

Relationship of Personality Traits (Five Factor Model), and Self-Concept with Quality of Life for Graduate Students at the Islamic Azad University of Kermanshah

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ABSTRACT

The purpose of this study was to investigate the relationship between personality traits (five factor model), and the concept of quality of life for graduate students at the University of Kermanshah. For the purpose of this study, descriptive and correlational. Community of graduate students at Islamic Azad University of Kermanshah, who are trained in the 2015-2014 school year, in the fall. The number of 391 subjects of graduate students at Islamic Azad University of Kermanshah, in studying the 2015-2014 school year, for example, were selected randomly. To analyze the data, descriptive statistics parameters, including frequency, mean, standard deviation, and the statistical index that includes the Pearson correlation and regression analysis has been used. To obtain the data, SPSS-19 software was used. In this study, three instruments, including the Big Five Personality short form, questionnaire Rogers Self- Concept, and quality of life questionnaires were used. The results showed that, between Character traits and a number of quality of life, a significant relationship exists between Self-Concept and quality of life, there is a significant relationship. To predict the quality of life, based on personality traits and Self-Concept of the stepwise regression analysis was used, the results showed that, there is the regression analysis, and personality traits, Self-Concept, can be predicted their quality of life.

KEYWORDS: character traits, the five-factor model, Self-Concept, quality of life

INTRODUCTION

What, above all, in the opinion of psychologists in discussions personality, attention, and individual differences. The characteristics of a person, the person's distinctive blend of every human being, and the three characteristics of individual cultural Typical - form. Allport (1961) argues, is a psychosomatic character of the dynamics of the system, and determines the specific behavior and thoughts. Five dimensions of personality, including: neuroticism, extraversion, Openness, adaptability, responsibility (John, 1990 quotes of Parvin), is. Another variable is the study concept, mental image per person and includes all one's understanding (appearances and values and beliefs), is. The impact on individual behavior, and when you use the word "I" is used, it refers (Tanner, 2000). In other words, the general view of the self, the self, and the inclusion of positive points and weaknesses of the person (Mosharraf R & et al., 2007). The other variable, character and self-respect, it can be calibrated with the quality of life, Savatzky (2002) also argues that the term quality of life refers to a multidimensional construct that comprises the person perspective, the overall quality of your life, and the assessment of the specific components of quality of life, including physical, psychological and social well-being. Overall, in this study, the relationship between personality traits (five factor model), and the concept of quality of life are examined. Over the past two decades, quality of life, which is a multidimensional concept, one of the most important research topic, objectives, expectations, interests, standards, and life experiences ", this means that the definition is broad, physical health status, mental status, independence, social relationships and personal beliefs, affect (Cadena JM & et al., 2003). King and Hinds (quotes of Mir Shmsi), the quality of life does not know how to live, including exclusive individual differences, and can distinguish them from each other (Mir Shmsi, 2009). Campbell, Converse, and Rodgers (1979) of his life, areas of experience knows that, for all or most of them are important, and to some extent contribute to the overall quality of life experience. They also express aspects of life, such as physical, psychological and social life can be, depending on the individual's level of satisfaction with the overall quality of life will be

