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COMPARING THE RELATIONSHIP BETWEEN PESSIMISM AND SELF-ESTEEM AMONG SHAHED AND NON-SHAHED STUDENTS OF RASHT MEDICAL SCHOOL

***Javad Khalatbari**

Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran

**Author for Correspondence*

ABSTRACT

General health of individual is always influenced by different factors such as pessimism and self-esteem. Present survey is done to investigate the relationship between people general health and pessimism and self-esteem among shahed and non-shahed students of Rasht Medical School. 94 shahed students (51 m and 43 fm student s) and 97 none-shahed students (25 m and 62 fm) were elected accidentally in this survey, general health question on yes of gold berg (containing 28 questions), back pessimism (whit 20 questions) and cooper smith (58 questions) were used for analyzing data, i-test of in depended groups, two variance analysis test and multi analysis regression were used. 1- there is a significant relationship between general health and pessimism and self- esteem. 2- The amount of pessimism is higher among shahed students than non-shahed students. 3-self-esteem of shahed students is lower than non-shahed students. 4-pessimism in shahed students is higher than non-shahed students. Shahed students' possession of special advantages and social support causes their general health promotion. The negative effect of simulative pattern hurts male students more than females.

Key Words: *General Health, Pessimism, Self-Esteem, Student, Shahed*

INTRODUCTION

General health that is considered in WHO as state of being good physically, mentally and socially, is an issue that has made a lot of questions and recent researches about mental and general health, have shown the close relationship between psychological and personal factors with being healthy.

Aristotle believed that some psychological processes cause illness, than some of the researchers identified some psychological-mental illness such as ulcer, hypertension, asthma, etc. Then, illnesses are categorized into two categories: the illnesses that are made because of physical factors and illnesses that have mental base. Dimanteo (2004) believes that being healthy is not substantially lack of illnesses, someone maybe pathologically healthy but is not healthy. It means that any change that is physically made in a person and he/she knows it as abnormal, indicates that the person is not healthy.

Sometimes psychological-social motives cause mental pressure and this pressure effects directly on body chord and immune systems. Behaviors, customs and styles of living also can affect state of being healthy or unhealthy. One of the major factors that is very effective on individuals state of being healthy is pessimism. Mcarthur (2001) divides pessimism into two groups of conditional and gravitational pessimism. In gravitational pessimism the person tendency is so that he/she wants to consider the results of events as negative and conditional pessimism is when someone expects a specific situation to be negative and also it is believed that pessimist person analyzes whole of the world as negative and is often waiting for negative results-so, someone has negative perception toward people and event around himself/herself, so he is waiting for being betrayed by others and expects other things to hurt him.

Different researches show about the relationship between general health and pessimism that pessimism is considered as those psychological processes that may cause different physical and mental illnesses. Kiwimaki and Vantera (2005) analyzed 5007 employees close relative death. Results showed that those people who were very optimist in their lives, were less effected to the patience and were remembering less fatal events in compare is on with pessimist people. Kuizansky and Kubzansky (2004) showed in a

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study that pessimist and optimism form a some pole that high optimism pole is in accordance with high healthy pole and high pessimism is in accordance with high disorder pole of being health. Keren (2003) investigated the effect of pessimism and anxiety on hypertension. The results showed that pessimist and impatient people had higher hypertension in accordance with optimist people. Peters on (2000) considered the opposite side of pessimism, i.e. Optimism as a substantial aspect of human nature and stated that optimism causes hardworking, advance other issue that can be mentioned in field of being healthy is self-esteem that is one of the most important and substantial needs of a progressed and sound person. Self-esteem or persons state of being important is person's satisfaction. Junter (2006) considered self-esteem as person's perception toward him in physical, mental and emotional aspects. Franken (1994, quoted by Sadral-Sadat (2001) considers self-esteem as a pride and honor that someone may feel when he/she meets his/her needs. A majority of previous studies in students of schools and universities have shown a positive relationship between general health and its subordinates (such as anxiety, insomnia, physical problems) with self-esteem and pessimism in person with father is an important issue in persons without father and especially in an iranian nation in shahed people. Among surveys related to this field (Hadadi and Androtan 2007) showed no significant relationship between two groups of shahed and non- shahed people but there was a significant emotional intelligence between these two groups. Mohammadian (1996) showed a significant relationship about self-esteem between shahed and non-shahed boys. The result of this survey that self-esteem of shahed boys is higher than non-shahed boys. Najarian and Nabi; Pour and Faraji, 2001) investigated the education performance and mental and physical health of high school students who whether had or did not have father that those who did not have father but possessed high social support had better physical and mental health in comparison with those who did not have either father or social support. Ghanbari Najafabad (1995) found out that the amount of shahed student's depression is higher in shahed students rather than non shahed students. He also understood that depression of shahed boys was significantly higher than shahed girls. Qahari *et al.*, (2003) realized in a survey about shahed children that shahed girls suffered from mental disorders less than shahed boys. Jill and Marn (2004) showed in their survey that self-esteem was more vulnerable in shahed boys rather than shahed girls.

