

RELATIONSHIP OF HARDINESS ON QUALITY OF LIFE OF MIDDLE AGED GROUP

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ABSTRACT

The study aimed to determine how the hardiness attribute affected the quality of life for middle-aged adults. From the Kurumbalamattam region in Neyyassery village in the Idukki District of Kerala, 187 samples were chosen using systematic random selection. Standardized closed-end questionnaires like Paul T. Bartone's Hardiness scale and World Health Organization's Quality of Life Scale were used as tools for the current study. The study shows there is a relationship between the hardiness trait and the quality of life of middle-aged adults. It also concluded that female middle-aged adults, married middle-aged adults, and employed middle-aged adults have more hardiness traits and quality of life.

KEYWORDS: *Life of Middle Aged Group, Relationship & Hardiness On Quality*

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