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RAHMAN INSTITUTE OF HIGHER EDUCATION
MINISTRY OF SCIENCE, RESEARCH AND TECHNOLOGY

Volume 4, Issue 1, Winter 2024

ISSN: 27834433

Journal of Modern Psychology



Rahman Institute of
Higher Education

Journal of Modern Psychology

Volume 4, Issue 1, Winter 2024
Serial Number 13



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Frequency

Quarterly

Online ISSN

27834433

Publisher

Rahman Institute of Higher Education

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Higher Education

Journal of Modern Psychology

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Journal of Modern Psychology is a specialized open access e-journal published quarterly in English with Persian abstracts. This journal welcomes research papers in psychology and counseling. The license for publishing this journal is issued by the Ministry of Islamic Culture and Guidance with the registration number 86163 on January 20, 2020, and at least 6 articles are published in each issue of the journal. This journal uses double blind peer review, which means that both the reviewers and authors' identities are concealed from each other, throughout the review process. This journal charges no processing fees for submission, initial assessment, reviews and publication of articles. This journal follows Committee on Publication Ethics (COPE) and complies with the highest ethical standards in accordance with ethical laws.

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Rahman Institute of
Higher Education

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All authors have participated in (a) conception and design, or analysis and interpretation of the data; (b) drafting the article or revising it critically for important intellectual content; and (c) approval of the final version .

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- Are the specific requirements for font size, style, type, spacing and page settings in accordance with the instructions of the Guidelines for Authors?
- Have the cover letter and Conflict of Interest forms completed?



Research Paper: Content Analysis of Young People's Attitude towards the Positive and Negative Effects of Instagram



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Citation: Sayyad Amin, Z. (2024). Content Analysis of Young People's Attitude Towards the Positive and Negative Effects of Instagram. *Journal of Modern Psychology*, 4(1), 1-7. <https://doi.org/10.22034/jmp.2024.445101.1092>

<https://doi.org/10.22034/jmp.2024.445101.1092>

Article info:

Received date:

26 Oct 2023

Accepted date:

15 Dec 2023

Keywords:

Content Analysis,
Instagram, Society, Youth

Abstract

Objective: Social networks have become widely popular among young people in recent years. This research was conducted with the aim of analyzing the content of young people's attitude towards the positive and negative effects of Instagram.

Methods: The approach of the current research is qualitative and its method is qualitative content analysis. Among the students of Islamic Azad University of Shiraz, 13 students were selected in a purposeful way until the theoretical saturation of the data and were subjected to a semi-structured interview. Coding of the interviews was done in three steps and manually.

Finding: The coding of the interviews shows 5 components of increasing awareness (with the subcomponents of enhancing awareness in various fields, learning techniques and skills, increasing media literacy), strengthening relationships (with the subcomponents of awareness of the conditions of friends and relatives, holding celebrations and occasions and strengthening group connection), addiction to Instagram (with the subcomponents of excessive use of Instagram, failure to handle other tasks and unpleasant mental states when not using Instagram), physical and psychological problems (with the subcomponents of negative effects on sleep, negative effects on attention and concentration, experiencing negative and unpleasant emotions and physical pains) and disruption in social ties (with the subcomponents of increased social comparisons, inequality and injustice, mistrust of others and social scandal).

Conclusion: According to these findings, it can be concluded that the expansion of social networks, especially Instagram, in recent years has been associated with positive and negative individual and social consequences, which are necessary and vital to pay attention to by the relevant institutions.

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1. Introduction

It has been decades since the Internet entered our society, but in recent years, with the advent of smartphones and the creation of social networks, we have seen the increasing prevalence of social networks in our daily lives. Nowadays, we spend many hours on our phones spending time on different social networks (Amiri & Dowran, 2020).

One of these widely used social networks in our country is Instagram. Instagram regained its popularity in 2012 and gradually became one of the most used social networks after Telegram. So that today there are millions of people on Instagram (Fuciu, 2019).

Social networks, like any other emerging phenomenon, are associated with positive and negative consequences. For example, things like building relationships, finding a way to express opinions, showing empathy and kindness, providing support, entertaining, enforcing rules, helping people improve their performance in career and academic fields, publishing news, building a business, creating Intellectual reference is one of the advantages that social networks such as Instagram bring to themselves. But at the same time, social networks can be associated with disadvantages for individuals and society. Preservation of privacy, cyber harassment, sedentary lifestyle, spread of rumors and false information, and waste of time are among the negative consequences expressed for social networks (Rook, 2015; Sarkar et al., 2015; Venegas-Vera et al., 2020). What has

made social networks in the center of attention more than ever before is the development of information technology and digital infrastructure. If in the past social networks were only formed on the scale of neighborhoods and cities, today with the cheap access to digital tools (Internet, smartphones and software), a large part of people on the planet can expand their communication network regardless of time and place. Considering that a large part of our society is made up of people and social networks, especially Instagram, are used by this group of people more than other groups, it is necessary to know more about their advantages and disadvantages. Therefore, this research aims to analyze the content of young people's attitude towards the positive and negative effects of Instagram with a qualitative approach.

2. Methods

2.1. Statistical Population, Sample, and Sampling Method

The approach of the current research is qualitative and its method is qualitative content analysis. Among the students of Islamic Azad University of Shiraz in academic year of 2022-2023, 13 students were selected in a purposeful sampling method and were subjected to a semi-structured interview until the theoretical saturation of the data. Students were selected who were active on Instagram daily and continuously for at least 2 years. All participants were undergraduates and majored in psychology. The demographic characteristics of the research participants are presented in Table 1.

Table 1

The demographic characteristics of the research participants

Participants	age (year)	Gender	year and daily duration of Instagram use
1	19	Male	2 (years)/4 (hours)
2	18	Female	3 (years)/6 (hours)
3	22	Female	5 (years)/7 (hours)
4	18	Female	3 (years)/4 (hours)
5	24	Female	4 (years)/2 (hours)
6	19	Male	3 (years)/5 (hours)
7	21	Male	4 (years)/6 (hours)
8	19	Female	4 (years)/8 (hours)
9	18	Female	2 (years)/3 (hours)
10	26	Female	7 (years)/5 (hours)
11	35	Female	4 (years)/3 (hours)
12	20	Female	3 (years)/5 (hours)
13	23	Male	4 (years)/4 (hours)

2.2. Instrument

Semi-Structured interview: A semi-structured interview is a method that combines a set of open-ended and predetermined questions -questions that encourage discussion. Its characteristics are: 1) the interviewer and the respondents participate in a formal interview; 2) the interviewer prepares and uses an interview guide. It is a list of questions and topics that should be addressed during the conversation; 3) the open nature of the question defines the topic to be discussed but provides opportunities for the interviewer and the interviewee (Kallio et al., 2016).

Interviews were analyzed using qualitative content analysis and three stages of open, axial and selective coding. Open coding is a process in which the data are

separated into meaningful units and can be used at the beginning of the study. The main purpose of open coding is to conceptualize and label data. Open coding becomes possible during the data analysis stage and searching for codes. During open coding, theorists break down, analyze, compare, label, and categorize data. In axial coding, the emphasis is on characterizing a phenomenon by considering the conditions that lead to its creation. In general, axial coding is the process of relating subcategories to a single category. It is a complex flow of inductive and deductive thinking that involves different stages. Axial coding, like open coding, is done through comparisons and posing questions. In axial coding, the use of these methods is more focused and goes towards discovering relationships and relating categories to each other in line with a biased

paradigm. The process of choosing a category is for the central category and linking all other categories to that central category. Its main idea is to expand the main story line around which everything is formed. It is believed that this central concept is always present. Specifically, selective coding deals with the process of systematically selecting the main and central category and relating it to other categories, validating relationships, and filling in gaps with

categories that need further refinement and expansion. Coding continues until a point where your information is no longer added to that main category, then coding stops. This stage is called saturation (Williams & Moser, 2019).

3. Results

Data coding showed 5 components along with 17 sub-components (Table 2).

Table 2
Components and subcomponents extracted from the interviews

Components	subcomponents			
Increasing awareness	enhancing awareness in various fields	learning techniques and skills	increasing media literacy	
	awareness of the conditions of friends and relatives	holding celebrations and occasions	strengthening group connection	
Addiction to Instagram	excessive use of Instagram	failure to handle other tasks	unpleasant mental states when not using	
Physical and psychological problems	negative effects on sleep	negative effects on attention and concentration	experiencing negative and unpleasant emotions	physical pains
		social comparison	increasing inequality and injustice	mistrust of others

Increasing awareness

The component of increasing awareness included three sub-components of enhancing awareness in different fields, learning techniques and skills, and increasing media literacy.

