

Relationship between Self concept and Hopefulness in the students

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ABSTRACT

Due to the nature of this study, it is a descriptive Correlation study, which aims to examine the relationship between self-concept and students hope. The population consisted of all the students at Azad University of Neyshabour, 50000 students, in the academic year 94-93. According to Morgan, the sample size was 400. 20 people were selected as a sample from among students studying as freshmen, sophomores, juniors, and seniors in 5 academic disciplines. To collect data The Rogers Self Concept scale (1951), Snyder Hope scale, Eysenck confidence scale were used. To analyze the data, inferential statistics (Pearson) was used. The results showed that there is a relationship between self-concept and hopefulness ($p < 0.05$).

KEY WORDS: Self-Concept, Hopefulness.

1. INTRODUCTION

In recent years, psychologists are studying positive psychology as a new field. Based on the theory of Seligman and Csikszentmihaly [1] over the past 61 years psychology has become more and more a science of treatment. They suggest that psychologists should not only address the ways to cope with negative life event sand their treatment, but also should help to understand those things that add value to life.

Diner in 2000 [2] believes that even in the materialist societies, the pursuit of material objectives and possessions is only modestly related to happiness in life. Hope nurtures an optimistic outlook on life, relieves tensions, making life events less stressful and gives it meaning and purpose.

A person with a hopeful and ardent character believes that the experiences and events can be predicted and controlled, thus by enhancing flexibility, coordinates even much un-coordinated event sand evaluates them in an optimal way.

Certainly those who experience stressful life events, their immune system suffers and negatively affects their appropriate approach. Because of having a healthy, purposeful and meaningful life and avoiding predicaments and mental problems calls for "hope" And hope induces more effort and gets the person closer to appropriate mental and behavioral performance [3].

So it seems that, with hope, problems can be tolerated in various stages of life and through confrontation with the problems a more purpose full life is built. If people feel that their lives are meaning full and believe in the values they give to their lives, they will be more hopeful [3].

It is also said that self -concept is one of the structures that can be associated with mental disorder sand naturally with hope in life. In the history of human knowledge, search for truth and meaning of human self and its characteristics, have been the most important concerns of mankind.

The image we have of ourselves has been defined as self- concept. Self- concept focuses on the psychological aspects of individuals, which can have an important role in guiding the individuals, behavior. Self- concept is a combination of ideas and feeling that people have about themselves or judge and interpret from other people's reactions [4].

The concept of self is considered as one of the pivotal elements of psychology. This means that self- concept has a strong influence on many issues in psychology. In this sense concept of self is the core of character.

In theories and schools of character in the psychology self is presented as a fund a mental and underlying element. There are various definitions and descriptions of self. Self as an inner controlling power which controls and directs the behavior and performances, self as an expression of personal experience, self as organizer that is synonymous with character and self as an abstract concept [5].

Self-concept is a dynamic system that is associated with beliefs, values, interests, aptitudes and abilities of the person. These are determining factors in any individual's life. Self- concept is a general self-evaluation of a person.

This assessment is result of the subjective assessments of one's own personality traits, which may be positive or negative. Self- concept is one of the most important factors of success in people's lives.

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If a person recognizes his or her abilities and talents, and believes in his or her ability to realize these potentials it will enhance his or her performance and efficiency, helping him or her in achieving the goals.

Positive self-concept indicates that the person accepts him or her as someone with strengths and weaknesses, and this leads to a higher level of self-esteem in social relations. And negative self-concept reflects the feeling of worthlessness, incapability and inability [5].

Self-concept focuses on the psychological aspects of a person, having a major role in guiding the individual's behavior. And it is the basis of a person's attitudes and beliefs in interaction with life events [4].

Thus, it could be assumed that a positive self-concept leads to positive attitudes and beliefs in life approaches and increases life expectancy. In the last few decades, life expectancy has gained a significant importance this is largely due to impressive advances in medical health sciences, prosperity, developments of social welfare organizations and many other factors, including dramatic changes in education and training.

Also giving special attention to self-concept of people and their attitude towards life is highly important because it leads to their understanding of cognitive abilities, talents, interests and motivations, which will affect their performance and their extend of success .

Using the results of the research individuals can revise their attitude to create a positive vision and high self- concept in them and others. Therefore, the aim of this study is to highlight the effects of concepts related to self-concept on the positive psychological action and positive emotions. It also examines the importance of self- concept on life expectancy, particularly in today's rat-race lives.

Review of their search about effects of self –concept on life expectancy, indicates that these area is being neglected. Some researchers have shown that self -concept is associated with signs of psychic trauma.

In this regard Najafi et al. [6] in their study have shown that poor self-concept has a strong relationship with depression.

Nejad and Rajabi [7] in a research studied effectiveness of logo therapy on increasing life expectancy on addicts with short-term withdrawal; thirty people were treated in aquasi-experimental study with pre-test and post-test design having a control group. The results showed there was no significant difference between the pre-tests of two groups. While post-tests and follow up results of two groups had significant differences with each other and with their pre-tests.