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evaluated (quoted from Savatzky, 2007). Falv (1990), the four basic dimensions of quality of life, as psychological (mood, emotional stress, coping with illness), social (relationships, social activities - recreation), employment (paid and unpaid work) and physical (mobility, pain, sleep and appetite) state (quoted Ogdan, 2004). Quality of life, which is influenced by several factors, among them the individuals cited. The major personality dimensions, and his psychological structure, which helps to shape his life. In recent decades, some of the traits of character and using sophisticated statistical techniques, such as factor analysis, were able to take their proper place among specialists (Amrayi *et al.*, 2011). One of the most efficient and most comprehensive theory of personality, Costa & McCrae's five-factor theory. According to this view, a hierarchical structure with 5 main characters, and the curtailment of the highest order, the lower level components or attributes. Five main characters, including Neurotic tendency, extraversion, openness, agreeableness, and conscientiousness. Neurotic tendency the tendency to experience anxiety, tension, its gastronomy, hostility, impulsiveness, shyness, irrational thinking, and low self-esteem shed. Extraversion tend to be positive, determination, mobility, kindness and being social. The experience of the desire for curiosity, art show, wisdom, flexibility, intellectual and innovation. The desire to return pleasant, kind, generous, loving trust, empathy, loyalty and obedience shed. Conscientiousness also included, tend to be organized, efficient, reliable, self-restraint, progressivism, and meditation is oriented logic (Korotkov D, Hanna E., 2004; McCrae and Costa, 2003 (the character from a different perspective, examined located, and each of these views, according to the philosophy and principles underlying their characters have been defined. McCrae and Costa (2003), believe that the character comes from an internal source. the this vision, personality traits are more influenced by biological factors, the experience of life and prosperity of the basic tendencies in the environment, the lifetime of the individual tendencies, both the concept and the characteristics of the catch (attitudes, personal goals, self-efficacy, etc.) affect. A well-known typology, the five-factor model of personality traits, Goldberg (1992). These factors neuroticism, extraversion, openness, agreeableness, and conscientiousness are. Research has shown that extraversion and neuroticism, the highest mean relationship with subjective well-being is. extraversion and positive relationship between subjective well-being, and negatively related to neuroticism and Welfare (Kosyns and Hans, 2001, quoted by the MAC rent and Costa, 2003 (also another variable that affects the quality of life of the individual, is the concept that Self-Concept is a set of attributes and abilities, attitudes and values that a person believes he describes it (Mohammadi, 2008). The self, of one's self is understood that, as a result of the experience of the individual with the environment, and his relationship with others is formed (Rein and Cunningham, 2008). The concept may be one of the very weak or negative to very strong and positive change, people who have a positive Self-Delusion, sense of accomplishment, and in compliance compatibility with the world around her, have been able (Carvin, 2000) concept the mental health professional is very important, because the thought of his personality, greatly determines imagine him about his environment. If your idea of positive and relatively balanced, the person has mental health, and if the contrary, a negative Self-Concept and unbalanced person, he is known to be mentally unsound (Hoseinia A., 2001). Concept is psychological in nature, and includes feelings, assessments, attitudes, as well as descriptions of the self. Self on the one hand to the exterior, with personality and behavioral characteristics of individuals and on the other hand, internally through the sense of self, and the world around them and in relation to the others (Rein and Cunningham, 2008) the number of researchers also, the relationship between extraversion and neuroticism, and quality of life have studied. In the study by Morrison (1997), a positive relationship between quality of life and extroversion, neuroticism significant and negative and significant (Gibbons, Crits-Christoph, Barber, Stirman, Gallop, Goldstein, Temes & Ring-Kurtz, 2009). Kinderman, Huijnen, Goossens, Roelofs, Verbunt & Vlaeyen (2011), suggest that avoidance behavior predicted higher levels of disability, and low quality of life. According to the title, the character, concept and quality of life, so the study was to determine the relationship between personality traits (five factor model), and the concept of quality of life among students was conducted.

Students achieve educational goals, and their personal lives with enormous challenges encountered. When such experiences are negative, detrimental effect on motivation, academic performance, health and overall well-being and their lives, leaves. Since the need for attention to the quality of life for students, with an emphasis on the five personality factors, and the concept is very important. The Big Five model of personality, for researchers interested in identifying the underlying individual differences in personality, as a fundamental discovery seems (Goldberg, 192014; quoted

Korotkove & Hannah, 2004). Research and Hayes N, Joseph S. and Widiger TA. And Widiger TA, Seidlits L., the influential factors on health, showed that individuals can adapt most important factor influencing the quality of life and make them count, decrease or eliminate the symptoms of mental disorders, plays an important role (Hayes N, Joseph S, 2003; Widiger, 2005; Widiger TA, Seidlits, 2002), so the characters are strong subjective judgments about quality of life, because the character of a long-standing feature and the quality of life is variable. The results of the callus and colleagues (2005) showed clearly that health and other variables involved in explaining the variance in quality of life, and quality of life significantly, with associated health consequences (quoting Savatzky, 2007). According to the title, the character, concept and quality of life, and the students of each country, more and more privileged groups of the population are considered to be those in our study were selected. Also, given that, in the study of factors affecting the quality of life and self, the less the role and most important of all, the role of personality is important. The present study aimed to investigate the relationship between personality traits (five factor model), and the concept of quality of life among students. The results of this study can be obtained opens the door and interested researchers who want to be in this study.

