

On investigation between psychologies hardeners and resilience In N.A peopleJavad Khalatbari^{1*}, Shohreh Ghorbanshirdi¹, Mohammad Akhshabi²¹Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran,
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Abstract: Understanding all background factors and composes of addiction lead to planning prevention, identifying, treatment and following manners by having goals. present research for analyzing relation between psychologic hardiness and resilience in N.A people of Gilan county. This descriptive research is a correlative one. participants in this research are 100 people of unknown addicted groups that are selected by sampling method. for data collecting, Ahvaz psychologic hardiness questionnaire and daridson _ Quonor resilience questionnaire (CD _ RIS) are used. for data analyzing regression analyze are used and is done by SPSS 16 software. data analyzing indicates that resilience has meaningful relation with psychologies hardiness, but can describe its changes. obtained F from regression analyze $p < 00001$ is meaningful. reaction between psychotic hardiness and resilience in NA people is meaningful and prediction variable (resilience) has serious effect on dependent variable (hardiness)

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introduction

Disuse and dependence on material is a progressive and chronic disorder and affects on person from physical, mental and intellectual aspects. in despite of developed treatment methods in addiction field, and that's why addiction is a disorder, addiction treatment is disordered behaviours removing in one hand and normal behaviours replacing in other hand goal of treatment is living menney maintainavnee with materials and helping to performance increasing in different aspect of the life and material usage prevention one of recovered addicted groups (self _ helping) is an independence group which doesn't have any dependance on governmentul organ, and its manner and activities are determined by its members.

One of this groups is unknown addicted group CAN, which is an international nonprofit organ contains recovering addicted persons and its membership precondition is unusing any matters and be cleaning of them and includes 12 steps for treatment and acts as a biologic _ mental _ social _ intellectual model for addiction treatment. (Wallas, 2003, by Mirza Nikouzadeh, 1388).

In 12 steps, each person is responsible for his/her behaviour and problem. but for changing, he/she needs to a better power or intellectual belief which recommends on friendship, intimacy, god importance, a better power, prayment, intellectual awareness and power relying for addiction confronting. treatment goal is intellectual awarenss which obtained by 12 traditon acceptance on 12 steps. (Lamat et al, 2004, by Mirza

Nikouzadeh, 1388) self helping groups vau are not axaggerated. addicted people need to listen to another addicted people, specially of persons who have and conflict and who act better than him/her. they can help and support them because addicted people feel a powerful relation between themselves and persons who have similar life. (Qamari, 1385)

Recovery in this manner needs to give personal power to a better power and by this people can get health. in fact its hidden that addicted person doesn't have ability to mind, excitement, behaviour change and only treatment for him/her is submission and disability acceptance against material and condition and giving person's control to a infra power 12 steps model has a problem and matter using is a unhealthy responal to intellectual vacuum. treatment aim is intellectual awareness and is obtained by 12 traditions on 2 steps (Blum, 2005; by Mirza Nikouzadeh, 1388).

By early los opinion of many psychologie researchs was that stressful vents such as ethical exciting have important role in psychologic problems. in addition, later psychologic studies indicatad that there are a adjusting factors between stressful events and mental problems which leads to different effects on people in this field, Qubasa innovateal hardiness personality concept and studied it as a interfacing variable for adjustment relation between stress and physical and mental disorders, and indicated that hard people even have high degree stress, will not be disorder (Qubasa, 1979; by Shakerynia, 1389).

These people of hardiness asoet are different of persons who will be disorder in stress full conditions. By Qubasa and et al opinion, psycho logic hardiness is composition of beliefs of world and nature and has three components: commitment, control and challenge (Qubasa, 1983; by Shakerynia, 1389).

A person has high commitment believes to what activity is performed and meaning of who is he/she .they have relation with many aspects of their life such as job , family and inter personal relations. people who are strong in control component,

Know life as preditable and controllable and believe that they can affcet on thir around by their efforts. people who have high challenge ,know positive and negative conditions which need to renewed adaption as a oppatunity for learning and more growth rather then threan to thir relaxation and safety (Qubasa 1998 ,madi 1990,by shirbim 1388).belief to change life morement and this view that each event isn,t a threaten to human,s to stressful event and fuzzy conditions.madi and et al noted that psychologic hardiness characteristics such as considerable curiosity feeling trend to meaningful and interestiny enperiences ,self dedaration,high powering ,and belief that change in the life is a normal manner ,can be effective in person,s adaption with life conflicting events (Madi, 1996)

Researhes indicate thate hardiness has a positive relation with mental and physical health and readuces negative effects of stress as a resource of internal resistance and prevents mental and physical problems. (Qubasa, 1979; Florin, 1995; bruke, 2003; by Shakerynia, 1389).

