EXAMINING THE ROLE OF HARDINESS, RACE-RELATED STRESS, AND RACIAL IDENTITY ON PSYCHOLOGICAL HEALTH OUTCOMES OF BLACK COLLEGE STUDENTS

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ABSTRACT

Few studies investigate hardiness among Black populations. Given that hardiness is a buffer to stress-related illness, through a resilience theory lens, it should be a buffer against race-related stress. Race-related stress refers to the daily experiences of racism that affect members in the Black community and negatively impacts mental and physical health. The purpose of this study was to investigate the relationships between hardiness, race-related stress, and racial identity on psychological health outcomes (i.e., depression, anxiety, self-esteem) among Black colleges students. In addition, previous studies were replicated looking at the moderating role of racial identity on the race-related stress and psychological health outcomes relationship. Findings showed that hardiness served as a moderator for both the internalized afrocentricity subscale of racial identity and the perseverative cognition subscale of race-related stress on depression. However, neither the total hardiness nor the hardiness subscales scores significantly correlated with any of the race-related stress subscales.