping. However eccentric collectors seeking social support and avoidance coping was positively associated, respectively. Murberg (2009), to investigate the relationship between coping style, personality traits, focused and determined that a significant portion of the variance in personality, coping styles, explains, coping styles are also, in part have

contributed significantly to the variance [18]. Moller (2008) investigated the relationship between coping behavior, personality and psychological characteristics showed that the relationship between temperament and character dimensions, there are ways to cope with. In Iran, Khabaz et al (2012), in a comparative study of the role of religious orientation and personality dimensions in predicting coping mothers and children, with and without intellectual disabilities were identified, the personality dimensions, neuroticism dimension greater role in predicting emotion-focused coping in mothers of children with ID there [19]. Beshrat (2007), the study of personality and coping style, to achieve the same results [15].

#### **SUBJECTS AND METHODS**

Methods of investigation of correlation. The research sample included all divorced women in Shiraz Welfare Organization, was in 2013. The study sample consisted of 132 women in the community, and the sampling method was selected. Data collection for this study, three questionnaires was used, which include:

Scale survey Kobasa personal views and colleagues: This questionnaire is used to measure hardiness, composed of 50 articles, and by Barton, ordained, and consists of three components of the challenge (17 articles),

commitment (16) and controls (17 females), respectively.

Maddi (1998), followed by the scale factor analysis, three factors were obtained, and acceptable validity and reliability of the scale, hardiness, has reported [20]. The study Sharifi and Neimat tavousi (2009), coefficient alpha, 0.85, 0.75 and retest, have reported. In this study, the Cronbach's alpha reliability 0.74, respectively [21].

Cloninger Temperament and Character Personality Questionnaire: a questionnaire to measure personality traits and characteristics, which made through Varst (nature) and environment (nature), the people there. The questionnaire with 125 questions and seven different scales: 1 modernistic enthusiasm (novelty seeking) rewards dependence 2. 3. 4. Parhizi damage cooperation and perseverance 5. 6. 7. Navigate to your face is. Four first scales, the scale of nature, and 3 other scale, the character size, measure.

Endler coping questionnaire Parker: Parker & Endler (1990), to measure coping methods, this questionnaire was prepared, and they validate. This test is 48 words. The sum of the scores of each scale, which contains 16 articles, with regard to the selection of the response of the material, from one to five, is scored. The person, in a manner appropriate to deal specifies.

**RESULTS**

**Table 1** shows the mean, standard deviation, minimum and maximum scores of coping strategies, hardiness and temperament and character can be seen.

The results in **Table 2** show that, the next challenge is based hardiness strategy, correlation, and coping strategies, negative, at

least, there 0.01. The following hardiness commitment and problem-oriented approach, a positive correlation, at least, and avoidance-oriented coping strategies 0.01, 0.05 in the negative correlation exists between the control strategy is also based hardiness positive correlation, and coping strategies, negative, at least, can be seen 0.01.

**Table 1: Descriptive characteristics of coping strategies, hardiness and temperament and character**

Variable	Components	Count	Mean	Standard deviation	Minimum	Maximum
Adaptive Strategies	The strategy is based	132	44.67	12.50	16	69
	Coping strategies	132	50.45	10.54	22	70
	Avoidance strategies circuit	132	50.55	8.63	28	67
Existence	Modernistic enthusiasm	132	10.40	2.84	4	18
	Avoid damage	132	9.79	2.81	2	18
	Reward dependence	132	8.04	2.04	3	13
	Perseverance	132	3.30	1.05	0	5
Nature	Cooperation	132	10.02	4.55	1	22
	Self-directed	132	13.92	3.23	7	21
	Facing their	132	9.84	2.47	4	14
Hardiness	Challenge	132	4.33	9.38	20	62
	Commitment	132	38.77	8.45	18	61
	Control	132	42.54	8.59	24	64

**Table 2: Correlation matrix between hardiness and coping strategies**

Variables	Solidarity and Significant	Challenge	Commitment	Control	Strategy is based	Coping strategies
Challenge	r sig	-				
Commitment	r sig	0.746** 0.000	-			
Control	r sig	0.632** 0.000	0.652** 0.000	-		
Strategy is based	r sig	0.562** 0.000	0.555** 0.000	0.444** 0.000	-	
Coping strategies	r sig	-0.331** 0.000	-0.193* 0.000	-0.274** 0.000	-0.130 0.000	-
Avoidance strategies circuit	r sig	-0.152 0.083	-0.173* 0.047	-0.130 0.134	0.007 0.937	0.67** 0.000

