

# Relationship between psychological hardiness, their resiliency and hope to psychological well-being of nursing students of Kerman Razi University in the academic Year 2014-2015

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## Abstract

*The aim of this study was to investigate the relationship between psychological hardiness, their resiliency and hope to psychological well-being of nursing students of Razi University in Kerman. The study included all input Kerman Razi University students studying nursing school year 1393- 1392 that number was 126. Random sampling was with a sample size of 97 people. The data collected was used by the four questionnaires including psychological hardiness Kyamrasy (1377), a questionnaire resiliency Connor and Davidson (2003) hope questionnaire Schneider (1991), Psychological well-being questionnaire of Rif (1989). The study describing the variable enjoys descriptive indicators mean, standard deviation, and to analyze primary and secondary hypotheses of multivariate regression analysis was used Pearson correlation coefficient. The results showed that 16 percent of the variance in psychological variables can be explained by a linear combination of tenacity, resiliency and hope about 13.8% of the variance determined by two variables psychological toughness and resiliency. Hardiness and hope are both about 10.8% of the variance in psychological well-being to predict and both hope and resiliency predictor variables are well-meaning, respectively, with a significant level of resiliency and 0.039 for hope and 0.014 for resiliency are variable regression equation.*

**Key words:** *psychological hardiness, resiliency, hope, psychological well-being*

## Introduction

In the past Rif (1926) decade psychological well-being or positive mental health. Based on the model of psychological well-being Reef consists of 6 factors. His acceptance (having a positive attitude to itself) a positive relationship with others (warm and friendly relations and the ability to empathize with others), autonomy (independence and ability to stand in the face of social pressures), Purpose Driven Life (having a purpose in life and meaning to it) personal growth (a feeling of continuous growth) and control over the environment (ability to manage the environment). Reef model is widely considered in the world. Psychological hardiness of Koubasa was initially considered as a set of personality characteristics that in the face of stressful life events was considered as a source of strength, as well as the protective shield and individuals so that they can deal efficiently with the challenges and pressures of life. Koubasa and his team (1979) define a combination of beliefs about self and the world's tenacity. Belief in change and the dynamics of life and the perception that the event is not necessarily a threat to human health, cognitive flexibility in the face of events difficult to follow. Belief in change and the dynamics of life and the perception that the event is not necessarily a threat to human health, and follows cognitive flexibility in the face of events difficult. It also proved that hope has a constructive and positive role in human life expectancy and so it is hoped that have a big role in life of people and without it people give depression and finally, due to the sense of futility, they commit suicide. Hope can take from depression and prevent suicide humans.

In fact, the most important function of hope must also mobilize and effort in the creation of man in the prevention of depression and suicide.

## Statement of problem

In the twenty-first century, a group of psychologists have found that man to be your intellectual energy is spent on the positive aspects of his experience (Myers, 2000). So one of the issues that in recent decades have attracted the attention of many, is positive psychology oriented (Seligman et al., 2000). This approach focuses on individual capabilities and believes that psychology aims to promote the hidden talents of his life. Today, a new perspective on the health-related sciences and in psychology in particular emerging and expanding is

growing which aim is to focus on health, well-being and explain the nature of psychological well-being. One of the variables that are closely related to psychological well-being is hope. Hope emotional strength that imagination leads to positive and, the human energy that will equip them to be ready for working. Hope, gives us flexibility, vitality and the ability to get rid of blows that life imposes on us are increasing life satisfaction (Parker et al., 2003). Billy and Schneider (2007), believe that the hope of a positive motivation regard to education for life. Resilience as a popular area in recent years, the study and exploration of personal and interpersonal abilities that deals with the development of resistance in difficult conditions (Richardson, 2002). Resiliency is not only passive resistance against injury or threatening condition it is, active and constructive participant in its own environment. Resilience, the ability of a person's biological-psychological and spiritual balance in the face of dangerous conditions and the kind of repair that have the positive effects of emotional, affective and cognitive (Mastn, 2001). Resilience is adaptation to be successful in the battlefield of suffering and stress can be debilitating straw. Lee (2002, quoted by the Kahen and Youster, 2002), a positive sense of well-being (happiness) on the continuum (from positive to negative) change, and they say, one of the factors that could well-being and physical and mental health of the person, the personality trait is "tenacity". Koubasa (1979), determined tenacity as part of the personality characteristics, which is a source of strength in the face of stress-causing events that work life in general, a structure consisting of three components: personal commitment, a sense of personal control during the events and consequences of an underlying belief that change, challenge and opportunity for change, not a threat. Tough people do than dedicated to their purpose; feel they are in control of the situation and determining their life changes and challenges as an opportunity for progress, not limits. According to Werner (1997), resiliency data, is regardless of the dangers threatening factor in everyone's potential to change. Black (2002) believes that data resiliency interoperable control level is based on environmental conditions (Letezring et al., 2005).

