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ONLINE ISSN : 1349-6174

PRINT ISSN : 1348-8406

The Japanese Journal of Personality

Vol. 17 (2008) , No. 1 (2008) pp.39-49

[\[PDF \(290K\)\]](#) [\[References\]](#)**Four Aspects of Resilience: Understanding and Utilization of Intra- and Inter-Personal Resources**[Keiko Ihaya](#)¹⁾ and [Tomoyasu Nakamura](#)¹⁾

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(Received: 2007/03/18)

(Accepted 2008/02/28)

Resilience is a personality characteristic that can moderate potential damages due to harmful events. In the present study, we assumed that resilience had four aspects in regard with available resources: (1) understanding of own personal resources, (2) utilization of the same personal resources, (3) understanding of environmental resources, and (4) utilization of the same environmental resources. Therefore, we developed four scales measuring these aspects, with responses of 447 undergraduates. In addition, correlations of the four scales with Zung's Self Depression Scale indicated validity of the scales. In conclusion, we argued that the four scales of resource understanding and utilization should clarify the concept of resilience and promote empirical research on the important personality characteristic.

Keywords: [resilience](#), [understanding of resources](#), [utilization of resources](#)[\[PDF \(290K\)\]](#) [\[References\]](#)Download Meta of Article [\[Help\]](#)[RIS](#)[BibTeX](#)

To cite this article:

Keiko Ihaya and Tomoyasu Nakamura, *The Japanese Journal of Personality*, Vol. 17, p.39 (2008) .

doi:10.2132/personality.17.39

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