As it was shown in previous surveys, investigating different psychological aspects of children without father had concerned many of researchers' minds but considering the relationship between those children general health with two variables of pessimism and self-esteem, especially in shahed students of universities who were a particular after imposed war was not investigated property. The surveys, as mentioned before, were related to children without father and the effectiveness of lack of father has been investigated. But in iran shahed children are a special group of people whose fathers were martyred because of their ideologies about islam and iranian revolution and considering this issue that whether not the role of martyrdom value in islamic and iranian culture can eliminate the negative effects of lack of father, is important. So shahed children may be better than other father less or even those who have father in aspects such as physical health, life hope and self-esteem. Lack of father maybe destructive in one side, but it may also be effective to think about the martyrdom value in islam and iranian culture, therefore those destructive effects will be eliminated. So considering the health fullness state self-esteem and kind of shahed student s point of view about word and events and comparing them with non-shahed students can provide them with educational planning and university consultation in order to maintain or promote their general health, self-esteem and optimism, because shahed students form a part of medical university members of the country the can play a significant role in community health fullness. So this survey aims to investigate the relationship between general health and self- esteem and pessimism of shahed students and comparing them with non-shahed students of Rasht Medical University.

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MATERIALS AND METHODS

The survey population contains all and female students of Rasht medical school that are about 8000. The sample contain 94 shahed and 97 non-shahed students. The way of sampling has such that after reviewing list of male and female students from Rasht medical school, 42 female and 51 male students were selected by accident. The sampling method among shahed and non-shahed students was selected according to multi level cluster method and among all colleges, 3 medical, paramedical and pharmacological colleges were chosen and all the colleges' classes were selected like this and finally 25 male and 62 female students were also elected according to this method.

In this survey, for analyzing the amount of general health, a form of gold berg questionnaire (1988) was used that contained 28 questions. This question is formed of four sub test that each one includes 7 questions.

Questions 1-7 are related to physical signs subtest; questions 8-14 are related to anxiety and insomnia sub test; questions 15-21 are related to sub test of conduct disorder and questions 22-28 are related to depression subtest that all of them show the physical-mental conditions of people during last month. All questions contain 4 responses. The marking method for this questionnaire is according to (0, 1, 2, 3), so that the lowest mark indicates high general health—so, the people's mark is different between 0 and 84. Taqavi (2001) investigated 75 students of Rasht medical in order to analyze the reliability of questionnaire. Reliability of the questionnaire was analyzed through three methods of resurveying, descriptive and chronbach that the reliability of their coefficients was 0/70 and 0/90, respectively. Taqavi (2001) also used the correlation method of subtests of this questionnaire by general work and analyzing the factors in order to investigate the validity of the questionnaire. The correlations between sub tests of the questionnaire and general mark were satisfactory and were different between 0/72 and 87. The results indicate factors such as depression, anxiety, conduct disorder and physical disorder in the questionnaire that clarified more than 50 % of the whole of test variance. In order to analyze the amount of student's pessimism, Beck pessimism scale (1992) was used. Since Beck considers pessimism and hope lessens as two related factors especially in depressed people and shows the relationship between them as positive and significant ones; so hopelessness is presented as pessimism in this study. Beck hopelessness scale contains 20 questions. Each of the questions contain two answer of "yes" or "no" and marking is so that number one is given to the choices that present optimism. Godarzi (2002) has gained the reliability of these two scales after passing two steps. First, because of investigation the reliability of Beck scale through resurveying method, he twice investigated a group of 85 students of Rasht medical university. Peterson correlation was $r=0/71$ for first and second tests and at level $p<0/0001$ was meaningful. This correlation indicates the suitable validity of the test through resurveying method. Godarzi (2002) also has gained the correlation of the scales through chronbach method with correlation of 0/79 that it indicated internal sameness of the scale and he used this method to reach the reliability of the scale, because pessimism is one of the features of depression and there must be a positive relationship between subjects marks in Beck hopelessness scale and depression questionnaire. Calculation of Peterson correlation showed that it is statistically significant ($p=0/000$, $n=26$, $r=-0/57$) i.e. more depression, more pessimism.

