

Research Article

THE EFFECT OF HARDINESS TRAINING OF SELF-ESTEEM AND SOCIAL ADJUSTMENT AMONG ADDICTED MEN IN RUDSAR OF IRAN

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ABSTRACT

This research has been performed to examine the effect of hardiness training of self-esteem and social adjustment among addicted men in Rudsar. The study was carried out on 200 addicted men via questionnaire relevant to self-esteem and social adjustment. The study showed 57 out of them have the lowest amount of self-esteem and social adjustment. Among them 30 men were selected randomly, that 15 as the test group and 15 as the control group. As the test group received training in 10 sessions during 2 months and the control group did not received any training. After the training in the end of a post-test was taken on both group and the result in statistical indicator of covariance analysis showed that hardiness training had been effective on self-esteem and adjustment among test group at level of $p < 0/01$. Therefore, it can be concluded that hardiness training has an effective role on improving self-esteem and social adjustment.

Key Words: *Hardiness, Self-Esteem, Social Adjustment*

INTRODUCTION

Addiction is one of the most important social deviations, which is foundation of many social damages and problems at the community level. Before drug addiction is personality and mental phenomena, it is a social phenomenon (Salami and Ghaffari, 2008). Hardiness is a set of personality traits which acts as resistance in encountering to stressful life events (Kobasa, 1982). It is difficult to break the vicious cycle of addiction and its treatment, therapy system required by a community with different approaches of drug treatment, rehabilitation and rehabilitation. Excessive emphasis on one of the aspects and leaving other cases will lead to treatment failure and high recurrence. It should be acknowledged that the most efficient way to combat with drug addiction is "prevention". Removing Family, social, economic, scholastic, mental, individual and environmental problems can play an effective role in countering and preventing addiction (Asghar and Nezhad, 1999). Lower self-esteem is including drug dependence. Self-esteem is a concept that is so used in psychology among people. In fact, self-esteem refers to values for feeling that someone has for himself (Polivy, 1997). In addition to self-esteem, social adjustment is important social-personal factors that many mental and behavioral activities of individuals can be overshadowed. Goodstein and Lanyon (1995) have described adaptation as a continuous process in which social learning experiences of person is causing his emotional needs and also provides the possibility of acquiring ability and skills through which he can be focus to satisfy his needs. Psychologists are trying to examine attribute and human characteristics that are discussed in relation to drug use. One of these major personality characteristics associated with addiction is tolerability and hardiness personality trait. In general, those who have hardiness feature, due to a sense of commitment and challenge, are surrendering less to problems and less affected by factors and external controllers. They are viewed its social relationships and interactions as opportunity rather than threat and believe that if they wish and also effort can provide groundwork for their success and community. Khatami (2010), in his study as effectiveness

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of hardiness training on happiness amount and confrontation styles to stress in orphan adolescents concluded that hardiness training is effective to improve confronting styles to stress and increasing happiness. Jomheri (2002), in a research under the name of examining relationship between hardiness and tendency to anxiety and depression concluded that everyone has three hardiness components that (commitment, control and challenge) separately were significantly inverse related to its integration, tendency to anxiety and depression. Homaei (2000), over a research with the title of tenacity and mental stress relationship of students concluded that there is a significant relationship between tenacity and mental stress. Bayazi *et al.*, (2006), in a research as “behavioral pattern of type 2, hardiness and stress correlation with coronary heart disease”, showed that patients indicated higher stress levels and lower hardiness than healthy individuals.

Mazaheri *et al.*, (2006), in research as “effectiveness of self-esteem group training on social adjustment of students”, concluded that cognitive- behavioral training was more efficacious than behavioral training. Rahimian (2007), during a study entitled examining effects of assertiveness techniques on social adjustment showed that experimental group were used assertiveness techniques more than control group. Algaz (2007) studied effect of hardiness treatment on reducing drug consumption. Results showed that hardiness decreases drug consumption in addicted individuals. Fresco *et al.*, (2007), in a research showed that hardiness training is one of the effective methods in adolescents’ depression. Soderstrom (2000) showed that there is a significant negative correlation between presence of hardiness characteristic and readiness for stress-related illness. Contrada (2010) showed that there is relationship between hardiness and how to respond effectively to mental stress and hardiness can lead to more behavioral responses to stress. Maddi *et al.*, study (1996) showed that there is a significant negative relationship between hardiness and drug and alcohol consumption. Inzlicht *et al.*, (2006), over a research proved that hardiness has significant negative correlation with anxiety and depression. Given to track record of research and study aim the following hypotheses were tested. Hypothesis 1: hardiness training is effective in increased social adjustment and self-esteem of males who suffer from drug abuse. Hypothesis 1-1: social adaptation of addicts who were trained under hardiness is different from people who were not under hardiness training. Hypothesis 2-1: self-esteem of addicts who were trained under hardiness is different from those who were not trained.

