

Studying the relation between anxiety and adjustment in middle age people in Kerman

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Abstract

This study aimed to investigate the relationship between anxiety and adjustment of mid aged people of Kerman. For this purpose, the sample consisted of 100 of mid aged persons in Kerman were chosen by random. Data sampling method were two questioners. One of them was Beck Anxiety Inventory (BAI) and the other was Bell adjustment Inventory (BAI). Data analysis by using regression analysis showed that there is negative relation between anxiety and adjustment in middle age people in Kerman. There is negative relation between anxiety and adjustment in the house in middle age people in Kerman. There is negative relation between anxiety and hygienic adjustment in middle age people in Kerman. There is negative relation between anxiety and social adjustment in middle age people in Kerman. There is negative relation between anxiety and emotional adjustment in middle age people in Kerman. There is negative relation between anxiety and occupational adjustment in middle age people in Kerman.

Key words: Anxiety, adjustment, mid-age people

Introduction

Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks). These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. Symptoms may start during childhood or the teen years and continue into adulthood (Scott, 2015). Anxiety means when situations get stressful, depending on the success of a person to cope with it, it may be possible that the person get emotionally fluctuated. Some common psychological reactions to stress include anxiety, anger and aggression, apathy and depression, and cognitive impairment. So anxiety, is the most common response to stressful stimuli. The meaning of anxiety, is an unpleasant emotion that we all have experienced some degree of it in the form of words such as "worry", "concern", "stress" and "fear". (Atkinson, 2000) Feeling anxious due to predicting risk which may be internal or external. (Kaplan & Sadock, 2007) Anxiety is a feeling of release, very inconvenient, and often vague fear that is associated with one or more of physical sensation. Anxiety is a warning sign, the news of the imminent danger and prepares a person to deal with threats. (Poor afkari, 2009). Adjustment: In general, any organism with the status quo relationship with their environment is established. The term is usually used in conjunction with social and psychological adjustment and in such cases is a positive concept as well-adjusted. The implication is that a person engaged in a challenging and continuous process to express their talents, responding to the environment and at the same time changing it so effective and healthy. The term is also used in a negative sense. In this case, the term is synonymous with conformity and compliance, which means surrender to the will of others. The perfect balance between organism and environment, a state in which all needs are met and all acts done easily by organism. (Poorafkari, 2009). In psychological research, adjustment refers both to an achievement or outcome as well as a process. As an achievement, psychological adjustment is a phrase used to denote positive mental health. The concept of positive mental health is detailed extensively in Jahoda's classic conceptualization and refers to an individual's state of mind and overall well-being. The process conceptualization of psychological adjustment reflects whether an individual is able to cope effectively with the demands of the environmental context as well as with the stress created by these demands. Thus, as a process, psychological adjustment reflects the relative adaptation of an individual to changing environmental conditions. Psychological adjustment is a popular outcome measure in psychological

research, and often measures such as self-esteem or the absence of distress, anxiety or depression are used as indicators of adjustment (Cherisse .L,2009).

Research hypothesis

- There is negative relation between anxiety and general adjustment in middle age people in Kerman
- There is negative relation between anxiety and adjustment in the house in middle age people in Kerman
- There is negative relation between anxiety and hygienic adjustment in middle age people in Kerman
- There is negative relation between anxiety and social adjustment in middle age people in Kerman
- There is negative relation between anxiety and emotional adjustment in middle age people in Kerman
- There is negative relation between anxiety and occupational adjustment in middle age people in Kerman

Research Methodology

The method of this research is descriptive. The population of this research is all the Middle age people in Kerman that 100 of them selected randomly as a sample. Two questionnaires were used in this study .One of the questionnaire is Beck Anxiety Inventory (BAI) and the other is Bell adjustment Inventory (BAI)

A: Beck Anxiety Inventory

Beck Anxiety Inventory questionnaire has high reliability and validity. The internal consistency coefficient is 0.92, reliability is 0.75, and the correlation clauses vary from 0.30 to 0.76. Five types of content validity, concurrent and construct is measured for this and all of them show high-performance of this tool for measuring anxiety. In Iran the psychometric properties of this test was studied by Kaviani and mosavi(1378)the reliability is 0.83 and the validity of this test is 0.72.

