

PREDICTION ROLE OF HOPE FOR FUTURE IN HAPPINESS OF IMPROVED ADDICTS IN NA MEMBERS IN ZAHEDAN

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ABSTRACT

The aim of this study is to predict future for happiness and hope among improved drug users in NA members of Zahedan. The research method was descriptive and correlational predictive all addicts improved population to 1,400 was the members of N.A that method sampling was convenience. 135 questionnaires were distributed among the members of this community, as well as to determine sample size of sample with an error ($d = 0.08$) was used and for collecting data two questionnaires; Snyder's hope for the future and Oxford Happiness Questionnaire were used. The data analysis showed that there is significant positive correlation between happiness and hope for the future ($r = 0.44$) and the following scale: factor thinking ($r = 0.39$) and strategies ($r = 0.33$) and the results of stepwise regression showed that in the first step, functional thinking 0.15 and in the second step, factor thinking and strategies predict together 0.20 of happiness addicts in NA.

Keywords: hope for the future, happiness, addiction, NA Association

INTRODUCTION

Drug addiction is a widespread problem across the world (Wang *et al.*, 2014) is as one of the most important public health issues of our time ,because the drug increases the value of the loss of personal health, public health and social life (Ersche *et al.*, 2012). Addiction is a physical illness, mental, social and spiritual and fundamental problems in society (Galanter, 2006). The problem that has destroyed millions of lives and massive capital spending of national struggle, treatment and harm caused by the (Khalatbari and Bazrganian, 2011). Research on drug abuse in the country and abroad are numerous and various research annual leave in connection with various methods of treatment done (Momeni *et al.*, 2014).

Among the common treatments include (inpatient treatment, residential programs, daily centers, residential, outpatient treatment centers, methadone clinics and Narcotics Anonymous). Narcotics Anonymous one of the ways that people in this forum their success in durability of purity, hope to have the resources and skills to deal effectively with life events confirmed have (Jason and Keys 2008, quoted by Beigi, Farahani, Mohammad Khani,2011). Narcotics Anonymous also an important role on Hope and Happiness of its members. Hope, feature of life that makes us better tomorrow Search (Hussain, 2009). Hope as a man coping resources to cope with the problems and even diseases considered incurable (Taheri, Tajrishi, mSoltani, 2012) and one of the positive factors affecting the productive and healthy life expectancy and hope in life (Elahi *et al.*, 2014), and the happiness of important human needs is a major influence on the formation of character and Mental Health's (Borjali and Sohrabi, 2012).

Happiness is feeling that everyone wants, but very few people to obtain it (Maleki, 2000). In study of Babaei and Razeghi (2012) found that if drug addicts in centers and associations, remain for treatment, a method of intervention is much more effective than other methods to improve the quality of life and mental health in them and Azizi and Aidalina (2015) found that community health research is a good alternative intervention in drug abuse than other methods of treatment, which leads to improving the quality of life of the drug.

Considering the importance of life expectancy and happiness in the lives of addicts and given that the Association NA, one of the most effective interventions to treat addiction, this research seeks to answer

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the question whether the relationship between Hope and happiness improved drug users in NA members of Zahedan?

MATERIALS AND METHODS

The study was descriptive, correlational was predicted. The population of all addicts have improved a member of the NA in Zahedan were 1,400. In this study, sampling, were available and 135 questionnaires were distributed among the members of this community, as well as to determine the sample size of the sample with an error ($d = 0.08$) was used.

Data Collection

1. Snyder Hope Scale

Hope Scale Schneider according to Schneider hope, hope the measure as a relatively stable personality trait assessed. The scale on all subjects, including patients for people over 15 years old and over used. The range of test scores 8 to 64. This questionnaire has 12 fully right up to the range of options that can be completely false. The questionnaire scoring options as follows (strongly agree = 8, 7 = strongly agree, agree = 6, slightly agree = 5, slightly disagree = 4, 3 = disagree, strongly disagree = 2, strongly disagree = 1 whole the test scores are between 8 and 64. 8 represents the lowest level points score of 64 indicates the highest level of hope and promise. Schneider through the test-retest reliability of the scale thinking after three weeks vary from 850 and for operating 81/0 and 74/0 strategy report (Snyder, 2000). Kermani *et al.*, (2011) research on the reliability of Cranach's alpha for the total scale practices 0.86, 0.77 and in scale factor for sub-scale thinking, strategic thinking 0.79 reported.