Research Objectives

The main objective

The main objective of the present study was to investigate the relationship between personality traits (five factor model), and the concept of quality of life for graduate students at the Islamic Azad University of Kermanshah, in the first semester is 2014-2015.

Secondary objectives

1. Determine the relationship between personality traits (neuroticism, extraversion, openness, agreeableness, conscientiousness), the quality of student life.
2. Determine the relationship between Self-Delusion, and quality of life for students.
3. To determine the predictive power of the quality of life, mediated by personality characteristics (five factor model), and student Self-Delusion.

Research hypotheses

1. The characteristics of personality (neuroticism, extraversion, openness, agreeableness, conscientiousness), the quality of student life, there.
2. The concept, the quality of student life, there.
3. The character (five factor model), and the concept can predict the quality of life of students have.

METHODS

Applied research methods - descriptive, correlational implemented in practice. The population of this study, all graduate students at Islamic Azad University of Kermanshah, in studying the 2015-2014 school year, in the fall. The number of 391 subjects from students in graduate school at the University of Kermanshah, in the 2015-2014 academic year studying, for example, randomly were selected. To analyze the data, descriptive statistics parameters, including frequency, mean, standard deviation, and statistical index that includes both the Pearson correlation, and regression analysis has been used. To obtain the data, SPSS-19 software was used.

Research Tools

In this study, the three instruments will be used:

- A) The Big Five Personality Short Form questionnaire (NEO-FFI): To assess the character of the short form (NEO-FFI), was used. The questionnaire of 60 questions which, for the first time in 1985, and has been re-examined in 1991 (Costa & McCrae, 1999). Persian translation and adaptation of the test is done by the doctor Hosein Haghshenas (Haghshenas, 2006). The questionnaire included five main characters, including neuroticism (Neurotic), extroversion (Extraversion)), openness to experience (Openness)), Agreeableness)) and conscientiousness (Conscientiousness) is formed. Structurally questionnaire, and 5 Likert-type statements that are the same response categories

- B) Self Rogers questionnaire for self-assessment, the questionnaire self Rogers) 1951, quoted Raghibi and minakhani 2011, which has two forms, A and B were used. A form of 41 pairs of adjectives that, in the is accountable, and he asked, according to the seven-point scale of 1 to 7 of the questionnaire, in terms of distance or near-numeric characters, with characters that have come in, sign out. In seven degree (choose 1 to 7 for each attribute), select your desired number.
- C) Quality of life questionnaire (SF-12): To assess quality of life, the rear numerous questionnaires, one of the questionnaires are often quick to measure, are taken into consideration, the quality of life questionnaire of 12 questions. The questionnaire quality of life, the overall perception of their health status (ie 1), physical function (String 2 and 3), health (String 5 and 4), physical problems (String 7 and 6), physical pain (question 8), social functioning (ie 9), vitality and life energy (ie 11), and mental health (ie 12 and 11) gives (Kamkari and Asgarian, 2010).