Table 3: Results of regression Abadskht face adaptation strategy is based on

Vriable	B	$\beta$	t	Sig t	R	R <sup>2</sup>	F	Sig F	D-W
Challenge	0.419	0.148	2.834	0.005	0.60	0.36	23.96	0.000	1.846
Commitment	0.411	0.168	2.451	0.016					
Control	0.094	0.142	0.666	0.507					

Table 4: Results of regression hardiness adaptive coping strategy

Vriable	B	$\beta$	t	Sig t	R	R <sup>2</sup>	F	Sig F	D-W
Challenge	-0.412	-0.366	-2.835	0.005	0.361	0.13	6.382	0.000	1.5
Commitment	0.234	0.188	1.141	0.158					
Control	-0.203	-0.165	-1.454	0.148					

Table 5: Results of regression of hardiness on avoidance coping strategies circuit

Vriable	B	$\beta$	t	Sig t	R	R <sup>2</sup>	F	Sig F	D-W
Challenge	-0.04	-0.044	-0.323	0.748	0.177	0.03	1.378	0.253	1.818
Commitment	-0.129	-0.126	-0.906	0.367					
Control	-0.021	-0.021	-0.177	0.860					

Table 6: Correlation matrix between the dimensions of temperament and coping strategies

Variables	Solidarity and Significant	Modernistic enthusiasm	Avoid damage	Reward dependence	Perseverance	Problem Oriented	Coping
Modernistic enthusiasm	r sig	-					
Avoid damage	r sig	0.191* 0.029	-				
Reward dependence	r sig	0.210* 0.016	0.024 0.786	-			
Perseverance	r sig	-0.064 0.465	0.065 0.465	0.009 0.920	-		
Problem Oriented	r sig	0.221** 0.01	-0.185* 0.034	0.035 0.690	0.203* 0.02	-	
Coping	r sig	0.520** 0.000	0.213* 0.014	-0.112 0.201	-0.209* 0.016	-0.130 0.137	-
Avoid circuit	r sig	0.458** 0.000	0.356** 0.000	-0.095 0.278	-0.022 0.804	0.007 0.937	0.383** 0.000

Table 7: Results of stepwise regression analyzes of the nature of the problem focused coping strategies

Variable	B	$\beta$	t	Sig t	R	R <sup>2</sup>	F	Sig F	D-W
Modernistic enthusiasm	-0.879	-0.200	-2.291	0.024	0.331	0.11	3.896	0.005	1.578
Avoid damage	-0.609	-0.137	-1.603	0.111					
Reward dependence	-0.502	-0.082	-0.957	0.34					
Perseverance	0.217	0.182	2.165	0.032					

**Table 9: Results of stepwise regression analyzes of the nature of adaptive coping strategies**

Variable	B	$\beta$	t	Sig t	R	R <sup>2</sup>	F	Sig F	D-W
Modernistic enthusiasm	0.804 0.408	0.284 0.281	6.349 1.450	0.000 0.150	0.559	0.313	14.46	0.000	1.6
Avoid damage	-0.029	0.388	0.075	0.940					
Reward	-1.722	0.743	-2.319	0.022					
dependence									
Dependence Perseverance									

**Table 10: Results of stepwise regression analyzes of the nature of the adaptation strategy to avoid circuit**

Variable	B	$\beta$	t	Sig t	R	R <sup>2</sup>	F	Sig F	D-W
Modernistic enthusiasm	1.229 0.860	0.405 0.280	5.181 3.662	0.000 0.000	0.534	0.285	12.68	0.000	1.828
Avoid damage	-0.015	-0.004	-0.046	0.963					
Reward	0.183	0.022	0.296	0.768					
dependence									
Dependence Perseverance									

**Table 11: Correlation matrix between the dimensions of temperament and coping strategies**

Variables	Solidarity and Significant	Cooperation	Self-directed	Facing their	Problem Oriented	Coping
Cooperation	r sig	-				
Self-directed	r sig	0.500** 0.000	-			
Facing their	r sig	0.377** 0.000	-0.166** 0.058	-		
Problem Oriented	r sig	0.218* 0.01	0.149 0.088	0.245** 0.005	-	
Coping	r sig	-0.300** 0.000	-0.218** 0.001	0.101 0.250	-0.130 0.137	-
Avoid circuit	r sig	-0.243** 0.007	-0.155 0.075	0.026 0.764	0.007 0.937	0.382** 0.000