B: Bell adjustment Inventory (BAI). This questioner is made in 1961 by Bell in two forms. One for students and one for adolescences. Each form includes five dimensions of adjustment as below:

- 1-Home adjustment
- 2-Health adjustment
- 3-social adjustment
- 4-Emotional adjustment
- 5-Occupational adjustment

Validity in this questioner is 0.70 to 0.93 and the internal consistency coefficient is 0.74 to 0.93. In a research in Iran, the calculated Cronbach's alpha coefficients is 0.89.

Results

Table 1: Mean and standard deviation, minimum and maximum predictor variables and the criterion (n=100)

Variables	N	min	max	mean	Std. Deviation
Age	100	40	72	48.54	6.285
Home Adjustment	100	1	23	7.21	4.842
Health adjustment	100	0	17	6.42	3.497
Social adjustment	100	2	23	12.19	4.014
Emotional adjustment	100	1	25	9.35	4.935
Occupational adjustment	100	0	23	7.88	4.795
General adjustment	100	10	77	43.16	14.091
Anxiety	100	0	48	11.20	10.618

Table 1 shows the information about age, Home adjustment, Health adjustment, Social adjustment, Emotional adjustment, Occupational adjustment, general adjustment and anxiety. This table also shows Minimum and maximum of average, mean and standard deviation.

Inferential statistics

This section shows the hypothesis analysis.

Hypothesis1: There is negative relation between anxiety and general adjustment in middle age people in Kerman.

Table2: Correlation between Anxiety and General adjustment

variables		anxiety	General adjustment
Anxiety	Pearson correlation	1	0.355**
	Sig(1-tailed)		0.000
	N	100	100
General adjustment	Pearson correlation	0.355**	1
	Sig(1-tailed)	0.000	
	N	100	100

** Correlation is significant at the 0.01 level (1-tailed)

We use the Pearson correlation to test the hypothesis that there is relation between anxiety and general adjustment in middle age people in Kerman. As showed in table2, the calculated r is 0.355 therefor this hypothesis is confirmed. It means that the more anxiety, the less general adjustment and the more the scores of anxiety, the more anxiety. Therefor this hypothesis is confirmed.

Hypothesis2: There is negative relation between anxiety and Home adjustment in middle age people in Kerman

Table3: Correlation between Anxiety and Home adjustment

Anxiety	Pearson correlation	1	0.462**
	Sig(1-tailed)		0.000
	N	100	100
Home Adjustment	Pearson correlation	0.462**	1
	Sig(1-tailed)	0.000	
	N	100	100

We use the Pearson correlation to test the hypothesis that there is negative relation between anxiety and general adjustment in middle age people in Kerman. As showed in table3, the calculated r is 0.462 therefor this hypothesis is meaningful and confirmed. It means that the more anxiety, the less Home adjustment and the more the scores of anxiety, the more anxiety and the less Home adjustment. Therefor this hypothesis is confirmed and there is negative relation between anxiety and adjustment in the house in middle age people in Kerman.

Hypothesis 3: There is negative relation between anxiety and Health adjustment in middle age people in Kerman.

Table4: Correlation between Anxiety and Health adjustment

variables		Anxiety	Hygienic adjustment
Anxiety	Pearson correlation	1	0.347**
	Sig(1-tailed)		0.000
	N	100	100
Health adjustment	Pearson correlation	0.347*	1
	Sig(1-tailed)	0.000	
	N	100	100

As shown in table 4, we use the Pearson correlation to test the hypothesis that there is negative relation between anxiety and health adjustment in middle age people in Kerman. As showed in table2, the calculated r is 0.347 therefor this hypothesis is meaningful. It means that the more anxiety, the less Health adjustment and the more the scores of anxiety, the more anxiety and the less health adjustment. Therefor this hypothesis is confirmed and there is negative relation between anxiety and Health adjustment in middle age people in Kerman.

Hypotesis4: There is negative relation between anxiety and social adjustment in middle age people in Kerman

Tables: Correlation between Anxiety and social adjustment

Variables		anxiety	social adjustment
Anxiety	Pearson correlation	1	0.087**
	Sig(1-tailed)		0.389
	N	100	100
social adjustment	Pearson correlation	0.087**	1
	Sig(1-tailed)	0.389	
	N	100	100

As shown in tables, we use the Pearson correlation to test the hypothesis that there is negative relation between anxiety and social adjustment in middle age people in Kerman. As showed in table5, the calculated r is 0.087 therefor this hypothesis is **not** meaningful. Therefor this hypothesis is rejected and there is no negative relation between anxiety and social adjustment in middle age people in Kerman.