Research findings

Table 1: Abundance and Sex Distribution of subjects

| Percent | Abundance | Sex |
|---------|-----------|-----------|
| 82/4 | 322 | The man |
| 17/6 | 69 | The woman |
| 100 | 391 | Total |

Table 2: Correlation coefficients between personality traits, with quality of life

| Total degree | Quality of Life | | | | | | | | | Statistical Indicators | Variables |
|--------------|-----------------|-------------------------|--------------------|---------------|-------------------|-----------------|----------------------|-------------|--------------------|------------------------|-----------|
| | Mental Health | Lively and vital energy | Social performance | Physical pain | Physical Problems | Physical Health | Physical performance | Self Health | | | |
| -0/05 | -0/06 | 0/05 | -0/04 | -0/12 | -0/09 | 0/01 | -0/08 | 0/02 | Solidarity | Neurosis | |
| 0/29 | 0/23 | 0/26 | 0/33 | 0/01 | 0/05 | 0/73 | 0/86 | 0/64 | Significance level | | |
| 0/36 | 0/39 | 0/23 | 0/20 | 0/16 | 0/13 | 0/12 | 0/21 | 0/18 | Solidarity | Extraversion | |
| 0/001 | 0/001 | 0/001 | 0/001 | 0/001 | 0/007 | 0/01 | 0/001 | 0/001 | Significance level | | |
| 0/28 | 0/21 | 0/07 | 0/19 | 0/28 | 0/14 | 0/09 | 0/22 | 0/18 | Solidarity | Flexibility | |
| 0/001 | 0/001 | 0/15 | 0/001 | 0/001 | 0/004 | 0/06 | 0/001 | 0/001 | Significance level | | |
| 0/28 | 0/26 | 0/11 | 0/21 | 0/17 | 0/14 | 0/13 | 0/27 | 0/04 | Solidarity | Amiability | |
| 0/001 | 0/001 | 0/02 | 0/001 | 0/001 | 0/004 | 0/01 | 0/001 | 0/39 | Significance level | | |
| 0/31 | 0/25 | 0/08 | 0/13 | 0/28 | 0/15 | 0/16 | 0/24 | 0/26 | Solidarity | Deontology | |
| 0/001 | 0/001 | 0/08 | 0/008 | 0/001 | 0/002 | 0/001 | 0/001 | 0/001 | Significance level | | |

The characteristics, the quality of life of the Pearson correlation coefficient was used. The results showed that, between neurosis personality traits, physical problems, bodily pain (the quality of life), the correlation coefficient 0/09- (0/05> P) and 0/12- (0/01> P) are there. The character traits of neurosis, their health, physical functioning, physical health, social functioning, vitality and vital energy, mental health, and there was no significant correlation of quality of life.

Between extraversion, with quality of life (health, physical functioning, physical health, physical problems, bodily pain, social functioning, vitality and vital energy, mental health), and the total score correlation coefficients, respectively, 0/18, 0/21, 0/12, 0/13, 0/16, 0/20, 0/23, 0/39, 0/36, respectively, which at 0/01> P is significant.

Between personality characteristics of flexibility, with dimensions (health, physical functioning, physical problems, bodily pain, social functioning, mental health) and of quality of life, in order correlation coefficients 0/18, 0/22, 0/14, 0/28, 0/19, 0/21, 0/28, respectively, which, at 0/01> P is significant. Between personality characteristics of flexibility, with dimensions of physical health, energy and vitality, and there was no life.

Between pleasing personality characteristics, dimensions (health, physical functioning, physical problems, bodily pain, social functioning, vitality and vital energy, mental health), and of quality of life, in order correlation coefficients 0/27, 0/13, 0/14, 0/17, 0/21, 0/11, 0/26, 0/28, respectively, which, at 0/01 > P is significant. International features a pleasing personality, with his health, there is no significant relationship.

Between personality trait conscientiousness, with quality of life (health, physical functioning, physical health, physical problems, bodily pain, social functioning, mental health), and the total score of the correlation coefficients 0/26, 0/24, 0/16, 0/15, 0/28, 0/13, 0/25, 0/31, respectively, which, at 0/01 > P is significant. Between personality trait conscientiousness, and then there was no significant vitality and life energy. The correlation between personality characteristics, the quality of life in Table 2.

Table 3) Multiple regression analysis to predict the quality of life, based on personality traits and Self-Concept (Simultaneous)

| Significance level | F | Mean square | df | Sum of squares | Resources |
|--------------------|-------|-----------------|-----------------|---------------------------------|---|
| 0/001 | 18/97 | 505/66 26/64 | 5 385 390 | 2528/34 10257/61 12785/95 | Regression The remaining The total |

To predict the quality of life, based on personality traits and self-regression analysis method was used, the results in Table 3 show that the regression model with 18/97 = F is significant (0/01 > P).