**Table 12: Results of regression character of the adaptation strategy is based**

Variable	B	$\beta$	t	Sig t	R	R <sup>2</sup>	F	Sig F	D-W
Cooperation	0.317	0.115	1.109	0.270	0.285	0.08	3.767	0.012	1.648
Self-directed	0.231	0.06	0.611	0.542					
Facing their	0.972	0.192	2.097	0.038					

**Table 13: Results of regression character of adaptive coping strategy**

Variable	B	$\beta$	t	Sig t	R	R <sup>2</sup>	F	Sig F	D-W
Cooperation	-0.504	-0.217	-2.122	0.036	0.339	0.113	5.436	0.001	1.717
Self-directed	-0.568	-0.174	-1.808	0.073					
Facing their	-0.04	-0.01	-0.109	0.914					

Table 14: Results of regression based adaptation strategy to avoid the character of the circuit

Variable	B	$\beta$	t	Sig t	R	R <sup>2</sup>	F	Sig F	D-W
Cooperation	-0.447	-0.236	-2.238	0.027	0.247	0.061	2.768	0.044	1.935
Self-directed	-0.132	-0.049	-0.500	0.618					
Facing their	-0.247	-0.071	-0.763	0.447					

## DISCUSSION

The correlation between the size of hardiness and coping strategies, the results showed that, among all of hardiness (challenge, commitment and control), with problem-focused and emotion-oriented coping strategies, there is a significant relationship, but the relationship demonstrates that the dimensions of hardiness (challenge, commitment and control), the strategy is focused on the positive and negative coping strategies associated. The present findings with previous research, including Hwang et al (2013), Hachaturova (2013), Roos (2010), Beasley et al (2002) and Kobasa (1982), have shown that the relationship between hardiness and coping line is [8,9,10,11,22].

In considering the question of how much of a problem-based adaptation strategy, hardiness predicts? The results showed that the variables of challenge, commitment and control of hardiness, can predict 36% criterion variable changes and problem-oriented coping strategies, divorced women, and the size of it, the commitment, and then the next challenge, the most The circuit is change adaptation

strategy, they predict.), Dehghani and Kajbaf (2013), Besharat (2007) and Fiez et al (2001), this corresponds [15,16,17].

In considering the question of how much of the emotion-based coping strategies, hardiness predicts? The results showed that the variables of challenge, commitment and control of hardiness, one can predict the 13% criterion variable changes and adaptive coping strategies have divorced women, and the size of it, the next challenge, the maximum rate of change of adaptive coping strategies as predicted. Based on previous studies, the relationship between hardiness and adjustment strategies, studies, this finding is in line with studies Hwang et al (2013), Hachaturova (2013), Roos (2010), Blaney and Ganelen (2007), Dehghani and Kajbaf (2013), Besharat (2007), Fiez et al (2001) and consistent with other research in one direction [8,9,10,15,16,17,23].

In considering the question of how much of the adaptation strategy to avoid circuit, hardiness predicts? The results showed that the variables of challenge, commitment and control of hardiness, the forecast 3% of

criterion variables change adaptation strategy to avoid circuit, have divorced women, who statistically not significant, i.e., hardiness, role adaptation strategy based on avoidance, does not play.

The correlation between the extent and nature of coping strategies, results showed that the post-modernistic enthusiasm nature of the problem-oriented approach, negative, and avoidance-oriented coping strategies, positive correlation, there. Parhizi between the injury and the nature of the problem-oriented approach, negative, and avoidance-oriented coping strategies, there was a significant positive correlation between the nature of reward dependence, and strategies for problem-oriented coping and avoidance-oriented, there is no significant relationship, between the aggressive nature of the problem-oriented approach, the correlation relationship between the aggressive nature and coping strategies, is negative and significant. In several studies, the relationship between personality characteristics and coping strategies, which have been studied, as a result of the present study are consistent, Richter et al (2013) and Murberg (2009), such studies are using the temperament and character, have shown, the size and nature of the different types of coping strategies, there is a significant relationship [18].

In considering the question of how much of the adaptation strategy is based on the dimensions of temperament predicts? The results showed that the variables modernistic enthusiasm, damage abstain, reward dependence, persistence aspects of the nature of the character, we can predict 11% of variability criterion adaptation strategy is based, divorced women have, and the size of it, the perseverance and modernistic enthusiasm highest change adaptation strategy is to predict circuit. In studies using Cloninger, have been carried out, the nature of the role of coping strategies can be realized, which is an outcome of the present study are consistent, Murberg (2009), such studies are using the Temperament and Character, showed the temperament dimensions can adjustment strategies, predict, including problem-based approach [18].

