

VALIDATION OF CONNOR-DAVIDSON RESILIENCE SCALE ON INDIAN MILITARY SOLDIERS

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ABSTRACT

The Connor-Davidson Resilience Scale (CD-RISC) is one of the best-known measures of resilience. The study aims to translate CD-RISC-25 to Hindi and establish its psychometric properties on male Indian Military Soldiers (IMS). The translated version was validated on two samples of $n=267$ and $n=186$ male IMS respectively. Multidimensional Scale of Perceived Social Support (MSPSS) and Ryff Scale of Psychological Well-being (RSPWB) were used for predictive validity. Confirmatory Factor Analysis revealed a three-factor solution of CD-RISC. The final version of the scale consists of 17 items and 3 factors (Determination and Faith, Adaptability and Support, and Hardiness). Hindi adaptation of CD-RISC has sound psychometric properties and might be used for people who are otherwise not comfortable in taking tests in English.

Keywords: Resilience, Connor-Davidson Scale, Hindi, Indian Military Soldiers.