In order to analyze the amount of self-esteem, self-esteem questionnaire of Cooper Smith (1976) was used. Cooper Smith has prepared this questionnaire containing 58 questions, and 8 of those questions are identifiers of lie. Answers of subjects are "yes" or "no" so that any of them select an answer according to his situation and domain of marks vary from zero to 50 that higher mark indicates higher self-esteem. Ibrahim (1991) has investigated the reliability of the questionnaire between school and university students that reliability of the questionnaire coefficient between them is reported as 0/80 and 85 respectively...reliability of the test, i.e. its materials analyze the self-esteem word, are proved by professors of psychometric, methodology and statistics.

In order to determine the role of predictive variables (pessimism and self-esteem) in predicting and clarifying the variance of main variable (general) health multi analyzes regression was used. In order to compare general health pessimism and self-esteem among shahed and non-shahed students, t-test of

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depended groups was used. In order to determine the moderating role of gender in lack of father on general health and self-esteem the analysis test of variance with two factors was used.

94 shahed and 97 non-shahed students were investigated in this survey. Table 1 shows descriptive data related to variables of general health pessimism self-esteem between shahed and non-shahed students.

Table 1: Description data related to variable investigated in this survey.

Group	Variable	Average	Standard Deviation	Max.	Min.
Shahed Students N=94	General	54/4	19/33	82	13
	Pessimism	14/82	2/75	19	2
	Self-esteem	35/44	6/17	47	20
Non-shahed Students N=97	General health	53/60	26/64	82	11
	Pessimism	11/74	2/04	16	2
	Self-esteem	27/75	5/21	48	21

In order determine the role of predictive variables (pessimism and self-esteem) and clarifying variance of main variable (general health) multi analysis regression was used in three steps. At first step the predictive variable of pessimism was significant and the result of this analysis shows that pessimism variable presents 38 percent of general health variable variance. At second step the predictive variable of self-esteem was analyzed by regression analysis. The result of this analysis indicates that self-esteem variable presents 2/6 % of general health variable variance. At third step, the variables of self-esteem and pessimism were analyzed by regression analysis at the same time. The result of this analysis indicates that addition of self-esteem to pessimism variable has no new share in determining general health variance (Table 2).

Table 2: The results of general health variance.

Determining variable coefficient	R	F	t	beta coefficient	R coefficient
0/38 step 1:pessimisim	0/61	115/86 ***	10/76***	0/61	4/27
0/026 step2:self-esteem	- 0/16	5/12*	7/28	0/65	-0/65
0/28 step3:pessimism	0/61	57/68***	10/36***	0/61	-4/34
-0/28	-0/07	-0/06		self-esteem	

* $p < 0/05$, *** $p < 0/0001$

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For comparing two groups of shahed and non-shahed students because of general health pessimism and self-esteem amount the t-test of depended groups was used that its results are shown in Table 3.

Table 3: The results of t-test about comparison of marks average of general health pessimism and self-esteem of two shahed and non-shahed groups.

	Number	average	standard	t amount	freedom
	deviation		scale		
Shahed	94	52/04	19/23	0/13	189
Genera health					
Non-shahed	97	53/60	26/64	0/13	189
Shahed pessimism	94	14/82	2/75	7/25***	189
Non-shahed	97	11/74	2/75	7/25	189
Shahed	94	35/44	6/17	-2/17**	189
Self-esteem non shahed	97	27/75	5/21		

** $p < 0/01$, *** $p < 0/001$

According to table 3, the results of test has not been significant in comparing general health of shahed and non-shahed students and it is concluded that there is no significant difference between shahed and non shahed students.

Results of t-test about comparison of shahed and shahed student's pessimism and self-esteem seem significant. This conclusion indicates that shahed students are more pessimist than non-shahed students and self-esteem of shahed students is lower than non-shahed students.

The test of analyzing variance with two factors was used in order to determine moderating role of gender thanks to father loss on general health and self-esteem of shahed and non-shahed students and its results are presented in tables 4, 5 and 6.

Table 4: Test of analyzing variance with two factors in order to investigate the moderating role of gender as result father loss on general health.

Resource	Plural of squares	Average of squares	freedom scale	F relation
Direct effect of lack /existence of father	211/78	211/78	1	0/40
Direct effect of gender	226/12	226/12	1	0/43
Effectuated of relationship between lack or existence of father and gender	5172/95	5172/95	1	9/92*
Error	97504/08	5211/41	187	

* $p < 0/01$

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Table 5: Analytic test of variance with two factors to analyze moderating role of gender because of lack of father on self-esteem.