2. Oxford Happiness Questionnaire

Oxford has 29 female test measures the amount of individual happiness. Who scored all the options were (i: 0, B 1, C-2, D 3) is. The highest score of the subject can be obtained on this scale, with 87 representing the highest level of happiness and the lowest score of the scale is 0, which confirms the subjects of life and depression unhappy person. The test is between 40 and 42 is normal. Argyle *et al.*, (1995), 0.90 reliability, Cranach's alpha and test-retest reliability of Oxford to help 0.78 has reported it in seven weeks. In this Alipour and Agah Harris (2007) Evaluation of internal consistency showed that all 29 statements listed OHI total scores were highly correlated. Cranach's alpha for the inventory was equal to 0.91.

RESULTS AND DISCUSSION

Results

Descriptive statistics of the sample based on age, gender and education in the following is provided in Table 1.

Table:1 Descriptive Statistics of the Sample Based on Age, Sex, Education and Marital Status

Variable	Categories	Frequency	Percentage
Age	25-30	26	19.25
	30-36	33	24.44
	35-41	66	44.88
	40-45	10	7.40
Gender	Male	67	49.62
	Female	68	50.37
Education	illiterate	34	25.18
	Primary	23	17.03
	Secondary	33	24.44
	High school	30	22.22
	Diploma	5	3.70
	Upper-diploma	5	3.70
	BS	5	3.70

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In order to analyze the data related to the main research question, Pearson correlation coefficient and stepwise regression is used when the results are presented in the following tables.

Table 2: The Results of the Correlation Matrix Hope for the Future with Improved Drug Happiness Member of the NA

Variables	1	2	3	4
Hope	1			
factor thinking	0.66**	1		
Strategies	0.70**	0.55**	1	
happiness	0.44**	0.39**	0.33**	1

As can be seen in Table 2, there is significant and positive correlation between happiness and hope for the future ($r=0.44$) and the following scale: factor Thinking ($r=0.39$) and strategies ($r=0.33$) at $p \leq 0.01$.

Table 3: The Results of Regression, in Order to Predict Future Happiness by Changing Expectancy

Step	Variable	R	R ²	Adjusted Square	R F	Sig.	B	β	T	Sig.
First step	factor Thinking	0.39	0.15	0.14	13.66	0.000	0.15	0.39	2.83	0.001
The second step	Thinking factor Strategies	0.45	0.20	0.18	15.98	0.000	0.15	0.30	4.92	0.000

In the first step is thinking component factor 0.15 and 0.20 in the second step with the thinking and strategies of the variance in happiness addicts improved forecasts forum addressing. The beta standardized coefficients show in increments of one standard deviation below the scale of thinking and operating strategies, happiness addicts in the community were improved altered 0.30 and 0.25.

Discussion

In addition to abstinence in drug addicts, the consequences of addiction treatment is of great interest, and issues such as the hope for the future and happiness of people is important in recovery. Hope for the future of human life is the most important motivation. Hope, a source of dynamism and progress in human life, because if someone was willing to do, to achieve and backgrounds to achieve their goal to provide. Hope helps people achieve their goals (Alizadeh, 2012).

Regarding the role of hope for the future and happiness and influence Narcotics Anonymous results showed a positive relationship between happiness and hope for the future ($r = 0.44$) and the following scale: Thinking factor ($r = 0.39$) and strategies ($r = 0.33$) NA Member in there and then step wise regression analysis to predict happiness by changing the scale of hope for the future indicate that the first step is thinking component factor 0.15 and 0.20 in the second step with the thinking and strategies of the variance in happiness addicts factor improved forecasts forum addressing. The beta standardized coefficients show in increments of one standard deviation below the scale of thinking and operating strategies, happiness addicts in the community were improved altered 0.30 and 0.25.

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In this regard, a study by Khaledian *et al.*, (2014) that results showed that there were group therapy is effective in reducing depression, drug addicts and Abidi zadegan (2008) found that those taking methadone cognitive problems and quality of life low and obvious suffering. Also results of this research was consistent with study of Azizi and colleagues (2015) and Babaei (2012).

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