Researching the positive and negative emotion and optimism with enduring in the scholar.

Shohreh Ghorbanshirodi[1], Javad Khalatbari[2], Mostafa Akhshabi[3]

[1]Department of Psychology, Tonekabon Branch, Islamic Azad University , Tonekabon, Iran
[2]Department of Psychology, Ramsar Branch, Islamic Azad University , Ramsar, Iran
[3]Department of Management, Ramsar Branch, Islamic Azad University, Ramsar, Iran

Abstract: This studies focusing on positive and negative emotion and optimism in pridect endure in the scholar of this studies based on alliance.The static of this research is the scholar of tonekabon university that expirence the accident during few years ago. From the society we sudden: l)Questionnaire list of accident in life. 2) Questionnaire of positive and negative emotion (PANAS). 3)Tendency of life (LOT-R). 4) Caner and David son scale (CD-Risc).The result in this research , analysis with soft ware spss 18, and regration simultaneously. At the end we found that positive and negitive emotion and optimism with enduring have relationship and can do change. We do not found any relation between sexual and marrid with enduring.

Introduction

New psychology tried not to focusing on psycho problem and pay atlention to positive thing in the life. The gole of positive psychology is, improveing the center of psychology in the way that insid improve the health, also improve positive things in the life. Researcher belive that positive exictment is very important source of psycho that help to person to do best reaction in front of psycho pressure. Based on exictment, the ability power make hard thing easy for person and improving the level of psycho health of them. The positive and negative emotion describe as fluctuation reaction that always influence from thought and the ability of person on knowing. The positive emotion consist the level of senst, life and feeling consciousness activity and reduse cause of depretion. The negative emotion analysis with complex, poor reaction, nagging relation with health and exprience bad accident alliance. This side is the cause of anxious and depretion in the other hand on side is the cause of worried and mind activity that consist, scar guilt, hate nervous, tired. The positive and negative emotion compelet and divided cause to people get more info about their answer to happeness, because their exprience not only with one emotion (positive or negative) with or without another emotion found, but also found in the relation with those emotion. Many researching founding the influence of this two emotion on the many aspect of health such ad Fredrickson and watsone studies that shows the positive emotion play important role in front of positive emotion can made ready for the porson for fighting with many activity and having most influence on health, and increasing the hope to life in the person.

We can count something else that effect on the health of people is their enduring in the life. Garmezy and Masten enduring describe as a process, ability or signal of susess in the bad condition. In other words, enduring, compatible positive in reaction to bad condition. Mandel and co-worker enduring describe as a flexibility in front of accident of life, and says that enduring compatible in the cause of danger (such as stress and scar). Rutter describe enduring as a endiviual different in reaction to difficult condition. So a person who endure in the bad condition hate a positive reaction on analyis and thinking that he has ability in front of it. Of course enduring is not only react in front of hurm or bad condition and its not a method for dangerous condition, but also it's a active method in the environmental. In other words we can say enduring, is a person ability in making bio-psycho balancing in the dangerous condition. Also reaercher belive that enduring is a kind of repairing yourself with positive signal of exiciting, emotion some reaercher belive that positive exiciting is, important sourse of psychology that help people to use in lunce react in front of pscho pressure so people who more experience positive exiciting, maybe in react in front of hard accident is more safe and so enduring. Some of reaercher belive that psycho health means, the positive sense of person from condition of life, so a optimism person belive that any condition at last, have a positive result. So happy person with focus on their ability, preffer positive condition inseat of negative condition. People who optimism enjoy more from their life, and they have more psycho and physical health and wherever see psycho problem they do better reflection. Based on last research and the positive sens, emotion in agreement of person with

difficulty, this studies is based on answering to below question: is positive and negative emotion and optimism with enduring have relation?

Method

The method of this research is kind of alliance the static of this research is the all scholar of Azad university of Tonekabon that they experience the accident during few years ago. From the society we suddenly selected 200 person and complete our sample statetic of research. The average age of this participate is 23 years old that 78 percent of them is single and 22 percent is marrid. The tools we use in this studies consist: positive and negative emotion measurement (PANAS): this 20 question measurement made by Watson and his co-worker and two sub-measurement with 10 quiestion search positive and negative emotion. The grade of each measurement range between 10 to 50. Both positive and negative measurement have a good end kronbakh coefficient for positive emotion measurement is in the range between 0/86 to 0/90 and for negative emotion measurement is range between 0/84 to 0/87.