Table 4: regression model to predict the quality of life, based on personality traits and Self-Delusion

| Dorbin Watson | F | R ² Adjusted | R ² | R |
|---------------|-------|-------------------------|----------------|------|
| 1/81 | 18/97 | 0/18 | 0/19 | 0/44 |

Based on personality traits, and 19% of the variation in the quality of life concept can predict. Regression model in Table 4.

Table 5: Regression coefficients for predicting the quality of life, based on personality traits and Self-Delusion

| Significant level. | t | β | error | B | Variable forecast |
|--------------------|-------|-------|-------|-------|-------------------------------------|
| 0/001 | -3/82 | -0/17 | 0/02 | -0/09 | Fancy self |
| 0/001 | 4/16 | 0/22 | 0/05 | 0/22 | Extraversion |
| 0/03 | 2/10 | 0/11 | 0/06 | 0/13 | Personality trait resilience |

Regression analysis showed that concept, extraversion, and character traits flexibility, the highest coefficient beta 0/17, 0/22, 0/11, we can predict the quality of their lives. The regression coefficients for predicting the quality of life, based on personality traits and Self-Delusion, are presented in Table 5.

Table 6 : Results of regression analysis to predict the quality of life, based on personality traits, and Self-Concept (step by step)

| Significant level. | t | β | B | Variable prediction | cod | step | Significant level. | F | R ² | R | Criteria on variables |
|--------------------|-------|-------|-------|------------------------------|----------------|------|--------------------|-------|----------------|------|-----------------------|
| 0/001 | 19/11 | 0/35 | 0/34 | Extraversion | X ₁ | 1 | 0/001 | 56/43 | 0/12 | 0/35 | Quality of Life |
| 0/001 | 7/17 | 0/33 | 0/32 | Extraversion | X ₁ | 2 | 0/001 | 37/76 | 0/13 | 0/40 | |
| 0/001 | -4/09 | -0/19 | -0/10 | Self | X ₂ | | | | | | |
| 0/001 | 5/59 | 0/27 | 0/26 | Extraversion | X ₁ | 3 | 0/001 | 30/16 | 0/19 | 0/43 | |
| 0/001 | -3/96 | -0/18 | -0/09 | Self | X ₂ | | | | | | |
| 0/001 | 3/56 | 0/17 | 0/20 | Personality trait resilience | X ₃ | | | | | | |

To predict the quality of life, based on personality traits and Self-Concept of the stepwise regression analysis was used, the results showed that the regression is significant in three steps. Extraversion was the first step in the equation, which in this model is $56/43 = F$ can, $0/12$ explain the variance in quality of life.

In the second step, extraversion, and Personal Thoughts was entered into the regression equation. In this step, the model $37/76 = F$ at $P < 0/01$ meaningful, and each of the predictor variables, extraversion Personal Thoughts, respectively Beta coefficients $0/33$, $0/19$, the prediction quality their lives.

And Third (final step), the regression model 0 to $30/16 = F$ is significant, based on the prediction variables extraversion, Self-Concept and personality characteristics of flexibility, impact factor, with $0/27$, $0/18$ and $0/17$ ability to predict the quality of their lives. The results are shown in Table 6.

DISCUSSION AND CONCLUSION

The present study aimed to investigate the relationship between personality traits (five factor model), and the concept of quality of life among students. Students achieve educational goals, and their personal lives with enormous challenges encountered. When such experiences are negative, detrimental effect on motivation, academic performance, health and overall well-being and their lives, leaves. Since the need for attention to the quality of life for students, with an emphasis on the five factors of personality and Self-Delusion, of particular importance. The results of this study were presented in accordance with the assumptions that:

Hypothesis Number One: the characteristics of personality (neuroticism (neurosis), extraversion, openness (chunky), adaptability (flexibility), conscientiousness) and quality of life of students, there.