Qubasa in hardiness discription noted that psycholog: e hardiness is a personality characteristic and people who have it ,can solve challenges and stresses effectively and use it as a bumper against events.

After Qubasa, reseachers studied psycho logic hardiness. (Navid, 1387, Sharifi, 1384; Veisi, 1379; Qorbani, 1373) and indicated that psycho logic hardiness adguste relation between stress and disorder as a personality characteristic .

Garmazy and matsen (1991) defind resiliency as a process, ability or successful adaption result with treatened conditions.

In the other words ,resiliency is a positive adaption in relation to unfavorate situations.rater (1990) defined resiliency as personal difference against to difficult condition by more positive manner and knows him/her self able to it,s exposing.

Of course,resilency isn,t just stability against injuries and threatened conditions and isn,t reactive sense against dangerous conditions, but is active participation in it,s environment htcan be said that resiliency is person,s ability for biologic _ mental balance in dangerous conditions.(Kaner and Davidson 2003, by Mahmodi, 1390).

Further more ,researcher believed that resiliency is a kind of renovation by positive excitmental ,moral and cognition results .(Karnezi, 1991; maten 2001; rater, 1999).

Kampfer (1999) believed that resiliency is retum to primary balance or receiving to higher level of balance cin treatenrd condition) and that's why leads to successful adation in life he also pointed that positive adaption with the life can be considered as a result.of resiliency and as a event can lead to higher level of resiliency.he defined this problem as result of cpmplexity of that and processing look at resiliency.

Some resrarchers belived that positive exitments are important psychologic resourees and help the people that use of better competition methods against mental pressures.there fore people who experience positive excitments more then otheres ,are more resistant against difficult events and there fore are more resilient.

Mahmodi, S (1390) research findings are indicator of impotanse of pasitive morals optimism for competition increasing against difficult problems and indicator that resilient persons are more optimist.

At ahh,resiliency word is said to factors and lead to adoptive results.resiliency in a simple term is positive adoption in reaction to pathetic condition (Waller, 2003; by Jafari, 1389).

Research history about resiliency indicates that copetition skills and their components are important factors of resiliency .in different researches it,s obvious that competition skills have an effective ole in resiliency increasing. (Jafari, 1389)

Psycho logic hardiness and self resiliency are some variables which can adjust unfavaraite results some researches also indicate negative and meanigless reaction between resiliency and hardiness and indicate that resilient persons can cope on unfavorate effects (Enzlechet, Erenson, Good, Mckey, 2006)

Samani (1386) reported a direat and meaningful relation between resiliency and satisfaction of the life and then Veisi and et al (1379) indicatd that in stressful events,people who have higher hardiness, have mental health.hardiness and resilency are interpersonal resources and can adjust disability and stress levels in difficult condition and make colorless negative effects of stress (Veisi and et al, 1379). Aim of this research is investigation the relation between hardiness and resiliency amony NA persons in gilan county.hypothesis and question of researech is: there is a position and meaningful relation between resiliency and hardiness.

Methods and materials:

Statist: cal souety of this researeh is NA persons in Gilan county which 100 persons are selected random for the research.for this quetionnaire is a self reporting scale of 27 matters .domain of score is to 81 upper score indicates high psychologic hardiness in persom in

Kiamarsi and et al research (1377), chronbach alpha coffecients are 0.16 for toll test and 0.74 for female test and 0.76 for male test.

Final coffecients of retestiny method for total is 0.84 and is computed as 0.76 in chronbach alpha method. vernosphadre Kamali and Nouri (1387) truth bof this test is computed by synchronic truth of three scales, anxiety, deppressment questionnqire and self actualization .obtained coffecients were respectively 0.65 , 0.67 and 0.62 and all coffecients in $p < 0.0001$ are meaningfuh. Furthermore, synchronic truth by psychohogic hardiness definition was also computed which was satisfactory.

2) Qunor and Davidson (CD - RIS) resiliency scale this questionnaire has 25 index which are scored in liker scale between (always true) and (completely false). maximum is 100 and minimum is investigation psychologic characteristics of this scale was performed in 6 publis population groups as: client of primary care seetion, psychologic sandal patients, patients with general anexity problems ,and two groups of patients with stress problems after the shock.thise scale makers

belived that this questionnaire can separate resilient persons of disresilent ones in clinical and unclinical groups and can usa of them in researeh and clinic casas. this scale in Iran was normaled by Mohammad (1384).for truth determining of this scale ,the fint unity of each index was computed with total score and then factor analize method was used.unity of each score with total score except index 3 indicated coffeaients between 0.41 to 0.64 then scaled indexes were analyzed by main components method.before factore extractin based on unity matrix indexes , two indexs,kmo and kerdit bartlet were computed .kmo was 0.84 and k2 in bartlel test was sss 6.28 and both indicated factor analyzing for stablilty determining of Qunor and davidson resiliency scale ,chronbach alpha method was used and it,s coffeeient was 0.89 (Mohammadi , 1384)

Findings :

This study was done by 100 persons of unknown addicted people who were trained.