Bakhsipur and negative emotion pattern is the best pattern for this measurement and coefficient for this measurement is 0/87. The life fact quiestionaris list (TLEQ): the life fact quiestionaris list showing stressful accident that may be happen in the mankind life

Chart1. Alliance and variable, deviation, average

row	variable	average deviation	allience						
			1	2	3	4	5	6	7
1	Positive emotion	(7/53) 34/46	1						
2	Negation emotion	(7/39) 23/62	-0/38 [++]	1					
3	Optimist	(3/61) 14/95	[++]0/40	-0/31 [++]	1				
4	Enduring	(9/55) 74/43	[++]0/61	-0/51 [++]	[++]0/44	1			
5	New search	(3/76) 27/01	[++]0/47	-0/35 [++]	[++]0/24	[++]0/73	1		
6	Adjust emotionless	(4/28) 28/43	[++]0/40	-0/50 [++]	[++]0/35	[++]0/75	[++]0/39	1	
7	Finding positive way to fuctnve	(4/68) 18/9	[++]0/50	-0/29 [++]	[++]0/39	[++]0/76	[++]0/32	[++]0/31	1

Chart 2. Variance analys single was Index (ANOVA) for review the total model of regration

	Total	Free degree	Average total	F	Level
Regation	9048/55	3	3016/18	64/46	0/000
Lifted	9216/79	197	46/78		
Total	18265/34	200			

Chart 3. Regration analys single with simultionsly method index

Model	Coefficient without standard		Coefficient with standard		
	B	Wrong standard	β	t	Level meaningful
Static amount	57/414	3/849		14/917	0/000
Positive emotion	0/547	0/073	0/431	7/453	0/000
Negative emotion	-0/378	0/072	-0/293	-5/254	0/000
Optimism	0/476	0/149	0/180	3/199	0/002

Each accident consist: happen for myself, happen for near friend, I got it, I'm not sure, and it's not happen for me. In this research we select person who have positive answer to the first question.

3. Revised tendency life quietionries (LOT-R). Base on scheier and carver model, optimism and pessimism that describe as positive and negative result, can effect on compatible. The revised tendency life test is quiestionaris that count indivisul difference on optimism and pessimism. Participate answer to 10 quiestion base on five – point measurement (0 = I'm not agree to 4 = I'm agree).

Scheier and carver reported, korenbakh and coefficient with 0/76 and retest coefficient with 0/79 (during four weeks) for a group of scholar. This list by locus of control scale and Rosenberg self Esteem scale is confirm. Kaner and Davidson enduring scale (CD-RISC): This scale involve 25 question that made by caner and Davidson for measuring the ability to fight by risk. For each question we imagine compelty wrong to always correct that grade from zero (completely wrong) to four (always correct) Although this scale check all aspect of enduring but in has a total grade. Justifiable (with the method of analysis of converge and diverge) and (with the retest method and kronbakh α) scale in different group (normal and in danger) by the person who made it and after confirm it they permit us for it.

At last by using korenbakh α for final claim justifiable they use analyise method. The scale for end is 0/93 that is completely match with the scale which company defin for it. The result of analysis according to source main factor showing one total source in the scale. The kmo index is 0/91 and krout Bartlat

coefficient is 2174 and in the level 0/0001 is meaningful that showing a dequeancy of question and matrix. Our result is completely match with last finding in other research. (samani, Jokar, Sahragard, 1386, mohamadi 1384)

Finding

According to chart 1, we can observe the arrage and standard deviation alliance between the scale of enduing test meaningful. Based on this for stoping the influence of multimedia over lap linear, the total grade of enduring test use in future. Although we can observe that positive emotion and optimism with enduring have relastion and negative emotion with enduring have a negative relation. But Between sexual and marriaty and enduring there is no relation. Accerding our result we found that in the average of total grade, there is no relation between the man and woman enduring (t=2/14 , p = 0/034). The different avrege of between single and married person is also count that there is no relation between them (t = 1/6 , p = 0/11) For searching the effect of positive emotion, negative emotion and optimism on the enduring in the society that have stressful, variable count with vegretion anlalysis simultaneously. For analys the vegretion at first we do variance analysis that prove at least one of variance have the ability for predict variable. The result of this analys shows at chart 2.

As you see, the average of level (p = 0/000) showing that the regration model is meaningful. In chart 3 you can see the result of regration analysis that prove there is no relation between sexual and married, so omitted from regration analysis. But positive and negative emotion and optimism can prove some chang, so all three variable together predict 48 percend of change ($R = 0/70$, adj $R^2 = 0/488$, $F_{197.3}$, p = 0/000).

Discuss and conclusion

By focusing on the goal of research for defining the role of positive emotion, negative emotion and optimism and some point such as sexual and married on the enduring, the result show that all three variable positive emotion, negative emotion and optimism with enduring have relation and can show the change. Based on Fredrickcson and Jouiner model, positive emotion have powerful effect on psycho problem.

In chida Y, Hamer M research that prove the role of emotional in front of pain, they use negative emotion, we can see that whenever we see pain, the negative emotion in patien occure that this gesture have some result such as anxies and reduese heavte reaction. Zavtra and his coworker show that a person with pain in front of person who have No pain, showing or expirment more negative emotion. Remember that most of this research focusing on the negative emotion, some of researcher, usieng the gesture of positive emotion as a valuable source of

psychology in front of disease. For prove this hypothesis according to last research we can call that a person who has more positive emotion can find better way for solve the problem and can better compatible with this matter. That means have more enduring.

Last report prove that optimism is part of one endure person. (Major, Richards, cooper, cozzarelli, Zubek, wanbery, Banas). In one long research that Makikangas and kinnunex and Feldtdo, optimism with enduring with two time measuring in a year is alliance. In this studies enduring with optimism alliance. In relation between optimism with enduring can says when a person has a optimism opinion, can evaluate more positive and can do better in stressful condiction.

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