MATERIALS AND METHODS

Present study is of experimental researches kind that has been done interventional. Study population involves 200 male addicts who referred to Payam addiction give up center in Rudsar city. Among these, 87 patients who had low self-esteem and adjustment were selected and using simple random sampling method, 30 people were assigned to experimental and control groups that each group included 15 patients. Research project is pretest – posttest with control group and hardiness training package was performed in experimental group. To gathering information, Cooper Smith self-esteem questionnaires and Bell compatibility measure have been used.

1. Cooper Smith Self-Esteem test (1967) which conducted based on reconsideration on Dymond and Rogers scale (1954), compiled and prepared. This scale contains 58 articles that its 8 Articles are lie detector And its other 50 is divided on four subscales of general self esteem, social esteem, academic and family self-esteem. Poorshafei (1991) reported reliability of this questionnaire about 82%.

2. Bell (1961) Compatibility Assessment Questionnaire that was adults design has 160 questions. Adjustment Form Includes 5 separate levels of measuring personal and social adjustment: consistency in home, health adjustment, social adjustment, emotional adjustment and job adjustment.

Finally and after data collection, parametric covariance analysis test (Mankova) was used for data analysis.

Intervention Method

Hardiness training sessions held over 10 sessions of 90 minutes.

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RESULTS AND DISSCUSSION

Descriptive Findings

A) Descriptive findings: Descriptive findings of this study included statistics indexes, mean and standard deviation, which is presented in Table 1.

Table 1: Mean and standard deviation

	Test	Mean	Standard Deviation
Experimental Group	Self-esteem pre-test	21.87	3.50
	Self-esteem post-test	33.07	3.43
	Social adjustment pre-test	59.73	8.59
	Social adjustment post-test	37.27	6.17
Control Group	Self-esteem pre-test	21.93	2.15
	Self-esteem post-test	23.13	2.26
	Social adjustment pre-test	60.67	7.62
	Social adjustment post-test	57.00	7.20

B) Findings related to research assumptions: This section involves assumptions together with obtained results that are provided below.

Hypothesis 1: Hardiness training is effective in increased social adjustment and self-esteem in males with drug abuse.

Table 2: Effect size of lambda Wilkz test

Effect Size	Value	Frequency	Freedom Degree	Freedom Degree Error	Meaningful Level	Effect Size	Test Power
Groups							
Lambda Wilkz	0.105	106.548	2	25	0.000	0.895	1.000
Test							
Self-Esteem							
Lambda Wilkz	0.724	4.753	2	25	0.018	0.832	1.000
Test							
Social							
Adjustment							
Lambda Wilkz	0.675	6.023	2	25	0.007	0.745	1.000
Test							

According to table 2, 0/895 value represents effect size of conducted education in combination variable (self-esteem and social adjustment).

0/832 value represents effect size of done training in self- esteem level. 0/745 value represents effect size of conducted training in social adjustment level. since calculated effect size greater than 0/14 (or 14%) showed high effectiveness of hardiness training group, hardiness can resultant self-esteem and social adjustment. As a result, conducted training is effective in increased self-esteem and social adjustment amount separately and generally as a combination variable (self-esteem and social adjustment); hardiness teaching has been able to estimates self esteem and social adjustment level. According to table 2 results have shown that:

$F_{(2, 25)} 106/548, P < 0/000$ Wilks lambda = 0/105, partial eta squared= 0/895

The combined analysis of the dependent variable (self-esteem and social adjustment) and control group, given to calculated effect size, was And significant levels is smaller than bin Feroni alpha porridge (0/005)

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and F is also significant, So we can say that hardiness training is effective in increasing self-esteem and social adjustment.

Hypothesis 1-1: Social adjustment of addicts who were trained hardiness is different from those who have not been under hardiness training.

According to table 1 and by comparing scores of a group that received hardiness training (37/27) is less than control group (57) and difference between control and experimental groups to the amount of (-19/73) indicates that social adjustment is a test group, and according to meaningfulness of means differences with 0/99 confidence we express that research hypothesis, based on this social adjustment of addicted males who are undergoing hardiness training is different from people who are not trained, confirmed.