Table 1) summary of linareaty regression model or synchronic input model

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.547 ^a	.299	.292	8.382

a. Predictors: (Constant), tabavari

As seen in table 1, adjusted square R indicates that used model takes account 0.292 of the change in predictive variable.

Table 2) variance analyzing index ANOVA for investigation meaningful being the total regression model

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2905.359	1	2905.359	41.354	.000 ^a
	Residual	6814.823	97	70.256		
	Total	9720.182	98			

a. Predictors: (Constant), tabavari

b. Dependent Variable: sarsakhti

In table (2) as seen ,meaningful level ($p < 0.0001$) indicates that regression model is meaningful.

Table 3) linearity regression analyze index

Coefficients ^a					
Model		Unstandardized Coefficients		Standardized Coefficients	Sig.
		B	Std. Error	Beta	
1	(Constant)	22.847	4.218		.000
	tabavari	.433	.067	.547	.000

a. Dependent Variable: sarsakhti

Table 3 : indicate result of regression analyze which by enter method , a meaningful model was obtained (adjusted square $R = 0.292$, $p < 0.0001$, $F_{1,97} = 41.354$)

Data of tables indicate resiliency variable is meaningful and predictive.

Variable (resiliency) has serious effect on hardiness. ($p < 0.0001$ Beta = 0.547)

Conclusion :

In present research a meaningful relation between test score of hardiness and resiliency. for this reason , it can be said that by hardine increasing research in NA persons is increased .findings of present research about relation between hardiness and resiliency indicate that psychologic hardiness can predict resiliency.in analyzing the findings it can be said that there us many overlap between hardiness and resiliency variables.thus it can be said that amony mental and hygenic elements hardiness is indi cated as resistant behaviour against mental pressures.

In discription havdiness effects on mental health (Tataski, 1993; by Rahimian, Bugar, 1387) believed that hardiness enhances people's ability for competition and help them against stress. Qubasa (1979) also believed that hardiness enhances people,s abihity for conditim control ,commitment to duties and ficing to events .it may be said that resilient persons aginst problems usa an active problem _ solving , means a method which convert mental pressures to a safe experience and therefore anexity and danger feeling level in hard people in difficult events are so low.

The hypotheis was supported which told there is a positive relation between hardiness and resiliency in NA people of Gilan county.obtained results of this research is in line with other researches result (Enzelichet et al, 2006, Matsen 2001, Friberg et al 2006).these researches said that people with high hardiness and resiliency in stressful and difficult events keep their psychologic health and have psychologic adoption and by this manner, lead to efficiency incresing and satisfication of the works which are done.

Matsen (2001) defined resiliency as ability factor for difficult results changing toward positive feeling and health keeping. Friberg and et al (2006) also believed that resiliency enhaces Capauty and ability of people irrespected to threatened dangers. Enzelehith and et al (2006) also defined hardiness andresiliency as a factor

for depressing and anexity decerasing based on ther opinion hard and resihent persons cope on difficult result and physical and moral fatigues and keep their mental healyh.totully it can be said that hardiness components by adaptive resolution such as problem considered resolutions and understanding increase against stress lead to tolerance increasing against mental and physical temptation and results of addiction abandonment and finally mental and physical temptation and results of addiction abandon man and finally mental health .findings of present research about hardiness is consonant with other findings (Shakernia, 1389; Sharifi, 1384; Hoseini, 1388; Shirbim, 1388; Qorbani, 1371; Navid, 1387; Haghighi, 1378) and indicate that hardiness has positive and meaningful relating with mental health for problem solving ,mental streets ,jab stress ,ethical disturbance and job fatigue and leads to analyze positive and controllable events. this evaluation caused that person doesn't suffer of disturbance and d concentration against the problems and uses of more effective and suitable strategies against pressures and converts them to positive results. Researches about resiliency (Jafari, 1388; Samani, 1386; Mahmoudi, 1390; Narimani 1388) also indicate that relative between mental healths and indicate importance of hardiness is consonant with other findings which indicate importance of hardiness and resiliency in NA people.

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