Enhancing awareness in various fields

The participants announced that through Instagram, they were able to learn about various topics in science, art, politics, and art. Participant 3 said, "I was able to learn a lot about psychology through Instagram."

Learning techniques and skills

The participants believed that they learned different skills through Instagram. Participant

10 said: "My drawing became much better through Instagram pages."

Increasing media literacy

The participants stated that they have been able to look at the news with a more critical thinking regarding whether the news is right or wrong, and their media literacy level has increased compared to the past: Participant 1 said: "I used to accept all the news very quickly, but now I try to pay more attention to the source of the news."

Strengthening relationships

The component of strengthening relationships included three sub-components: awareness of the conditions of friends and relatives, holding celebrations and occasions, and strengthening group bonds.

Awareness of the conditions of friends and relatives

The participants stated that by following their friends and acquaintances, they can know about their condition. Participant 4 said, "My sister lives in another city, and seeing her posts and stories, I can be aware of her situation."

Holding celebrations and occasions

The participants stated that they can be aware of different occasions. Participant 7 said, "I find out about my friends' birthdays through Instagram."

Strengthening group connection

Participants stated that interactions on Instagram helped them maintain relationships with their classmates or other groups they belong to. Participant 11 said, "I'm on the college Futsal page and I'm talking to the kids there."

Addiction to Instagram

The component of Instagram addiction includes three subcomponents: excessive use of Instagram, failure to attend to other tasks and duties, and unpleasant mental states if Instagram is not used.

Excessive use of Instagram

The participants stated that sometimes they use Instagram too much. Participant 3 said, "Sometimes I'm always on Instagram during the day, so I don't get to do anything else."

Failure to handle other tasks

The participants stated that sometimes they stop doing other things because of using Instagram. Participant 12 said, "Many times I miss work and life because of this Instagram."

Unpleasant mental states when not using

Participants stated that it would make them feel bad if they could not use Instagram. Participant 2 said, "I'd go crazy if I couldn't use Instagram all day."

Physical and psychological problems

The component of physical and mental problems included four sub-components of negative effects on sleep, negative effects on attention and concentration, experience of negative and unpleasant emotions, and physical pains.

Negative effects on sleep

The participants stated that using Instagram a lot made them stay up at night and suffer from sleep deprivation. Participant 6 said, "I'm always on Instagram until three o'clock in the morning and that's why I feel sleepy on the days I have university."

Negative effects on attention and concentration

The participants stated that the high use of Instagram caused their level of attention and concentration to increase. Participant 1 said,

"Using Instagram a lot has made me unable to focus well on the contents of the books. I can't focus well on any long text."

Experiencing negative and unpleasant emotions

The participants stated that they always feel anger and fear because of reading bad news. Participant 8 said: "Instagram is full of negative news that makes everyone feel bad."

Physical pains

The experience of headache or pain in the arm and shoulder area was among the things that the participants expressed. Participant 13 said, "Many times I get a headache when I browse Instagram a lot."

Disruption in social ties

The component of rupture in social ties included four sub-components of increasing social comparison, inequality and injustice, mistrust of others and social scandal.

Social comparison

Some participants mentioned their social comparisons with others. Participant 6 said, "I always compare bloggers' homes and lives with ours, and it makes me feel bad."

Increasing inequality and injustice

Participants mentioned experiencing a sense of inequality and justice. Participant 9 said, "When I see the pages of some actors, I feel that I have less than them. I feel that I have been wronged."

Mistrust of others

Participants indicated distrust of others. Participant 10 said, "A person sees so much fake news and fake people that he can no longer trust anyone."

Social scandal and stigma

Participants mentioned another negative consequence of Instagram is scandal and social stigma. Participant 12 said, "Every day you see bad news about someone. One of my

friends had his film released in Instagram and he was so sick that he took a semester off."

4. Discussion

This research was conducted with the aim of analyzing the content of young people's attitude towards the positive and negative effects of Instagram. The findings of the research showed 5 components of increasing awareness, strengthening relationships, Instagram addiction, physical and mental problems, and breaking social bonds along with 17 sub-components.

This finding is consistent with previous researches (Meier & Schäfer, 2018; Stein et al., 2021). For example, Meier & Schäfer (2018) illustrated the effects of Instagram on social comparison and feelings of envy in everyday life. In the research of Stein et al. (2021), it was also shown that social comparison in social networks leads to body dissatisfaction and lower self-esteem among users.

In general, it should be said that any form of technology has positive and negative consequences. Social networks are also associated with inappropriate consequences despite their advantages. Although social networks have been able to cover many hours of our day as entertainment, they also inform us about world news. Through them, we have learned different things and have been introduced to different things, from different jobs to different regions. However, if social networks are used excessively and incorrectly, they will also have negative consequences. They can cause us mental and physical problems and prevent us from

accomplishing other goals and important tasks that we have.

This research was conducted with a qualitative approach and is influenced by the judgments of researchers. However, it showed what attitude students have towards the advantages and disadvantages of using Instagram.

5. Conclusion

The findings of the research showed that Instagram is associated with various personal and social advantages and disadvantages, which can be beneficial in using this social network.

Acknowledgments

Thanks to the students who interviewed us in this research.

Conflicts of Interest

No conflict of interest has been reported.

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Research Paper: Comparison of Emotion Regulation in Gastric Ulcer Sufferers and Non-Sufferers



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Citation: Sobhi, M. (2024). Comparison of Emotion Regulation in Gastric Ulcer Sufferers and Non-Sufferers. *Journal of Modern Psychology*, 4(1), 8-15. <https://doi.org/10.22034/jmp.2024.445167.1094>

<https://doi.org/10.22034/jmp.2024.445167.1094>

Article info:

Received date:

10 Aug 2023

Accepted date:

12 Nov 2023

Keywords:

Emotion Regulation, Gastric Ulcer, Psychosomatic Disorders

Abstract

Subjective: Psychological problems are involved in many psychosomatic disorders. Gastric ulcer is also related to psychological problems as one of the psychosomatic disorders. This research was conducted with the aim of comparison of emotion regulation in gastric ulcer sufferers and non-sufferers.

Methods: This research is descriptive and causal-comparative. 100 patients with gastric ulcer and referred to Imam Hussein Hospital in Tehran in 2022 were selected by convenience sampling method and compared with 100 of their companions who did not have gastric ulcer. Both groups responded to Difficulties in Emotion Regulation Scale (DERS). Data were analyzed with multivariate analysis of variance and SPSS-21 software.

Results: The findings showed that the total score of difficulties in emotion regulation and its subscales (non-acceptance of negative emotions, difficulties engaging in goal-directed behaviors, difficulties controlling impulsive behaviors, limited access to effective emotion regulation strategies, lack of emotional awareness, lack of emotional clarity) in patients with gastric ulcer is significantly higher than of non-afflicted people ($P < 0.001$).

Conclusion: According to this finding, it can be concluded that the difficulty in regulating emotions may play a role in gastric ulcers. It seems that patients with gastric ulcer are less able to identify and understand their emotions and less able to manage their emotions properly. Therefore, the accumulation of psychological pressure caused by negative emotions can cause their symptoms to appear or intensify.

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1. Introduction

Psychosomatic disorders are among those disorders that the presence of a hereditary vulnerability along with psychological problems can lead to their occurrence (Philippova et al., 2023). Gastric ulcer also has this characteristic as a psychosomatic disorder. Gastric ulcers are caused by the loss of the protective lining of the stomach due to excessive secretion of stomach acid. This acid will cause ulcers in the stomach, which in acute cases are accompanied by pain, severe inflammation and bleeding (Kumar et al., 2023). Although this disease does not have a high mortality rate, it affects a person psychologically, socially and economically due to its relatively high prevalence (about 15%) (Hamza, 2023). Researches have shown that problems in emotional regulation are one of the common psychological characteristics in people with psychosomatic disorders (Cheraghian et al., 2021; Okur Güney et al., 2019).