Hypothesis 5: There is negative relation between anxiety and emotional adjustment in middle age people in Kerman

Table 6: Correlation between Anxiety and emotional adjustment

variables		anxiety	social adjustment
Anxiety	Pearson correlation	1	0.128**
	Sig(1-tailed)		0.203
	N	100	100
Emotional adjustment	Pearson correlation	0.128**	1
	Sig(1-tailed)	0.203	
	N	100	100

We use the Pearson correlation to test the hypothesis that there is negative relation between anxiety and emotional adjustment in middle age people in Kerman. As showed in table 6, the calculated r is 0.128, therefor this hypothesis is not meaningful. Therefor this hypothesis is rejected and there is no negative relation between anxiety and emotional adjustment in middle age people in Kerman.

Hypothesis 6: There is negative relation between anxiety and occupational adjustment in middle age people in Kerman

Table7: Correlation between Anxiety and occupational adjustment

variables		anxiety	social adjustment
Anxiety	Pearson correlation	1	0.337**
	Sig(1-tailed)	100	0.001
	N		100
Occupational adjustment	Pearson correlation	0.337**	1
	Sig (1-tailed)	0.001	
	N	100	100

We use the Pearson correlation to test the hypothesis that there is negative relation between anxiety and occupational adjustment in middle age people in Kerman. As showed in table6, the calculated r is 0.337, therefor this hypothesis is meaningful. It means that the more anxiety, the less occupational adjustment and the more the scores of anxiety, the more anxiety and the less occupational adjustment. Therefor this hypothesis is confirmed and there is negative relation between anxiety and emotional adjustment in middle age people in Kerman.

Conclusion and Discussion

Hypothesis 2: There is negative relation between anxiety and general adjustment in middle age people in Kerman. Statistical analysis of the results of the first hypothesis has confirmed a significant negative correlation between anxiety and general adjustment. People who are not well-adjusted in 3 out of 5 scales of adjustment, so they are not well-adjusted in general and this means they have experienced higher levels of anxiety. They possibly show dysfunctions in many areas, which this leads to more, and more stress and anxiety. In other words, this relationship forms a vicious circle in which anxiety leads to incompatibility and incompatibility leads to more anxiety.

Hypothesis 2: There is negative relation between anxiety and home adjustment in middle age people in Kerman. Statistical analysis of the results of the second hypothesis, has confirmed a significant negative correlation between anxiety and home adjustment. In other words, anxious people are not well-adjusted and happy at home. Looking at the questions of Bell adjustment inventory It seems that Incompatible people, at home in the relationship with family members have a lot of tension, mistrust and discontent. They have differences of opinion with other members and possibly family members are critical and blame or their parents divorced. People are lacking in affection in such a situation in the family, so they experience conflicting feelings of love and hatred for the family members. It may be a tense home environment because of the Incompatible members of the family. Strict, criticizing and censorious parents can destroy people's self-confidence and also cause disagreement and separation between family members. Incompatibility can be defined as the inability to satisfy the need that this could lead to the emergence of a vicious circle. An incompatible person is not able to satisfy the needs in the home environment, failure to meet the needs causes anxiety and anxiety leads to more incompatibility.

Hypothesis 3: There is negative relation between anxiety and health adjustment in middle age people in Kerman. Statistical analysis of the results of the third hypothesis, has confirmed a significant negative correlation between anxiety and health adjustment. People with high scores in Bell adjustment inventory are the ones who have the fewest health and wellbeing problems. Their bodies have a strong immune system, and they are often energetic and fresh. These people are less likely to develop severe disease, and rarely have experienced chronic diseases. While incompatible people due to the weakness of their immune system often suffer from skin diseases, heart diseases, kidney diseases, lung diseases, anemia and blood pressure, they also have a history of serious diseases such as scarlet fever and diphtheria and are in dire need of health care. They generally suffer from chronic fatigue, illness, disability, dizziness and frequent headaches. Indigestion and digestive disorders affect their nutrition and lead to lose weight. Some of these people have sleep problems, eat unreasonably and the possibility of a major injury, severe injury or surgery is their past. Physiological studies have shown that anxiety cause the hormone cortisol secretion in blood. There are short-term and long-term effects of this hormone in the blood of people. One of the most well-known effects of it is weakening of the immune system which leads to rapid and frequent exposure to diseases such as flu, colds, infectious diarrhea and hepatitis and extends the recovery process. The long-term effects of cortisol in the blood include disease such as atherosclerosis, coronary artery disease and hypertension.