Results of the study carried out by Rstmklahy and Nowruz [8] on the relationship between personality traits and life expectancy suggests that there is a significant difference in the life expectancy of male and female students. And there is a significant relationship between life expectancy and personality traits.

Kasravi [9] in a study investigated the effectiveness of life skills training (decision making skills and Self-awareness skills) on increasing life expectancy among individuals infected with HIV under the care of Counseling Center of University of Medical Sciences for behavioral diseases in city of Kermanshah” 30 people were trained in a pre- test and post-test design.

Research hypothesis was: the life skills training (decision making skills and Self-awareness skills) increases life expectancy of HIV- positive patients. After data collection, data were an alyzed by one-variable covariance data analysis with p-value of 0.01. The hypothesis was accepted with 99% confidence. These means that, the life skills training increases the life expectancy of individuals infected with HIV, and the effect will be a stable.

Sajadian and Naderi [10] studied the relationship between the spiritual meaning and the variables: spiritual well-being, happiness, life satisfaction and hope for the future in students' lives in Isfahan University and Islamic Azad University of Isfahan. They concluded that there is a significant positive relationship between the spiritual meaning and variables of: happiness, life satisfaction and hope.

Fallah [11] in his research studied the effectiveness of group spiritual training in boosting hope, life satisfaction and happiness in women with breast cancer. Covered by the National Cancer Institute, the study showed that the difference between the experimental group and the control group was significant in the variables of hope ($p > 0.05$). It means that spiritual training, increased hope, happiness and life satisfaction.

Behrozi and Mohammadi [12] studied the relationship between the meaning of life and hope in Shiraz University Students. They concluded that there is a significant relationship between the meaning of life and hope. There was also a significant difference between the students of Basic Sciences and those studying Humanities.

Soror and Shadi in 2005 in a study investigated depression and self-concept in children with major thalassemia. In this study, 138 adolescents were studied. The results showed that about 70 percent of samples suffered from depression. Boys had more negative feelings than girls and the history of Thalassemia was found in their sisters and brothers in 40% of samples; there was no significant change in their school performance.

In Rogers Self Concept scale the scores of boys were between 8.9 and 16.2 and the scores of girls were between 2.3 and 13/7 which were significant ($p < 0.05$).

Sheikh al-Islami and Lotfian [13] in a study examined the relationship between self-concept and public health and its components in 182 Students' of Shiraz University studied. The results showed that from among the different types of self-concept only Worthiness self- concept has a negative and significant relationship with depression.

Also the students, who had higher Worthiness self-concept, enjoy a higher general health. There was no significant relationship between sex and general health and its components. In addition, the results showed that Students of the Faculty of Engineering had the best condition as to public health and its various aspects (except for social functioning), And the students of Faculty of Literature and Humanities, had the most problems.

Huts et al. [14] in a study investigated the relationship between the personality traits and variables of hope, optimism, self-esteem and psychological well-being. In this study, 179 American And 499 Brazilian were studied. The results showed that positive psychology variables are related with personality traits.

Ferrari et al. [15] in a study investigated the relationship between hope, self-esteem and self-regulation. Studying 611 people the results showed that there was a significant relationship between hope and self-esteem and all components of self-regulation.

Santos et al. [16] examined the role of expressed emotion, self-concept, coping, and depression in parasuicidal behaviors of 67 people. They were divided into two groups, those with parasuicidal behaviors ($n = 34$) and normal subjects ($n = 33$). The results of comparison between the two groups showed that both groups were significantly different in mentioned variables of self-concept, coping and depression.

Fehring et al. [17] studied the relationship of spiritual health, religion, hope, depression and other temperamental states with adjustment of elderly cancer patients. The results showed that there is a positive relationship between religiousness, spiritual health, hope and other positive temperamental states. There is a negative relationship between religion, depression and other negative temperamental states.

In this regard, considering that the concept of hope can be a defensive shield against the various types of mental illnesses and that the hope itself can stem from basic personality variables; this study sought to examine whether the self-concept is related to university students' life expectancy.

2. METHODOLOGY

This research is a descriptive correlation study. The population consisted of all the students at Azad University of Neyshabour, 50000 students, in the academic year 94-93; the sample size was 400, according to Morgan.

20 people were selected as a sample from among students studying as freshmen, sophomores, juniors, and seniors in 5 academic disciplines. It was a randomized cluster sampling. So at the beginning 20 academic disciplines were selected randomly.

Then from each discipline 2 different years of students' entries in university were selected randomly and finally 10 people were randomly selected from each year of entry. To carry out this study, we used record or library method, that is, we built up a theoretical frame work to answer possible questions through studying books, articles and research papers. The data were collected in a field work conducting a survey.

To introduce the experimental grounds of the theoretical side of the study the Rogers Self Concept scale (1951), Snyder Hope scales, and Eysenck confidence scale, were completed by respondents.