Emotion refers to short-term physiological changes to certain situations and stimuli (Adolphs et al., 2019). There are different types of emotions from basic to complex, some of which are positive and others are negative (González-Arias & Aracena, 2022). Managing and regulating emotions, especially negative emotions such as anger, fear and sadness is one of the important mechanisms in people with mental health (Wong et al., 2023). On the other hand, people with mental disorders often have problems in regulating their emotions (Igra et al., 2023). These people cannot regulate the intensity and duration of their emotions and

as a result, they are often in a state of physiological arousal, which can cause them problems both physically and psychologically in the long run. In relation to psychosomatic disorders and gastric ulcers, it has also been stated that a hereditary talent along with psychological problems and stress can lead to its occurrence (Levenstein et al., 2015; Weiming Gong et al., 2023). According to the diathesis-stress model, people with gastric ulcers cannot react effectively to the stress they experience and the emotions they experience, and therefore have problems in the areas that are genetically more vulnerable (Overmier & Murison, 2000). So far, the researchers have shown weakness in emotional regulation problems in patients with digestive problems (Batebi et al., 2020; Mazaheri, 2015). According to the stated contents, this research also intends to compare emotion regulation in patients with gastric ulcer and non-sufferers.

2. Methods

2.1. Statistical Population, Sample, and Sampling Method

This research is descriptive and causal-comparative. The research population was the patients with gastric ulcer referred to Imam Hussein Hospital in Tehran in 2022 along with their companions. 100 patients were selected by convenience sampling method and compared with 100 of their companions who did not have gastric ulcer. The consent of both groups was obtained to participate in the research, and confidentiality was maintained in keeping the

participants' information. Both groups responded to Difficulties in Emotion Regulation Scale (DERS). Data were analyzed with multivariate analysis of variance and SPSS-21 software.

2.2. Instruments

Difficulties in Emotion Regulation Scale (DERS): DERS created by Gratz & Roemer (2004). It is a 36-item instrument and it measures people's emotional regulation deficiencies in a 5-point Likert scale from 1 (almost never) to 5 (almost always). It includes 6 subscales of non-acceptance of negative emotions (items 11, 12, 21, 23, 25, 29), difficulties engaging in goal-directed behaviors (items 13, 18, 20, 26, 33), difficulties controlling impulsive behaviors (items 3, 14, 19, 24, 27, 32), limited access to effective emotion regulation strategies (items 2, 6, 8, 10, 17, 34), lack of emotional awareness (items 15, 16, 22, 28, 30, 31, 35, 36), and lack of emotional clarity (items 1, 4, 5, 7, 9). A total score of emotion regulation

difficulty is obtained from the sum of responses to all items, where a higher score indicates greater difficulty in emotion regulation. In the research of Gratz & Roemer, (2004), the factorial structure of the scale was obtained and the internal consistency was reported as 0.93. In Iran, Besharat (2017) confirmed the factor structure of this scale and reported the internal consistency of the subscales from 0.72 to 0.92.

3. Results

The mean and standard deviation of the age of people with gastric ulcer were 38.42 and 4.82 and those without it were 39.27 and 4.18. Among the group with gastric ulcer, 22 people were women and the rest were men. In the group of non-infected people, 66 were women and the rest were men. The mean and standard deviation of the emotion regulation difficulty and its subscale are presented in Table 1.

Table 1

The mean and standard deviation of the emotion regulation difficulty and its subscale

	M±SD	M±SD
	Patients with gastric ulcer	People without gastric ulcer
Non-acceptance of negative emotions	24.08±0.95	11.79±3.64
Difficulties engaging in goal-directed behaviors	22.43±1.38	10.46±1.71
Difficulties controlling impulsive behaviors	27.94±1.23	16.96±1.42
Limited access to effective emotion regulation strategies	26.41±1.53	18.60±1.02
Lack of emotional awareness	34.77±1.38	23.11±2.67
Lack of emotional clarity	23.50±0.83	15.37±1.44
Total score of difficulty in emotion regulation	150.32±2.64	73.51±3.26

As can be seen in [Table 1](#), the total score of the difficulty in emotion regulation and its subscales are higher in people with gastric

ulcer. The results of the Kolmogorov-Smirnov test to check the normality of the data distribution are presented in [Table 2](#).

Table 2
Kolmogorov-Smirnov test to check the normality of the data distribution

	F	P
Non-acceptance of negative emotions	0.51	0.83
Difficulties engaging in goal-directed behaviors	0.37	0.96
Difficulties controlling impulsive behaviors	0.60	0.74
Limited access to effective emotion regulation strategies	0.55	0.79
Lack of emotional awareness	0.51	0.83
Lack of emotional clarity	0.42	0.92
Total score of difficulty in emotion regulation	0.61	0.73

As seen in [Table 2](#), the non-significance of the Kolmogorov-Smirnov statistic shows that the data distribution is normal. The results of

Levene's test to check the homogeneity of variances are presented in [Table 3](#).

Table 3
Checking the homogeneity of variances

	F	df ₁	df ₂	p
Non-acceptance of negative emotions	1.18	1	198	0.73
Difficulties engaging in goal-directed behaviors	1.04	1	198	0.86
Difficulties controlling impulsive behaviors	1.42	1	198	0.50
Limited access to effective emotion regulation strategies	1.28	1	198	0.66
Lack of emotional awareness	1.39	1	198	0.52
Lack of emotional clarity	1.01	1	198	0.89
Total score of difficulty in emotion regulation	1.58	1	198	0.41

The non-significance of Levene's test shows that the assumption of homogeneity of

variances is valid. The results of multivariate analysis of variance are presented in [Table 4](#).

Table 4
The results of multivariate analysis of variance

	Sum of squares	df	Mean squares	F	P
Non-acceptance of negative emotions	201.43	1	201.43	3.20	0.001
Difficulties engaging in goal-directed behaviors	186.77	1	186.77	1.71	0.001
Difficulties controlling impulsive behaviors	236.59	1	236.59	3.72	0.001
Limited access to effective emotion regulation strategies	216.05	1	216.05	3.50	0.001
Lack of emotional awareness	168.24	1	168.24	1.58	0.001
Lack of emotional clarity	218.62	1	218.62	3.55	0.001
Total score of difficulty in emotion regulation	227.34	1	227.34	3.60	0.001
	Wilks' lambda	F	P	Eta ²	Test power
Group	0.71	0.001		0.71	100

As can be seen in [Table 4](#), there is a significant difference between the two groups in the total score of difficulty in emotion regulation and its subscales.

4. Discussion

This study was conducted with the aim of comparing emotion regulation in two groups of people with gastric ulcer and non-sufferers. The findings showed that the

emotion regulation score was lower in people with gastric ulcer and these people have more difficulty in regulating their emotions. This finding is consistent with previous studies ([Eftekhari et al., 2022](#); [Muazzam et al., 2021](#); [Xiao et al., 2021](#)). For example, in the study of [Eftekhari et al. \(2022\)](#), it was shown that patients with gastric ulcer have problems in regulating their emotions, and teaching emotional regulation strategies can reduce avoidant coping methods and strengthen

active methods of emotion regulation in them.

In explaining this finding, it should be noted that the problem in emotion regulation is one of the common problems in psychosomatic disorders (Okur Güney et al., 2019). These people are not able to understand and identify their emotions well. In addition, they cannot accept their negative emotions and express and manage them properly. For this reason, in emotional situations, they behave impulsively and cannot show purposeful behavior. All these features cause them to always experience higher physiological arousal and This physiological arousal can be associated with the weakness of the immune system (Mella et al., 2011). As a result, they experience disorders in the digestive system. In this way, the protective mucus inside the stomach becomes ineffective, and the stomach produces strong acid to help digest food and fight against microbes. This process will gradually cause the formation of stomach ulcers.

Although this research selected the convenience sample and the necessary sensitivities were not considered in the control of intervening variables, but it can be seen that psychological problems and here difficulty in regulating emotions can play a role in the occurrence of physical problems. Counseling centers should be opened in hospitals to provide psychological counseling to patients with psychosomatic problems. By doing this, they can increase the emotional regulation skills of these patients and reduce the occurrence of physical problems in them.

5. Conclusion

The findings of this study showed that patients with gastric ulcer face more difficulty in controlling their emotions than non-afflicted people. Providing psychological counseling to these patients can reduce the severity of their problems.