In considering the question of how much of adaptive coping strategies, the nature of forecasts? The results showed that the variables modernistic enthusiasm, damage abstain, reward dependence, persistence of the nature of the character, we can predict 31% of the change in the criterion variable adaptive coping strategies, have divorced women, and the size of it, perseverance and modernistic enthusiasm highest adaptive coping strategy changes as forecast. As mentioned in the

previous question, the studies that have been carried out using Cloninger (1991), the role of the strategies can be found in nature, the results of this examination are [24] consistent with previous studies, studies Murberg (2009), the study showed that using the temperament and character, temperament dimensions can adjustment strategies, predict, including the strategies, coping strategies [18].

In considering the question of how much of the adaptation strategy to avoid the circuit, the nature of forecasts? The results showed that the variables modernistic enthusiasm, damage abstain, reward dependence, persistence of the nature of the character, we can predict 28% of the criterion variable change adaptation strategy to avoid circuit, have divorced women, and the size of it, post modernistic enthusiasm and after the injury, the omission of the highest rates of change adaptation strategy to avoid the circuit, they predict. Analysis was performed using Cloninger (1991) temperament dimensions of the strategies, can be realized, the results of this question [24], together with previous studies, consistent studies, Kato and Pedersen (2005), respectively, of nature based on a strategy of avoidance, respectively [25].

The simple relationship between the dimensions of the character's personality and

coping strategies, results showed that the character after character working with problem-oriented approach, correlation, and strategies for coping and avoiding negative correlation circuit, and at less than 0.01, is significant. Between the leading character after character and coping strategies, negative, and at less than 0.01, there is, also, the next question facing policy-oriented character and personality, a positive correlation, and at 0.01, is significant. As mentioned, several studies have examined the relationship between coping strategies that character, their results suggest the relationship between the characteristics and dimensions of personality and coping strategies, which, as a result, the present study are consistent, however, in Research records, few studies concerning disposition of Cloninger (1991) personality, and coping strategies have examined [24], including the studies using the Temperament and Character, showed the character size and use of There seems different coping strategies, such as studies, have shown that the typical features Personality lead to different adaptation strategies can be [12,13,14,15,26,27,28,29].

In considering the question of how much of the adaptation strategy is based on the dimensions of temperament predicts? The results showed that the variables of

cooperation, self-direction and self-facing aspects of the character's personality, the forecast of 8%, the criterion variables change adaptation strategy is based, have divorced women, and the size of it, only to learn later on Top The circuit is change adaptation strategy, predicts. In reviewing the literature, only the study of Müller (2008) to predict the size of the character, coping strategies paid for, and specify the dimensions of the character, come later on, the most relationship-oriented strategies has led to the problem, in line with the study, said.

In considering the question of how much of the emotion-based coping strategies, character size predicts? The results showed that the variables of cooperation, self-direction and self-facing aspects of the character's personality, can predict 11% of the change in the criterion variable adaptive coping strategies, have divorced women, and the size of it, only after work, most of the changes adaptive coping strategies as predicted. In reviewing the literature, a study that can be invoked, not found, but, according to Cloninger (1991) approach to the character of the character of the working poor, it may be stated that this species, which features refused divorcees, low tolerance, a critical and cynical, and in collaboration with others, self-centered, selfish, they do not want to engage

in social activities, and it is the hallmark of hostility, when faced with stress, their, is coping strategy [24].

In considering the question of how much of the adaptation strategy to avoid the circuit dimensions predicted character? The results showed that the variables of cooperation, self-direction and self-facing aspects of the character's personality, one can predict the criterion variable change adaptation strategy to avoid circuit 6% of women are divorced, and the size of it, only after work, most of the changes avoidance coping strategies circuit, predicts. In reviewing the literature, a study that can be invoked, not found, but according to Cloninger's approach to the character of the character of the working poor, it may be stated that this species, divorcees working poor, automatically Low tolerance, a critical perspective, vengeful, individualism, oblivious to the feelings of others, and can not be excited, the suffering and pain of others, contribute to the values and goals of others, not respect. Also take revenge on someone who hurt him, enjoyed, and the physical, emotional, or financial or passive behavior revenge (this feature can switch to a new activity, and engaging with it , to be considered); divorcees have these features, most of which focused on strategies to avoid escape from difficult benefit. However,

according to the predictive (6%) should be acknowledged, other factors can be avoided strategy divorced women's circuit, affect, in this study, has not been studied.

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