3. RESEARCH TOOLS

The Rogers Self Concept scale (1951)

The Self Concept scale has been developed by Rogers in 1951 which has 25 pairs of questions [18]. This scale has two forms (A) and (B).

Form A measures person's attitude toward "actual- self" and form B measures person's attitude towards the "ideal-self". The Rogers scale consists of 25 pairs of attributes. In scoring of the scale, the amounts of difference in subjects' scores for the above-mentioned forms are calculated for each attribute. If the obtained score is between zero to seven the sample has a positive and normal self-concept, and if the obtained score is between seven and ten the sample has negative and poor self-concept.

The reliability coefficient of this questionnaire in conducted research is in the range of 82 to 89 percent. Dibajnia and Parvin [19] have reported the validity of this test with the method of Cronbach's 0.81.

There searchers [20] have approved the content validity of the scale according to Carl Rogers' theory and other professors' confirmation. The scale due to its internal consistency of questions enjoys one evidence of construct validity. In this study, there liability coefficient of the questionnaire was 0.60 according to Cronbach's alpha.

Snyder Hope scale

This questionnaire which was made by Schneider et al. in 1991 has 12 items to measure hope. It is implemented by self-rating method. Of these terms, 4 items are for measuring the factorial thinking, 4 items for measuring the strategic thinking and 4 items are distractor.

Thus, the questionnaire includes the following subscales: factor and strategy. In this questionnaire for each question there is a continuum from 1 (Completely wrong) to 4 (completely true), the higher the individuals score, and the higher will be hope. Internal consistency of the test is 0.74 to 0.84 and test-retest reliability is 0.80 and in the training courses lasting

more than 8 to 10 weeks, the amount seven higher. The correlation of this questionnaire in Iran with Beck Despair Scale is equal to -0.51 and with Beck Depression Inventory is equal to -0.42, which indicates the validity of the questionnaire [21].

Eysenck confidence scale

Eysenck self-confidence scale has 30 questions of the type of adjustment stability, and emotional liability related to self-esteem, in contrast with feeling of inferiority. Respondents must answer questions with yes or no answer.

If the respondent can not actually answer with yes or no, he or she can tick the question mark. Scoring the scale, One score has been awarded in response to the questions measuring self-confidence against feeling of inferiority while no score has been awarded to the opposite answers. The question ticked with question mark receive half score. Thus it is clear that the highest score is 30.

Validity of the scale was approved by Yazdan Moghadam [22] by Cronbach's alpha of 84%; this questionnaire is frequently used in academic research. Hormuzi Nejad in 2001 reported 0.74 reliability for female students and 0.79 for male students.

4. FINDINGS

This hypothesis suggests that there is a significant relationship between the self- concept and hope in students. Pearson correlation coefficient was used to test this hypothesis.

H₀: there is no significant relationship between the self -concept and hope in students.

H₁: there is significant relationship between the self- concept and hope in students.

Table4-1: Calculation the amount of the relationship between self-concept and hope

N	P- Value	The correlation Coefficient	Statistical indicators of Variable
400	0.012	-0.125*	Self concept and hope

With respect to the confidence coefficient of 95% and significant level of Pearson correlation coefficient of self-concept (0.012) which is less than the default value (0.05) null hypothesis (Lack of relationship between self- concept and hope in students) is rejected and alternate hypothesis (the relationship between self- concept and life expectancy in students) is accepted, in other words, it could be concluded that there is a significant relationship between self –concept and hope.

Since the value of the correlation coefficient is negative, it can be argued that these variables change in opposite directions; it means that an increase in one variable results in decrease in the other and vice versa. In this regard the results show that the self- concept determines and guides behavior to the great extent, determining our level of activity in life.

5. DISCUSSION AND CONCLUSION

By the description presented of the self- concept it could be assumed that people who have appositive and realistic self-image and do not describe them idealistically, that is, there is little difference between their actual self and ideal self, can more effectively interact with the environment and adopt a more efficient coping style to solve his problems, thereby they have a more successful life. And finally they have a more positive and promising out look for the future and its events which help them to predict more positive events.

You can also state that the progress each person makes indifferent situations is directly influenced by the image and concept he or she has of himself or herself; when a person has a negative perception about his or her being, including physical features, mental and physical abilities, this will be reflected in his or her actions and behavior. Also, people who have good attitudes about themselves usually feel good about their lives and will predict positive event sin life.

Although there is no research directly investigating the relationship between hope and self-concept the researches carried out on the relationship between depression and self-esteem can offer some help to examining the association between self-concept and hope. Lin et al. [23] showed that low self-esteem is associated with the duration of major depressive disorder.

The depressed person has a negative image of his or her characteristics. All his or her attention is focused on his inadequacies and faults, reinforcing his negative attitude toward him. Soit can be assumed that low self- concept and a use depression, which subsequently leads to despair in life.

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