Acknowledgments

I would like to thank the officials of Imam Hussein State Hospital in Tehran and the patients and their companions who cooperated with us in this event.

Conflicts of Interest

There is no conflict of interest.

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Research Paper: The Relationship between Alexithymia and Psychological Well-Being in Pregnant Women



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Citation: Abbasmofrad, H. (2024). The Relationship between Alexithymia and Psychological Well-Being in Pregnant Women. *Journal of Modern Psychology*, 4(1), 16-23. <https://doi.org/10.22034/jmp.2024.431067.1083>

<https://doi.org/10.22034/JMP.2024.431067.1083>

Article info:

Received date:

17 Dec 2023

Accepted date:

13 Jan 2024

Keywords:

Alexithymia, Pregnant women, Psychological well-being

Abstract

Objective: Over the past two decades, there has been widespread scientific attention to emotion regulation and the impact of emotional dysregulation on physical and mental health. The concept of alexia is rooted in the psychology of emotions and psychosomatic diseases. Many patients with psychosomatic complaints showed problems in emotional self-regulation. This research aimed to explore the association between alexithymia and psychological well-being in pregnant women during their 5th to 7th month of pregnancy.

Methods: The study population consisted of pregnant women from the Mazandaran province, Iran, during 2022-2023. Employing purposive sampling, 200 pregnant women were selected from health centers. Participants completed the Toronto Alexithymia Scale-20 (FTAS-20) and the Psychological Well-being Scale (RSPWB). Pearson's correlation coefficient and regression test were used to analyze the data.

Results: Results revealed an inverse relationship between alexithymia and psychological well-being ($r = -0.388$, $p < 0.01$). Approximately 53% of the variance in psychological well-being scores could be attributed to alexithymia.

Conclusion: In conclusion, alexithymia serves as an effective predictor of maternal psychological well-being.

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1. Introduction

A woman's life journey encompasses pivotal stages that profoundly impact her well-being. Among these, pregnancy stands out as a critical period marked by significant physiological and psychological changes. While motherhood brings joy, it can also be accompanied by pathologic shifts (Littlewood & McGough, 1997). Mental health issues among women of reproductive age contribute to 7% of the overall female disease burden across all age groups (Agampodi & Agampodi, 2013). Pregnancy represents a vulnerable phase during which mental health challenges may surface (Seng et al., 2014). Pregnant women are susceptible to various psychological, emotional, and behavioral stressors (Bales et al., 2015), with depression and anxiety rates threefold higher in this group compared to other women (Kingston et al., 2015). Recognizing that optimal psychological well-being profoundly influences pregnancy progression and fetal development (Guszkowska et al., 2014), prioritizing maternal mental health becomes a public health imperative. Consequently, investigating targeted psychological interventions for pregnant women is essential (Cook et al., 2010).

Psychological well-being is a holistic concept that encompasses positive emotions and effective functioning, as defined by Ryff (Páez Gallego et al., 2020). It involves various dimensions such as self-acceptance, positive interpersonal relationships, mastery of one's environment, autonomy, purpose in life, and personal growth. Extensive research has demonstrated the significance of

psychological well-being, which extends beyond physiological aspects to encompass psychological and social domains. It is strongly associated with both short-term and long-term health outcomes, as well as overall quality of life (Saadeh et al., 2020). The awareness of one's emotions and the ability to express them play a crucial role in social interactions. Emotions, from a cognitive science perspective, are complex sets of information processing-based schemata that involve intricate processes and symbolic representations (Dumitrache et al., 2017). Inadequacy in recognizing others' emotional states and effectively conveying situation-appropriate emotions through written communication is referred to as emotional inadequacy. This includes challenges in identifying and describing emotions, a tendency towards externalizing thinking, limited imaginative capacity, and a deficiency in empathy (Duddu et al., 2003).

Numerous studies have investigated the phenomenon of emotional inadequacy and its impact on mental health. Gonzalez et al. (2021) highlighted that psychological stress arising from everyday life events gradually affects the functioning of various bodily systems, resulting in compromised performance. Abbas Mofrad's research (2021) demonstrated the mediating role of psychological well-being in the association between marital conflicts, emotional security, perceived stress, pregnancy-related concerns, and biological indicators in pregnant women. Similarly, Abbasi et al. (2015) found that emotional inadequacy significantly contributes to exacerbating

decision-making procrastination among students.

The emotional needs of pregnant women encompass various dimensions, including the necessary support and the diverse range of emotions they may experience. Neglecting these needs and failing to address them properly can have detrimental consequences for both the well-being of the mother and the condition of the fetus. Pregnancy is a period of significant physiological and psychological changes for women. Therefore, considering the critical nature of pregnancy and the health of both the mother and the child, prioritizing psychological well-being and welfare, as well as establishing a conducive environment, is of utmost importance. As per the World Health Organization's definition, psychological well-being entails complete physical, mental, and social well-being. Thus, in addition to medical care, pregnant women should also receive guidance from psychologists. Consequently, the present study aims to investigate the relationship between emotional inadequacy and psychological well-being in pregnant women.

2. Method

The present study employed a descriptive-correlational research design. The target population comprised pregnant women in the 5th to 7th month of pregnancy residing in Mazandaran province in the year 2022. Through purposive sampling and by accessing healthcare facilities, a sample of 200 pregnant women was selected to participate in the study. To meet the inclusion

criteria, participants had to be pregnant, free from significant psychological issues, and willing to take part in the research. Following the selection process, strict measures were taken to ensure the confidentiality of participants' information. The research instruments utilized in this study included the Toronto Alexithymia Scale and the Ryff Psychological Well-Being Scale questionnaires, which were administered to the participants. Subsequently, the collected data were analyzed using SPSS software version 24, employing correlation and regression analysis techniques.

2.1. Instruments

Farsi version of the Toronto Alexithymia Scale-20 (FTAS-20): developed by [Bagby and Tylore \(2000\)](#), is a 20-item questionnaire designed to assess alexithymia. It consists of three sub-scales: difficulty identifying feelings, difficulty describing feelings, and externally-oriented thinking. Respondents rate each item on a five-point Likert scale, ranging from 1 (completely disagree) to 5 (completely agree). A total score is calculated by summing the scores of the three sub-scales, providing an overall measure of alexithymia. Higher scores indicate higher levels of alexithymia, with a maximum score of 100 and a minimum score of 20. A cut-off points of 50 is commonly used. In [Besharat's study \(2009\)](#), the scale demonstrated good reliability, with a Cronbach's alpha coefficient of 0.85, and validity was established through correlation analysis with an emotional intelligence scale, yielding a coefficient of 0.80.

Ryff's Scales of Psychological Well-Being (RSPWB), developed by Ryff in 2006, comprises 18 items that assess six dimensions of well-being: self-acceptance, positive relations with others, autonomy, purpose in life, personal growth, and environmental mastery. Respondents rate each item on a six-point Likert scale, ranging from 1 (completely disagree) to 6 (completely agree). Higher scores reflect higher levels of psychological well-being. In Ryff's study (2006), the validity of the scale was supported by correlation analysis, yielding a coefficient of 0.87. The scale also demonstrated good reliability, with an internal consistency coefficient of 0.90.

3. Results

This research study was conducted on a sample of 200 pregnant women in the 5th to 7th month of pregnancy in Mazandaran province. Among the participants, 35 respondents (16.9%) fell within the age range of 20-25 years, 79 respondents (38.2%) were between 25-30 years old, and 86 respondents (41.5%) were between 30-35 years old.

Table 1 presents the mean and standard deviation of the participants' scores on the Toronto Alexithymia Scale and its subscales, including difficulty identifying feelings, difficulty describing feelings, and externally-oriented thinking. Additionally, the table showcases the scores on the Ryff Psychological Well-Being Scale and its sub-dimensions, encompassing self-acceptance, positive relations with others, autonomy, purpose in life, personal growth, and environmental mastery.

Table 1

Average Scores and Variability in Emotional Inefficiency Dimensions and Psychological Well-Being among Pregnant Women

Factors	Mean	Standard Deviation
Difficulty in Identifying Emotions	5.14	8.4
Difficulty in Describing Emotions	8.9	9.3
Concrete Thinking	6.16	7.5
Emotional Inefficiency (Total Score)	4.41	33.11
Self-Acceptance	7.10	8.1
Positive Relationships with Others	3.11	6.2
Autonomy	5.13	3.2
Purposeful Life	9.9	39.2
Personal Growth	18.11	88.1
Mastery of Environment	80.11	43.2
Psychological Well-being	8.91	16.17

Table 2 shows alexithymia and Psychological Well-Being Correlation.

