

Psychometric Evaluation of the Connor-Davidson Resilience Scale (CD-RISC) in a Sample of Indian Students

Kamlesh Singh* and Xiao-nan Yu**

**Indian Institute of Technology, Delhi, India*

***School of Public Health, The Chinese University of Hong Kong, Hong Kong*

KEYWORDS Resilience, Personality, Life Satisfaction, Positive and Negative Affect, Psychological Test Adaptation

ABSTRACT: Resilience refers to an individual's ability to thrive despite adversity. The current study examined the psychometric properties of the Connor-Davidson Resilience Scale (CD-RISC) in the Indian context. The sample comprised of 256 students (age $M = 22.75$, $SD = 1.36$ years) who completed questionnaire measures of trait resilience (CD-RISC), Big Five Inventory (BFI), Positive and Negative Affect Schedule (PANAS) and life satisfaction (Satisfaction with Life Scale). Original five factor solution did not get confirmation and further a four factor solution, through exploratory factor analysis, was selected as being the most suitable, namely, hardiness, optimism, resourcefulness and purpose. The CD-RISC appeared to be a reliable ($\alpha = 0.89$) and valid measure. The concurrent validity results supported hypotheses regarding the relationship of resilience to personality dimensions and life satisfaction and positive and negative affects. Resilience was negatively associated with neuroticism, negative affects and positively related to all other variables of the study.