The results showed that:

The character traits of neurosis, physical problems and physical pain (the quality of life), but statistically significant negative relationship is. The character traits of neurosis, their health, physical functioning, physical health, social functioning, vitality and life energy, there was no significant mental health and quality of life scores. Between extraversion and quality of life (health, physical functioning, physical health, physical problems, bodily pain, social functioning, vitality and vital energy, mental health) there is a significant relationship. Between personality characteristics of flexibility, with dimensions (health, physical functioning, physical problems, bodily pain, social functioning, and mental health) there is a significant relationship. But the personality characteristics of flexibility, with dimensions of physical health and vitality and life energy, there is no significant relationship. Between pleasing personality characteristics, dimensions (health, physical functioning, physical problems, bodily pain, social functioning, vitality and vital energy, mental health), there is a significant relationship. However, the results showed that, between pleasing personality trait, there is no significant relationship with their Health. Between personality trait conscientiousness, with quality of life (health, physical functioning, physical health, physical problems, bodily pain, social functioning, mental health), there is a significant relationship. In the end it turned out, the Character traits duty, with the vitality and energy of life, there is no significant relationship. . Therefore, it can be deduced that personality characteristics (neuroticism (neurosis), extraversion, openness (chunky), adaptability (flexibility), conscientiousness), is associated with the quality of student life, and the results obtained this hypothesis is consistent with the findings of Nadi and Sajadian (2010), Nasr Esfahani and Eetemadi (2012), Asghari Nekah, Mashhadi and Heydaripoor (2013), Hamid and Zemestani (2013), Abolghasemi, Sadeghi and Shahri (2013), Il Beigi Qalini and Rostami (2014) is.

Hypothesis number two: the concept, the quality of student life, there. The results indicate that, between Self-Concept dimensions (health, physical functioning, physical problems, bodily pain, social functioning, vitality and vital energy, mental health), and of quality of life, negative correlation coefficients is. Therefore, it can be deduced that the relationship is positive and significant. This finding, along with the results of the Safavid, Samadi and Mahmoodi (2013), Surrey and Sankson (2008), Yahaya, Ramali, Bowen, Abd Ghaffar and Zakaria(2009), Lombardo and Elita (2013), Dolgan, Savazer and Yazgan (2014) is consistent

According to the concept, the sample $46/5$ percentage of subjects with normal self (positive), 12.8% of poor Self-Concept (negative), and $40/7$ of the neurotic self. And also the self in this

example, is determined as follows: normal self (positive) of 7-0, a poor Self-Concept (negative) of 10-7

Therefore, the overall view of the individual self, the self, and the inclusion of positive points and weaknesses of the individual, and Self-Concept scores will be calculated and vice versa, whatever score in the questionnaire below is, as a positive Self-Concept is, therefore, a negative correlation, as the correlation between the variables, and the relationship between them is significant, and the second hypothesis is confirmed.

Hypothesis No. III: character (five factor model), and the concept can predict the quality of life for students. The results obtained show that, personality traits (five factor model), and the concept can predict the quality of life of students, to predict the quality of life, based on personality traits and self-regression analysis Simultaneous was used, the results show that the regression model with $18/97 = F$ Mnadarast ($0/01 > P$). Accordingly, personality traits and Self-Concept can be 19% of the variation in the quality of life predict. These findings support the results of the study, the results Abolghasemi, Sadeghi and Shahri (2013), Il Beigi Qalini and Rostami (2014), is consistent.

Finally, to summarize, according to the study of personality characteristics and the concept of quality of life, there is a significant relationship. The results also showed that the quality of life in men and women, as well as in single and married, there is a significant difference. Therefore, based on these results, and determine the impact of personality traits, and the concept of quality of life, as well as the fact that, in the study of factors affecting the quality of life, and Self-Concept is more important than the role and the role of personality importance is given. The present study aimed to investigate the relationship between personality traits (five factor model), and the concept of quality of life among students is. Hope results obtained from this research, opens the door to interested researchers who want in this study will be used.

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