Table 2

Relationship Between Emotional Resilience and Psychological Well-Being

	Self-Acceptance	Positive Relationships with Others	Autonomy	Mastery of Environment	Purposeful Life	Personal Growth	Total
Difficulty in Identifying Emotions	-0.066**	-0.191*	-0.238*	-0.188**	-0.512*	-0.39*	-0.28**
Difficulty in Describing Emotions	-0.34**	-0.21*	-0.53*	-0.28*	-0.63**	-0.47**	-0.77*
Concrete Thinking	-0.71*	-0.39**	-0.41*	-0.36**	-0.09*	-0.32*	-0.15**
Total	-0.399**	-0.467**	-0.723**	-0.521**	-0.388**	-0.325**	-0.388*

P<0.01 P<0.05

The data reveals an inverse relationship between alexithymia and psychological well-being ($r = -0.388$, $p < 0.01$), suggesting that

as alexithymia increases, psychological well-being decreases.

Table 3

Predicting Psychological Well-Being via Alexithymia Regression Analysis

Criterion Variable	Predictor Variable	Correlation Coefficient R	Coefficient of Determination R2	F	B	t
Psychological Well-Being	Alexithymia	0.538	0.53	64.65	-0.18	-7.33

P=0.0001

Table 3 presents the findings from a regression analysis aimed at predicting alexithymia using psychological well-being scores. Based on the data in this table, approximately 53% of the variability in psychological well-being scores can be explained by alexithymia scores, indicating that alexithymia provides a reasonably

effective prediction of psychological well-being.

4. Discussion

The findings of this study highlight a significant association between emotional distress and psychological well-being among pregnant women. Specifically, lower levels

of emotional distress correspond to higher levels of psychological well-being. These findings are consistent with prior research conducted by [Gonzalez et al. \(2020\)](#), [Abbas Mofrad \(2021\)](#), and [Abbasi et al. \(2014\)](#).

To provide further insight into these results, it can be argued that emotional distress is indicative of challenges in emotional self-regulation and difficulties in cognitive processing of emotional information and emotion regulation ([Bagby and Taylor, 2000](#)). When individuals face obstacles in the cognitive processing, perception, and evaluation of emotional information, they experience emotional and cognitive turmoil and distress. This inability disrupts the organization of emotions and cognitions and predisposes individuals to adopt less effective coping mechanisms in the face of stressful situations, ultimately compromising their psychological well-being ([Beshaarat, 2009](#)).

Pregnant women may be particularly susceptible to emotional distress due to the hormonal and mood changes associated with pregnancy. Consequently, they may exhibit a tendency to avoid direct engagement with stressful circumstances, which subsequently diminishes their problem-solving capabilities. Consequently, they experience cognitive and emotional turmoil, leading to a decline in their psychological well-being ([Zeidner & Endler, 1996](#)).

In addition, inadequate regulation and management of emotions are characteristic features of emotional distress ([Bagby & Taylor, 2000](#)). This emotional distress poses a threat to the mental health of pregnant

women, resulting in reduced psychological well-being and heightened psychological distress. Moreover, it negatively impacts their interpersonal interactions, communication skills, and coping strategies. Conversely, a reduction in emotional distress empowers pregnant women with problem-focused problem-solving abilities and better equips them to handle stressful situations. This enhanced capacity, accompanied by mental and emotional tranquility, fosters their potential and promotes psychological well-being. The ability to regulate and manage emotions, as opposed to experiencing emotional distress, strengthens mental health at an individual level by mitigating psychological distress and enhancing psychological well-being. Furthermore, it exerts a positive influence on interpersonal interactions, communication skills, and coping strategies ([Besharat, 2009](#)).

The current study was subject to certain limitations. One such limitation was the exclusive focus on pregnant women, which limits the generalizability of the findings to the broader population. Therefore, it is advisable for future research to encompass other individuals to enhance the applicability of the results.

5. Conclusion

In light of the study's findings, it can be concluded that psychological well-being plays a significant role in predicting emotional distress.

Acknowledgments

Thanks to all the students who participated in this research

Conflicts of Interest

The author affirms that there are no conflicts of interest.

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Research Paper: Predicting Marital Satisfaction based on Forgiveness and Tolerance in Spouses' Relationships



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Citation: Vali Sheikhzahed, E. (2024). Predicting Marital Satisfaction based on Forgiveness and Tolerance in Spouses' Relationships. *Journal of Modern Psychology*, 4(1), 24-30
<https://doi.org/10.22034/jmp.2024.445225.1096>

 <https://doi.org/10.22034/jmp.2024.445225.1096>

Article info:

Received date:

22 Oct. 2023

Accepted date:

22 Dec. 2023

Keywords:

Forgiveness, Marital Satisfaction, Tolerance in Spouses' Relationships

Abstract

Objective: Forgiveness and tolerance in relationships between spouses can be effective in increasing their marital satisfaction. This research was conducted with the aim of predicting marital satisfaction based on forgiveness and tolerance in spouses' relationships.

Methods: This research is descriptive and correlational. The research population was the married students of Qazvin Islamic Azad University in the academic year of 2021-2022. 185 married students were selected using convenience sampling method. Research tools included ENRICH Marital Satisfaction Scale (EMS), Marital Offense-Specific Forgiveness Scale (MOFS) and Tolerance in Spouses' Relations Scale (TSRS). Data were analyzed based on Pearson's correlation coefficient and standard regression with SPSS-20 software.

Results: The results showed that there is a positive and significant relationship between marital satisfaction and forgiveness and tolerance in spouses' relationships ($P < 0.01$). Also, forgiveness and tolerance in spouses' relationships could significantly predict marital satisfaction ($P < 0.001$).

Conclusion: According to these results, it can be concluded that the existence of forgiveness and tolerance in the relationship of spouses can strengthen their marital satisfaction, and therefore, they are important topics for teaching couples.

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1. Introduction

Marriage is one of the old traditions in human societies, which affects the mental health of people and social health (Kravdal et al., 2023). As the years of marriage pass, the couple's relationship moves away from its original and romantic state and moves more towards intimacy (Wallerstein, 2019). After these early years of marriage, the issue of marital satisfaction will play an important role in the quality of marriage and the quality of people's lives. If couples are satisfied with their married life, they will experience more mental health and will perform better in different areas of life such as occupational areas (Morteza et al., 2018).

Marital satisfaction is the objective feelings of contentment and enjoyment experienced by a husband or wife when considering all aspects of their marriage (Joiner et al., 2023). Marital satisfaction depends on various factors. Researches have shown that factors such as marital commitment (Givertz et al., 2009), problem solving methods of couples (Deniz et al., 2020), ways of expressing anger (Parandin et al., 2022) and emotional support of couples to each other (Yedirir & Hamarta, 2015) are effective on their marital satisfaction. But one of the areas that is often emphasized in the matter of marriage is the couple's tolerance in life and forgiveness of each other. That couples can get over each other's mistakes and forgive the resentments that have arisen between them can help them live together more intimately. Researches have also shown that forgiveness in marital relationships is associated with more marital satisfaction (Kaleta & Jaśkiewicz 2023; Mirzadeh & Fallahchai, 2012; Orathinkal & Vansteenwegen, 2006; Rose et al., 2018). On the other hand, the couple's tolerance of each other and their lack of strictness towards each other can also affect their level of

marital satisfaction. When couples do not criticize each other, do not constantly blame each other and do not seek to blame their mistakes on the other, then they can live together with more intimacy and satisfaction (Özdemir, 2023; Shahid & Shahid, 2016). Nowadays, considering that divorce is spreading more and more in Iran (Bastani et al., 2022), it is important to identify the factors that can affect marital satisfaction. Therefore, this research was conducted with the aim of predicting marital satisfaction based on forgiveness and tolerance in spouses' relationships.

2. Methods

2.1. Statistical Population, Sample, and Sampling Method

This research is descriptive and correlational. The research population was the married students of Qazvin Islamic Azad University in the academic year of 2021-2022. 185 married students were selected using convenience sampling method. The study questionnaires were completed with the consent of the participants and completed in person by them. Questionnaires that were incompletely filled were also excluded from the analysis process. Data were analyzed based on Pearson's correlation coefficient and standard regression with SPSS-20 software.

