



# Assessing Psychological Resilience Using CD-RISC and Its Correlation with Entrepreneurial Readiness in Health Students

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## Introduction

Entrepreneurial readiness among health students has become an increasingly important area of study, as the healthcare sector requires professionals who are not only clinically competent but also capable of innovation and opportunity recognition. Previous research indicates that psychological factors—particularly psychological resilience—play a crucial role in shaping students' motivation, adaptability, and persistence in entrepreneurial contexts (Lin et al., 2020; Galisteo et al., 2022). Psychological resilience, often conceptualized as the ability to withstand adversity and maintain goal-directed behavior, is commonly assessed using the Connor–Davidson Resilience Scale (CD-RISC), a validated instrument widely applied across student and health populations. Despite growing evidence linking resilience to positive academic and professional outcomes, empirical studies examining its direct relationship with entrepreneurial readiness among health students in Indonesia remain limited. Addressing this gap is essential for designing educational and psychological interventions that strengthen students' potential in entrepreneurship. Therefore, this study aims to analyze the correlation between psychological resilience, measured using the CD-RISC, and entrepreneurial readiness among health students.

## Materials and Methods

This study employed a quantitative cross-sectional correlational design to examine the relationship between psychological resilience and entrepreneurial readiness among health students. Data were collected from 280 undergraduate students using the Connor–Davidson Resilience Scale (CD-RISC) and the Entrepreneurial Readiness Questionnaire. Descriptive statistics and Pearson's correlation analysis were performed using SPSS version 25 with a significance level of  $p < 0.05$ . Ethical approval was obtained, and all participants provided informed consent prior to data collection.

## Results

The Pearson correlation analysis showed a strong positive relationship between psychological resilience and entrepreneurial readiness ( $r = 0.78$ ;  $p < 0.001$ ). This indicates that higher resilience scores were associated with higher levels of entrepreneurial readiness among health students..

**Tabel 1.** Bivariate Correlation Between Psychological Resilience and Entrepreneurial Readiness.

Variables	r	p-value	Interpretation
Psychological Resilience ↔ Entrepreneurial Readiness	0.78	< 0.001	Strong positive correlation

The strong positive correlation found in this study indicates that psychological resilience plays a significant role in shaping entrepreneurial readiness among health students. Higher resilience appears to enhance adaptability, motivation, and confidence, which are essential components for engaging in entrepreneurial activities. These findings highlight the importance of integrating resilience-building strategies into health education programs to strengthen students' entrepreneurial competencies.

## Conclusion

This study concludes that psychological resilience is strongly associated with entrepreneurial readiness among health students. Students with higher resilience tend to demonstrate greater motivation, adaptability, and confidence in pursuing entrepreneurial activities. Strengthening resilience through targeted educational strategies may therefore enhance entrepreneurial competence in health education settings.