### **Research Objectives**

#### **The main purpose**

- Relationship between psychological toughness, resiliency and hope to their psychological well-being of nursing students of Kerman Razi University.

#### **Partial goals**

- Relationship between mental toughness and resiliency with psychological well-being of students
- Relationship between mental tenacity and hope with psychological well-being of students
- Study of resiliency and hope their relationship with psychological well-being of students

#### **Method of research**

Study is a descriptive study of psychological hardiness variables, resiliency collection and hope as predictor variables and subjective well-being variables as the criterion variable that was analyzed. The study sample consisted of all students the number of entries was 126 studying nursing Kerman Razi University in the academic year 1392- 1393.

#### *Sample size, sampling and data collection*

The study population with the number 126, the sample size was 97, according to Morgan, also simple random sampling study of people had chosen and data collected by standard tools, took place including questionnaires Kiamrsy psychological hardiness (1377), the resiliency Connor and Davidson (2003) hope Schneider (1991), and well-being Reef (1989).

#### **Method of act**

Procedures for calling directly by filling in a questionnaire, in this case, after the permission of the Head of School and getting information from the classes of incoming students this academic year 92-93 referred to the class at random from among them 97 students were randomly selected. After a brief explanation on how to respond to the questionnaire, it was given to students and then analyzed using SPSS software research hypotheses were tested. The main hypothesis: the psychological hardiness, hope and resiliency are related to psychological well-being

Table 1: regression analysis of psychological well-being of tenacity, hope and resiliency and multivariate correlation coefficient and its square

| resources   | SS        | d.f | MS      | F     | P     | R   | R <sup>2</sup> |
|-------------|-----------|-----|---------|-------|-------|-----|----------------|
| regressions | 2289/434  | 3   | 763/145 | 5/906 | 0/001 | 0/4 | 0/16           |
| remaining   | 12017/082 | 93  | 129/216 |       |       |     |                |
| Total       | 14306/513 | 96  | -       |       |       |     |                |

Table 1: psychological regression show analysis on psychological tenacity of hope, and resiliency. Table F ratio represents a regression to evaluate the significance of the fact that the value of p (significance level) is 0.001 and The F ratio is statistically significant the probability that a randomly large F ratio to be obtained with respect to P values near zero.

Hypothesis 1: The psychological toughness and resiliency with psychological well-being there

Table 2: regression analysis of psychological well-being of their tenacity and resiliency and multivariate correlation coefficient and its square

| Resources  | SS        | d.f | MS      | F     | P     | R     | R <sup>2</sup> |
|------------|-----------|-----|---------|-------|-------|-------|----------------|
| Regression | 1972/007  | 2   | 986/004 | 7/514 | 0/005 | 0/371 | 0/138          |
| Remaining  | 12334/508 | 94  | 131/218 |       |       |       |                |
| Total      | 14306/515 | 96  | -       |       |       |       |                |

Table 2: regression analysis of psychological well-being of their tenacity and resiliency and correlation coefficient and its square and it is this tenacity and resiliency predictor of well-being and psychological well-being can be traced through these variables. As a result of the research hypothesis that the psychological toughness and resiliency are related to psychological well-being, is approved. On the other hand, according to the value of R<sup>2</sup> can be said about 8.13 percent of the variance of 138.0 psychological well-being can be explained by two variables tenacity and resiliency.