2.2. Instrument

ENRICH Marital Satisfaction Scale (EMS): This scale has 47 items and was developed by Olson et al. (1983). It has 12 subscales, which are: contractual response, marital satisfaction, personality issues, marital

relationship, conflict resolution, financial supervision, leisure activities, sexual relations, marriage and children, relatives, friends, egalitarian roles, ideological orientation. It is scored on a 5-point Likert scale from completely agree (1) to completely disagree (5). In the research of [Olson et al. \(1983\)](#), the construct validity of this scale has been confirmed and the Cronbach's alpha of the subscales was reported between 0.48 and 0.90. In Iran, [Ahadi et al. \(2011\)](#) investigated the psychometric properties of this scale and showed that the method of factor analysis in the method of inclined rotation of the direct oblimin type of five factors (conflict resolution, sexual relations, equality of rights, family and friends and financial management) which explains a total of 48.16% of the total variance. Cronbach's alpha of the whole questionnaire was also 0.92.

Marital Offence-Specific Forgiveness Scale (MOFS): This scale was created by [Paleari et al. \(2009\)](#), which has 10 items and two subscales, benevolence and resentment-avoidance. This scale is scored on a 6-point Likert scale from strongly disagree (1) to strongly agree (6), and a higher score indicates more forgiveness in the marital relationship. In [Paleari et al.'s \(2009\)](#) study,

its construct validity, convergent and divergent validity was confirmed in three studies, and its internal consistency was reported as 0.83 for the benevolence subscale and 0.80 for the resentment-avoidance subscale. In the research of [Azarkish et al. \(2016\)](#), the validity of this scale was confirmed and its Cronbach's alpha was reported as 0.74.

Tolerance in Spouses' Relations Scale (TSRS): The scale was developed by [Khojasteh Mehr et al. \(2020\)](#). This scale has 20 items and 4 factors (acceptance and empathy towards spouse, emotional control and patience, facilitating the process of spouse's growth and actuation towards spouse, and beneficence and forgiveness towards spouse). It is scored on a 5-point Likert scale from completely agree (1) to completely disagree (5). Its construct validity and convergent validity were renewed in the study of [Khojasteh Mehr et al. \(2020\)](#) and its Cronbach's alpha was 0.93.

3. Results

The mean and standard deviation of the students' ages were 24.81 and 6.47. 156 students were female and 29 were male. The mean and standard deviation of the research variables are presented in [Table 1](#).

Table 1

The mean and standard deviation of research variables

Variables	Mean	Standard deviation
Marital satisfaction	160.77	11.95
Tolerance in spouses' relations	84.13	6.24
Marital forgiveness	42.53	5.90

The Kolmogorov-Smirnov test was not significant to check the data distribution (marital satisfaction: $F = 0.84$, $P = 0.19$; tolerance in spouses' relations: $F = 0.42$, $P = 0.34$; marital

forgiveness: $F = 0.37$, $P = 0.39$), which indicates that the data have a normal distribution. The correlation matrix of research variables is presented in [Table 2](#).

Table 2
The correlation matrix of research variables

Variables	1	2	3
Marital satisfaction	1		
Tolerance in spouses' relations	0.46**	1	
Marital forgiveness	0.51**	0.62**	1

As can be seen in [Table 2](#), there is a positive and significant relationship between marital satisfaction with tolerance in spouses'

relations and marital forgiveness ($P < 0.01$). The results of the regression are presented in [Table 3](#).

Table 3
Summary of the regression model for predicting marital satisfaction based on forgiveness and tolerance in spouses' relationships

Predictive variables	Sum of square	Mean of square	R	R2	F	P
Tolerance in spouses' relations	1673.42	1673.42	0.71	0.50	4.09	0.001
Marital forgiveness	846.11	846.11	0.62	0.38	3.67	0.001

As can be seen in [Table 3](#), forgiveness and tolerance in spouses' relationships have been able to positively and significantly predict marital satisfaction.

2023; Mirzadeh & Fallahchai, 2012; Orathinkal & Vansteenwegen, 2006; Özdemir, 2023; Rose et al., 2018; Shahid & Shahid, 2016).

4. Discussion

This research was conducted with the aim of predicting marital satisfaction based on forgiveness and tolerance in spouses' relationships. The findings showed that forgiveness and tolerance in spouses' relationships are positively and significantly related to marital satisfaction and predict it.

In explaining these findings, it can be said that when couples go over each other's mistakes and forgive each other for them, a basis is provided to reduce the amount of blame among them. Also, the feeling of humiliation that happens to each of the parties can be accompanied by expressing anger in unhealthy ways. Studies have also shown that the unhealthy expression of anger will lead to a decrease in marital satisfaction (MuniRajamma, 2012). A scorned couple will misdirect their anger elsewhere.

This finding is consistent with the studies conducted in this field (Kaleta & Jaśkiewicz

Therefore, when couples forgive each other, they avoid this anger and resentment.

Couples should accept each other's capacities and not constantly have high expectations from each other. This tolerance in relationships can help increase marital intimacy and commitment. Marital intimacy and commitment are important factors in marital satisfaction (Givertz et al., 2009). In contrast, insulting each other and blaming each other greatly reduces marital satisfaction (Jory et al., 2018).

Although the students in this research were selected as convenience and self-report tools were used to measure the variables of the research, but the findings clearly show that forgiveness and tolerance in spouses' relationships are tied to increasing their marital satisfaction. Therefore, it is suggested that couples should be taught these points in pre-marriage training sessions, so that the ever-increasing rate of divorce in society can be predicted.

5. Conclusion

The findings showed that forgiveness and tolerance in spouses' relationships are positively and significantly related to marital satisfaction and predict it. Therefore, training couples in the field of tolerance and tolerance can strengthen their marital satisfaction.

Acknowledgments

Thanks to all the students who participated in this research.

Conflicts of Interest

No conflict of interest has been reported.

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Research Paper: The Relationship of Parent-child Interaction, Sense of Security, Entitlement Schema and Adjustment with Mediating Role of Resilience



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Citation: Javanmard Kamel, E., SabzehAra Langaroudi, M., Maleki Pirbazari, M. (2024). The Relationship of Parent-child Interaction, Sense of Security, Entitlement Schema and Adjustment with Mediating Role of Resilience. *Journal of Modern Psychology*, 4(1), 31-40. <https://doi.org/10.22034/jmp.2023.428046.1080>

<https://doi.org/10.22034/JMP.2023.428046.1080>

Article info:

Received date:

30 Nov 2023

Accepted date:

01 Dec 2023

Keywords:

Adjustment, Entitlement schema, Parent-child interaction, Resilience, Sense of security

Abstract

Objective: One of the signs of people's mental health is the ability to adapt to different life conditions. This study aims to explore how parent-child interaction, sense of security, entitlement schema and adjustment are related, and how resilience mediates these relationships.

Methods: The participants are 250 female high school students from Rudsar city, who were selected by convenience sampling from 5 schools in the academic year 2023-2022. The data were collected online using the following instruments: the Parent-Child Relationship Assessment Questionnaire (PCRS), the Sense of Security in Family System Questionnaire (SIFS), the Young Schema Questionnaire (YSQ), the California Social Adjustment Questionnaire (CSAQ) and the Resilience Scale (SQRS). The data analysis was performed using Pearson correlation coefficient test and structural equation modeling with LISREL-8.8 and SPSS-22 software.

Results: The results showed that the data has a good fit with the proposed research model. The results showed that parent-child interaction, sense of security and entitlement schema have a direct and significant impact on the adjustment of female students. Moreover, there was an indirect and significant impact of parent-child interaction, sense of security and entitlement schema on the adjustment of students through the mediating role of resilience ($p > 0.05$).

Conclusion: The results suggest that the type of parent-child interaction, sense of security and the schemas created can influence the individual's adjustment with the environment, and resilience plays a mediating role in this process. Therefore, paying attention to these variables is recommended to parents, counselors, psychologist and experts in the field of education.