Resource	Plural of squares	Average of squares	freedom scale	F relation
Direct effect of existence lack of father	324/07	324/07	1	10/73***
Direct effect of gender	125/73	125/73	1	4/16**
relationship between lack or existence of father and gender	371/23	371/23	1	12/29***
Error	187	30/19		5647/03

** $p < 0/01$, *** $p < 0/001$

Table 6: The average of general health and self- esteem of two groups of shahed and non-shahed students according to their gender.

group	Sex	health average	self-esteem average
Shahed	Female	48/15	37/50
	Male	61/02	22
Non-shahed	Female	27/22	56/64
	Male	28/51	48/22

Father

As table shows father existence-lack of existence and gender have a cooperative effect on students' general health and this result shows that effect of father loss is different males and as above averages in table 6 shows the effect of this loss on shahed male is stronger than shahed female students. So gender has a moderating role because of father loss on general health.

As table 5 shows beside significant effect of relationship between gender and lack /existence of father on students' self-esteem, lack /existence of father and gender have a significant effect on students self loss of father varies between males and females and as averages of table 6 show the negative effect loss is stronger in shahed male students rather than shahed female students. So gender has a determining moderating role because of father loss on self-esteem.

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CONCLUSION

The result of relationship between general health and pessimism showed that these two variables have negative relationship and this finding is in accordance with results of Jay Keren (2003); Peterson (2000); Vickerz and Vogultanze (2000); Kohsar *et al.*, (2009; Mohammadion and Sediqe (1996). It seems that as previous findings have shown one of the personal characteristics that can affect physical and mental health is pessimism that is someone point of view about word and events that causes hopelessness and depression that any kinds of depression (whether severe or not) cause any sorts of physical and mental problems such as physical complaints, social and interpersonal behaviors and anxiety that all of them are indicators of general health in goldberg general health questionnaire so that any of these can be related with negative relationship. In survey there was a positive relationship between general health and self-esteem that are related with finding of survey of nisi, Shahni Bilaq and Faranbandi (2005). Nisi and Shahni Bilaq (2001), man and house man (Lovi *et al.*, 2005; Qahari *et al.*, 2004; Taqavi and Reza, 2001) about clearness of the that a person has about his/her abilities characteristics and potentialities, and potentialities and is a proving and important scale that someone feels about himself/herself so whoever who has a high self-esteem is more powerful in showing his abilities when he/she has relationship with other people and does not let anxiety and depression (that are the indicators of general health)over come him /her. In addition, this survey results of comparison between shahed and non-shahed students. These results are same with findings of researches of Hadadi *et al.*, (2007) and Qanbari Najafabadi (1995) and are not same with Roberts (2002). One of the clear points about the matter may be receiving social supports and paying attention to affaires of shahed sons from boniade shahed (a place where some special facilities are provided for children of those people who has been killed because of their ideas and country) as well as receiving proper educational tools and advantages such as providing shahed children with special share for entering university and giving them different facilities that these supports and promotions of martyrdom in our culture as well as respecting the families of martyred people can considerably decrease created among shahed students and eliminate negative effect of lack of father among them the survey results also showed that in case of pessimism and self-esteem pessimism is more stronger in shahed students than non-shahed students and also the self-esteem of shahed students is lower than non-shahed students. These finding and findings of Mohammadion (1996), Marshall (2001), Lea *et al.*, (2006), Qahari *et al.*, (2003) are the same. About this findings it can be said that since shahed and non-shahed students in common universities and high educational and social centers and they may compare themselves with people who have father, they may feel such a short coming and loss in their family so that they may be pessimist toward the world around and themselves and their self-esteem decrease. Another reason can be this that era of information technology and access ability of internet encounter students specially shahed ones with massive amount of negative propaganda and a and getting influenced by different ideologies and ideas, their points of view toward the world around may change. The findings of survey also showed that gender has a moderating role and effect student's general health because of father loss that those findings are in accordance with survey findings of Qahari *et al.*, (2003), Williams (1999) and Lea *et al.*, (2006). One of the clear nesses that can be suggested is that loss of father as a base, destroys samplings of children and even may put children in difficult economic, social and moral situations as deputy of father so shahed male students stress will be increased and their signs of anxiety insomnia and depression may be more evident than females and it may endanger shahed males general health. Finally the findings of present survey showed that gender has a moderating role on shahed student's father loss that these finding and finding of Bleck and Hocan Robert (2003) and Jill and Sara (2004) are the same. One of the clearness's about the matter is that because comparing son and father is the basic factor of sound growth, feeling of use fullness and showing obtaining masculine manner pattern and in addition a close relationship between son and father cause growth of son internal source and play a role in socialization and improvement of self-esteem (Shill 2003) so lack of father as simulating source can destroy self-esteem of males than females. In general father can make some difficulties for family survivors by discomposing economic social and educational relations. Shahed children also may be

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related to that and experience negative effects of father loss, so, considering different behavioral and personal aspects in temporary surveys seem necessary and important.

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