Hypothesis 1-2: self-esteem of addicts who were trained under hardiness is different from people who are not trained. By comparing scores means of group that received hardiness training (33/07) is more than control group (23/13) and mean difference between control and experimental groups to the value of (9/94), which represents more self-esteem in experimental group and given to significant differences between means with 0/99 confidence we express that study hypothesis based on this that self-esteem of people with physical disabilities who are under cognitive behavioral- group therapy is different from those who are not treated, confirmed.

CONCLUSION

Present study was designed and conducted to answer this research question: is tenacity training effective on increasing social adjustment and self-esteem?

After performing tenacity training intervention program to addicted males in 10 sessions and performing considered questionnaires in pre- test and post-test, it was noted that obtained findings in this study showed significant difference in experimental group and control group scores .

First, it is addressed topics about main research hypothesis: "obstinacy training is effective on increasing self-esteem and social adjustment." based on obtained results and calculated F, it is determined that tenacity training has an impact on increasing self-esteem and social adjustment. This result is consistent with Ghorbani(1994), Homaei (2000), Feizee *et al.*, (2001), Eyzakian (2004), Khatami (2010) , Weibe (1992), Florian (1995), Fresco (2007), Sara *et al.*, (2008) findings.

First sub-hypothesis: social adjustment amount of addicts who were trained under hardiness is different from those who are not trained hardiness. Based on obtained results and becoming significant of calculated F, above hypothesis is confirmed. This result is consistent and coordinated with Jomheri (2002), Taghi-Zadeh (2006), Azemode (2007), Contrada (1989), Maddi *et al.*, (1996), Santoz (2003), Cooper Smith (1967) and Hatton and Evans (2002) research results.

Second sub-hypothesis: self-esteem amount of addicts who were trained hardiness is different from people who are not trained hardiness. Based on obtained results and becoming significant of calculated F, was found that above hypothesis is confirmed. This result is consistent and coordinated with Rahimian (2007), Narimani *et al.*, (2008), Contrada (1989), Ben-Zur *et al.*, (2005) studies results.

Hardiness is an important psychological characteristic that is provide for people to deal with challenges and achieve self-consistency and accountability. Hardiness term is used about people who are more resistant against stress and are less prone to disease than others. People who have these characteristics feel usually more control over their lives, have more belong than what they do and they accept new ideas and changes. Hardliner people are considered every difficult situation as an opportunity to more attempt, prove their selves and gain new experiences. These people are trying with real understanding of their strengths and weaknesses, instead of turning to brittle or destructive social and personal behaviors make a stand against problems. Hardiness training including planning, influence on thoughts, creates a sense of responsibility, different behavior and attitude to life. This leads to a feeling of control over life and as a result, causes peace of mind, confidence to psychological-mental forces and more satisfaction and effective feeling from life.

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In recent study, psychologists in examining mental disorders and social deviations have concluded that many disorders and injuries in inability of people rooted in incorrect analysis of self, their position and lack of control sense. Familiar with concept of "control" causes people viewed their life experiences as predictable and controllable. A person who has high control believes that his destiny is at his hand and behaves such that he can influence on events. In addition, hard- liner people due to realizing their potential abilities, have high personal efficiency and a sense of competence in coping with life. They believe that they can effectively deal with events and conditions that they treat. Since they expect success persevere in duties, and often perform in high level. So hardiness teaching makes people aware of their hidden energies while dealing with life obstacles. With this feature, they learn how can overcome any defects and problems by fighting and positive thinking.

Hardliner people are aware of optimal strategies for dealing with mental damages and stresses, they have sense of ability and commitment about problems solving. They are sure by adopting appropriate methods and taking advantage of social relationships and supports, are able to fight and endure life obstacles. These people know life various changes that require re-adjustment, as an opportunity to more learn and grow rather a threat to their safety and comfort.

Hardiness training with an emphasis on short-and long-term goals, causes "optimism about environment and its events" feature will take shape. This feature makes people have "commitment" and love feeling about their environments. Therefore, hardliner people look life events in a realistic form and for this reason they are optimistic to all life events. Commitment also causes they have a sense of commitment to their environment, engage fully themselves with activities and their own works and interpret life events as meaningful experiences.

So hardiness teaching leads to people consider any kind of social relationship as an opportunity for growth and prosperity of their internal forces and instead of fleeing from interaction and social problems are blended with many of its aspects, such as work, family and interpersonal relationships.

Creating healthy and scientific environment along with interaction respect causes people to be interested in concept awareness and content of hardiness. Indeed, realizing the presence of a characteristic named "hardiness" and emphasis on its strengthen and its creation by helping education and practice is considered work strength. Finally hardiness training by creating "deep attitude change" causes people applied new and constructive ways to use their abilities for solving existing problems.

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