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1. Introduction

Human beings always try to adjust to their surroundings, because they show signs of mental health when they adapt and conform to different conditions. However, this does not mean that they always follow their unconscious impulses, as they change and evolve over time and in different life situations. Sometimes, stressful and challenging situations disrupt their adaptation and lead to incompatible behaviors. Adaptation is a set of behaviors and reactions that individuals display in new situations in response to environmental stimuli (Amani et al., 2010). Psychologists regard adaptation, as a set of normal or healthy personality traits and characteristics that individuals exhibit in relation to the environment, in order to achieve compatibility with their surrounding world and pursue their place in society with peace and tranquility. In other words, adaptation reflects how the individual develops with others in the social environment, and how satisfied the individual is with his/her roles and performance in these roles, which the individual's personality, cultural environment and family significantly influence. The family's emotional bond with the adolescent helps him/her to have a positive self-perception and self-concept. One of the common mistakes of parents is to think that children only need attention and love in childhood and neglect adolescence. However, human beings need the love of those around them, especially the family, at all stages of their lives. This love from parents creates a sense of security and confidence in the individual. Many

psychological disorders and problems have lack of a sense of security as their source. One of the consequences of lack of a sense of security is that the child's and adolescent's self-confidence declines. In an insecure environment, the child always feels humiliated and cannot cope with his/her problems and issues. Respect for the child is one of the main pillars of the child's mental health, which makes him/her a human being with a normal and independent personality, and gives him/her vitality and hope. A secure person needs balanced love, appropriate guidance, encouragement and order for his/her growth and health in childhood (Navabakhsh & Fathi, 2011).

Many schemas form during childhood and early years of life, and they appear throughout adulthood. These schemas can have a positive or negative nature. They can also form in the early years of life or even in adolescence, but the important point is the significant role of parents, family and their interactions in shaping these schemas. One of the most incompatible features of schemas is that they ignore all inconsistent and contradictory information. Incompatible schemas cause our thoughts and behaviors, which result from these schemas, to be incompatible as well. Psychological disorders often have incompatible behaviors as features, and incompatible schemas can increase the risk of these disorders. Most schemas have formed in our minds by parents in the beginning of life. One of the incompatible schemas is entitlement schema. We can say that a person who has entitlement schema sees himself/herself superior and higher than others, thinks he/she is more

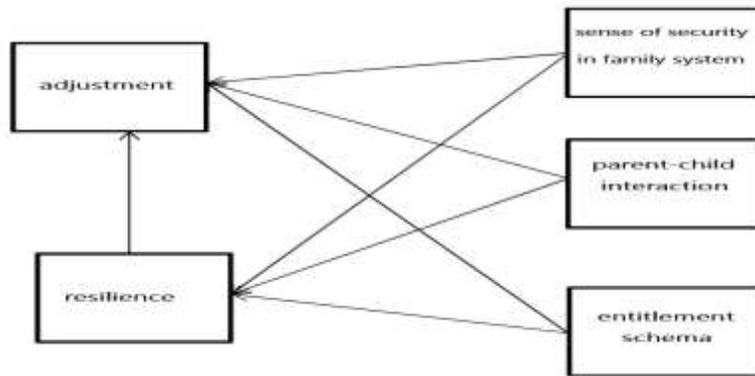
important and valuable than everyone else. He/she does not see any reason to pay attention or show sympathy to others. He/she sees himself/herself at the center of the world and does not follow the rules because he/she believes that the rules are for the common people. He/she does not consider the needs of others and does not hesitate to do anything to achieve his/her goals, regardless of the possible costs for others (Stewart, 2017/2019).

Considering the features of this schema, we also want to look at resilience and examine its relationship with adaptation. Resilience is the ability to maintain functioning in the face of stressful or disturbing events or situations that challenge

the emotional balance of life (Bonano & Coifman, 2010). Resilience is the characteristics and abilities that enable a person to adapt and cope with difficult situations or new changes. Resilience is a skill that people can learn and improve, even though some factors related to it are biological and genetic. Therefore, resilience plays a vital role in all aspects of adaptation (Kordmirza-Nikozadeh, 2013).

According to the stated materials, the purpose of this study is to investigate the relationship between parent-child interaction, sense of security, entitlement schema and adaptation with the mediating role of resilience. The conceptual model of the research is presented in Figure 1.

Figure 1: Conceptual model of the relationship between parent-child interaction, sense of security, and entitlement schema with social adaptation, and the mediating role of resilience.



2. Method

The aim of this research was to apply descriptive and correlational methods to study the relationship between emotional intelligence, self-efficacy and academic achievement among female high school students in Rudsar city, Iran. The research population consisted of 250 female students

who were selected by convenience sampling from five different schools in the academic year 2021-2022. The data collection instruments were the following questionnaires:

Parent-Child Relationship Survey (PCRS): This questionnaire was developed by Fine et al. (1983). It is a 24-item questionnaire that

measures the quality of communication between parents and children. It has two versions: one for the child-mother relationship and one for the child-father relationship. The only difference between the versions is the substitution of the words “mother” and “father”. The questionnaire uses a 7-point Likert scale to rate each item. Items 9, 13 and 14 are reverse scored. The scores of the items are summed and divided by the number of items in each factor to obtain the mean score of each subscale. The total score is the sum of the mean scores of the subscales. The total score ranges from 24 to 168. A score between 24 and 48 indicates a weak parent-child relationship, a score between 48 and 96 indicates a moderate parent-child relationship, and a score above 96 indicates a strong parent-child relationship. The PCRS has high internal consistency, with Cronbach’s alpha coefficients ranging from 0.89 to 0.96 for the father version and from 0.61 to 0.96 for the mother version. These coefficients were obtained from a sample of 241 students. In another study by Parhizgar et al. (2002), the reliability coefficients were 0.93 for the father version and 0.92 for the mother version, indicating good internal consistency (Araghi, 2008).

The Security in the Family System Questionnaire (SIFS): Forman and Davies (2004) to measure the level of emotional intelligence among students developed this questionnaire. It has 22 items that are rated on a 4-point Likert scale. The mean score of this questionnaire is 55. The questionnaire was translated into Persian for the purpose of this research and the original authors

confirmed its validity. The questionnaire also showed a high reliability of 0.87 Cronbach’s alpha and a satisfactory internal consistency.

The Young Schema Questionnaire (YSQ): Young (1994) to assess and measure early maladaptive schemas created this scale. The original and complete version of this questionnaire has 232 questions that assess 18 criteria. These 18 maladaptive or ineffective schemas are: Emotional Deprivation, Abandonment/Instability, Mistrust/Abuse, Defectiveness/Shame, Social Isolation/Alienation, Dependence/Incompetence, Failure, Vulnerability to Harm and Illness, Enmeshment/Undeveloped Self, Subjugation, Self-Sacrifice, Emotional Inhibition, Unrelenting Standards/Hypocriticalness, Entitlement/Grandiosity, Insufficient Self-Control/Self-Discipline, Punitiveness, Negativity/Pessimism, and Approval-Seeking/Recognition-Seeking. This questionnaire has good validity and reliability. Ghiasi et al. (2011) conducted a study to investigate the factor structure of the Young Schema Questionnaire. They reported that the extracted variance was 31.24% and the Cronbach’s alpha was 0.37. They only used the items that measured the entitlement schema in their study.

The California Social Adaptation Questionnaire (CSAQ): This questionnaire was developed by Clarke et al. (1953). It measures four aspects of social adjustment: social skills, school relationships, family relationships, and social relationships. It has 40 items that are rated on a Likert scale. The scores range from 0 to 40, with higher scores

indicating better social adjustment and lower scores indicating worse social adjustment. The reliability of this questionnaire was estimated to be above 0.7 using Cronbach’s alpha coefficient. Charaki-Zadeh (2017) evaluated the content, face, and criterion validity of this questionnaire and found them to be satisfactory.

Standard Questionnaire of Resilience Scale: The questionnaire was designed by Connor and Davidson (2003) and measures resilience using 10 statements that are rated on a 5-point Likert scale from one (never) to five (almost always). The scores range from 10 to 17 for

low resilience, from 17 to 34 for average resilience, and above 34 for high resilience. Keyhani et al. (2014) verified the validity of the questionnaire by experts and calculated its reliability using Cronbach’s alpha method 0.70.

3. Results

The descriptive findings showed that the students who participated in the study were distributed as follows: 43.6% in grade 11th, 31.6% in grade 12th, and 24.8% in grade 10th. Table 1 presents the descriptive statistics of the research variables.