Hypothesis 2: between the psychological hardiness and hope there is relation

Table 3 regression analysis of psychological well-being of tenacity and hope

| resources  | SS        | d.f | MS      | F     | P     | R     | R <sup>2</sup> |
|------------|-----------|-----|---------|-------|-------|-------|----------------|
| regression | 1543/3    | 2   | 771/65  | 5/683 | 0/005 | 0/328 | 0/108          |
| remaining  | 12763/215 | 94  | 135/779 |       |       |       |                |
| Total      | 14306/515 | 96  | -       |       |       |       |                |

Table 3 shows the results of the regression analysis on the psychological hardiness and hope to show, according to F ratio obtained in significant 0.005 and you could say hardiness and hope predictor of psychological well-being, and also with regard to the amount of R square, the variable hardiness and hope are both about 10.8% of the variance account for the psychological well-being. In general, the results of the above table indicates that the second hypothesis that the psychological hardiness and hope to there, is approved.

Hypothesis 3: between the psychological resiliency and hope there is relation.

Table 4: regression analysis of their psychological well-being of resiliency and hope

| resources  | SS        | d.f | MS      | F     | P     | R     | R <sup>2</sup> |
|------------|-----------|-----|---------|-------|-------|-------|----------------|
| regression | 1507/491  | 2   | 753/746 | 5/536 | 0/005 | 0/325 | 0/105          |
| remaining  | 12799/024 | 94  | 136/160 |       |       |       |                |
| Total      | 14306/515 | 96  | -       |       |       |       |                |

Table 4 shows the results of the regression analysis on psychological resiliency and hope to show, F ratio obtained in significant 0.005 and this suggests that the resiliency and hope are in a linear predictor of psychological well-being. The value of R<sup>2</sup>, which is the equivalent of 0.105 states that about 10.5% of optimism is justified, overall, the results confirm the third hypothesis suggests that the study of resiliency and hope to their psychological well-being there is approved.

**Conclusion**

The main hypothesis: the psychological hardiness, hope and resiliency are related to psychological well-being Since the value of p is 0.001 and F ratio is statistically significant. The probability that a randomly large F ratio to be obtained with respect to P values near zero. In other words, the relationship between the psychological and the least squares based on a linear combination of predictor variables there cannot possibly be random.

However, F on the relationship does not say what size of R and R<sup>2</sup>, R<sup>2</sup> particularly clearly defines the relationship.

*Hypothesis 1:* The psychological toughness and resiliency are related to psychological well-being

F ratio calculated is significant in that it is 0.005 that tenacity and resiliency predicted the Social Welfare that as a result of the research hypothesis that the psychological toughness and resiliency are related to psychological well-being is approved.

On the other hand, according to the value of R<sup>2</sup> can be said about 13.8 percent of the variance of 0.138 psychological well-being can be explained by two variables tenacity and resiliency.

The tough psychological variables as regression equation are a more significant role, and then your variable resiliency is 0.005 and 0.017 for respectively significant level.

*Hypothesis 2:* between the psychological hardiness and hope there is relationship

With considering the F ratio can be obtained at 0.005 significant predictor of psychological are hardiness and hope. Also according to the Chi-R, two variable hardiness and hope are both about 10.8% of the variance account for the psychological well-being. In general, the results of the above table indicate that the second hypothesis that there is relationship between psychological hardiness and hope is approved.

*Hypothesis 3:* between the psychological resiliency and hope there is relationship

Ratio obtained in F significant is 0.005 that this value indicates that the resiliency and hope in a linear predictor of psychological are well-being. The value of R<sup>2</sup>, which is the equivalent of 0.105 states that about 10.5% of optimism is justified, in general, the results confirm the hypothesis third research suggests that between resiliency and optimism and well-being cognitive there are relationship and is approved.

We can say that both variables are significant predictors of hope and resiliency are well to the significant level of resiliency is 0.039 and 0.014 for variable regression equation.

*Limitations of study*

The lack of similar studies in the country and even abroad is the most important limitation of this study that compares the results with those of other studies not possible.

A large number of questions, three of the questionnaires (questionnaires and psychological well-being and psychological hardiness resiliency technology), especially because it was a Likert scale that subjects reduced their willingness to respond to non-compliance factor limitations of the study subjects.

The serious issues are the access subscale questionnaire and it's hard to host.

The limitations of this study is difficult to satisfy their respondents to complete questionnaires

## Resources

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