Hypothesis 4: There is negative relation between anxiety and social adjustment in middle age people in Kerman. Statistical analysis of the results of the third hypothesis has rejected the negative correlation between anxiety and social adjustment. The characteristics of people who are socially well-adjusted include Sociability, openness to experience, Enjoy being with others and being comfortable with strangers. They have no problem in reporting or speaking, asking the others, participate in discussions and even managing the gathering. Some of them have experience of managing and leading others. While incompatible people in this area are generally have problems with self-expression and shyness. They prefer to endure the uncomfortable situation or postpone the satisfaction of needs rather than asking others in public. Social situations are always accompanied by social pressures. People in most social situations feel compelled to conform and comply with the norms. However, this feeling is completely unconscious. In most cases, acceptance of the group is subject to conformity. It seems anxious people have to adjust themselves with the social environment to finally satisfy their needs or achieve their goals. So it would not be surprising to see those with high anxiety can adjust themselves with the social environment.

Hypothesis 5: There is negative relation between anxiety and emotional adjustment in middle age people in Kerman. Statistical analysis of the results of the fifth hypothesis has rejected the negative correlation between anxiety and emotional adjustment. Emotionally incompatible people can be described as people who frequently experience high and low mood, by thinking about dangerous or harmless situation they will be frightened, Their Thoughts are stuck in vain and it leads to confusion of thoughts. They may often be in a dream state, criticism can be extremely uncomfortable for them and their feelings get easily hurt. In some cases their dominant mood is depression and sadness. They feel free to cry off, to be ashamed and they think about themselves as a nervous person. They are remorseful of what they do and have feelings of inferiority and misery. The results of this study suggest that there is no negative correlation between anxiety and emotional adjustment. In other words anxious people can be emotionally well-adjusted. In this

regard it should be noted tips: first of all anxiety is an emotional state and it is also an unstable and transitory state that can cause several emotions and responses. By overcoming anxiety, these states also disappear. Secondly, anxious people do not necessarily show emotional and behavioral signs of anxiety but they may only show physical and cognitive complications. Not only all anxious people are not bound to feel the misery and destitution, but also some of them try to overcome their anxiety and discomfort, and find solutions for their problems. It seems that in some cases anxiety can be an incentive to adjustment and finding solution for better interaction with the world.

Hypothesis 6: There is negative relation between anxiety and occupational adjustment in middle age people in Kerman. Statistical analysis of the results of the sixth hypothesis has confirmed a significant negative correlation between anxiety and occupational adjustment. People who are not well-adjusted in their occupational environment are dissatisfied and unhappy with their jobs. They feel they have chosen wrong job and often tend to change their job. They are not interested in their job and are afraid to lose their jobs. They do not think positively about their managers or coworkers and consider them as unfriendly, envious and not sympathetic people. They think that they are under control and they are working like a machine. In contrast well-adjusted people at work think their payment is enough and they are interested in cooperating with others. They consider bosses trustworthy and reliable and they do not despair about their jobs future. Occupational environments are actually social environments so people's behavior in these situations follows the rules of social situations. People will earn rewards and benefits through adjusting themselves with their occupational environments and more importantly they achieve self-actualization which is really satisfying. On the other hand there are a lot of social pressures in occupational environments which affect people. The interaction with authority is also affected people in these situations. People affected by the authorities can do anything, although it acts in conflict with their beliefs, hurt their feelings or other people. While the authorities can be so effective in shaping social and occupational behavior, it is expected to see people are able to overcome their anxiety – however extreme – to perform their duties properly. In fact, people in this situation do not allow their anxiety to prevent the desired performance as a part of a system. But it is temporary and lasts only for a short time. It is possible that people just do not show and express their anxiety but unconsciously as they are working, they are under a lot of stress and this conflict leads to incompatibility and job dissatisfaction.

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