Table 1
Descriptive analysis of research variables

Variables	Mean	Standard Deviation
Parent-child interaction	122.01	0.35
Sense of security	61.26	0.45
Entitlement schema	76.32	0.22
Adjustment	38.45	0.20
Resilience	36.26	0.24

The Pearson correlation coefficient was applied to examine the relationship between the research variables (Table 2).

Table 2
Correlation matrix of research variables

Variables	Parent-child interaction	Sense of security	Entitlement schema	Adaptation	Resilience
Parent-child interaction	1	-	-	-	-
Sense of security	0.60*	1	-	-	-
Entitlement schema	-0.61*	-0.55*	1	-	-
Adaptation	0.49*	0.56*	-0.59*	1	-
Resilience	0.69*	0.54*	-0.59*	0.68*	1

* p < 0.05

The results show that parent-child interaction, sense of security and resilience have a positive and significant effect on adaptation, while entitlement schema has a

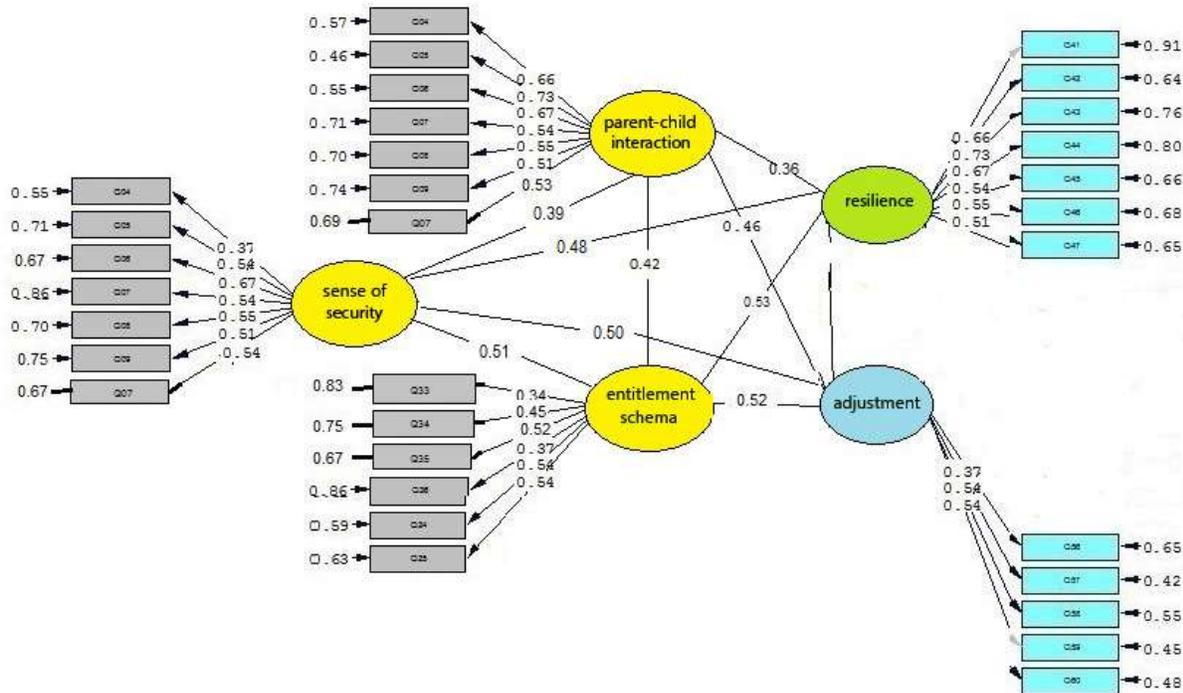
negative and significant effect on adaptation. Table 3 displays the fit indices of the model, which confirm that the model fits the data well and appropriately.

Table 3
Fit indices of the structural model

Fit index	χ^2/df	RMSEA	GFI	AGFI	NFI	NNFI	IFI
Acceptable values	>2	>0.1	> 0.9	>0.9	>0.9	>0.9	0 - 1
Calculated values	1.384	0.024	0.93	9	0.94	0.96	0.95

Figure 2 shows the path coefficients between the research variables.

Figure 2: Path coefficients between research variables



The results show that parent-child interaction (0.52), sense of security (0.46) and entitlement schema (-0.49) have a direct effect on adaptation, as indicated by the path coefficients and critical values (5.85, 7.83 and 5.11, respectively). The results also show that resilience plays a mediating role between

these variables and adaptation, as there is an indirect effect between parent-child interaction (0.53), sense of security (0.36), entitlement schema (-0.49) and adaptation, with critical values of 5.81, 4.36 and 5.09, respectively.

4. Discussion

The quality of parent-child interaction influences the child's adjustment in various aspects of his/her social life. The closer and healthier the relationship between parents and children, the more the child can adapt to different situations and challenges. Effective communication and interaction between parent and child can also enhance the child's performance in new life circumstances. Young (2022) argues that negative interactions of parents can impair the child's social skills and make him/her avoid close communication with peers. On the other hand, positive interactions between parent and child can foster the child's adjustment, so that he/she feels that family members can solve their problems, exchange their thoughts and feelings, and understand each other. This can lead to more adjustment in the family and society for the adolescent (Yazdani & Fakhimi-Farhadi, 2021).

The family environment and the conditions that foster the children's development have a profound impact on the individuals' adaptive behavior. The more secure and warm the relationships among the family members are, the better the person can perform in his/her social roles and show more adaptive behavior. The lack of this intimate atmosphere and close relationships between the parents and the child can cause problems for the individual in adapting to different personal and social situations. Lotfi Kashani & Vaziri (2022) found that unfavorable conditions in the family and the violence of parents, injustice and humiliation of the adolescent, can cause insecurity and

psychological-social problems and maladjustment in adolescent students.

The findings related to the effect of entitlement schema on adjustment and the relationship between these two variables are explained by the cognitive approach, which states that the reason for the individuals' adjustment problems is not the environment and the events around, but the perception and conception that they form in their mind of these phenomena (Mazlom and Niknam, 2018). According to the cognitive view, the primary incompatible schemas, which are the perceptions and beliefs of ourselves and others in different life situations, have a prominent role in the adjustment of individuals, especially adolescent students, and these schemas can affect the person's life in different dimensions. In the present research, one of the criteria of these schemas, namely entitlement schema, has been investigated, and the results show its influence on the students' adjustment.

The mediating role of resilience in the relationship between parent-child interaction and adjustment is also discussed. Healthy relationships and interactions and sufficient parental attention to the child help the child develop an independent and compatible personality with the home, society and school environment. In other words, when a person has experienced effective communication in his or her family and has not felt threatened by the lack of parental support, the person has the potential to grow and flourish even in situations that face the challenges and problems of life, because this person has a higher resilience and consequently better

adjustment. As Gratz and Gunderson (2006) say, family and social interactions foster resilience in stressful situations and enhance activity and response to social situations and more adjustment in those situations. Furthermore, the mediating role of resilience in the relationship between the sense of security and adjustment is explained. The sense of security and confidence that is received in the family can influence the person's ability to cope with stressful situations of life and, in other words, increase the person's resilience. According to the research that has been done in the field of resilience, this concept has a close relationship with the adjustment skills of individuals, so that the more the person's ability to control and manage himself or herself in the face of unpleasant and critical situations, the better he or she can adapt to different environments and situations.

Finally, the mediating role of resilience in the relationship between the schema of entitlement and adjustment is described. Incompatible and ineffective schemas that occupy the minds of people and cause unrealistic perceptions about themselves and others often create an incompatible and negative mindset for the person that has a direct relationship with resilience and an indirect effect on the person's social performance and adjustment.

5. Conclusion

This study had some limitations that might affect the generalizability of the results, such as the correlational design, the use of self-report instruments, and the restriction of the

sample to female high school students in Rudsar city. Future studies should explore more the role of family and its developmental aspects in the adaptation of adolescents. The results of this study suggest that family and the reciprocal relationships within it are the most influential factor on personality, which also affect the individual-social adaptation of adolescent children significantly. Among these reciprocal relationships, the parent-child relationship and the parenting style that parents adopt create a sense of basic security in individuals, and this sense of security can influence various aspects of the individual-social life of the child, both in the present and in the future. Another interesting point in our research was the role of early schemas, especially the schema of entitlement standard, in the level of students' adaptation. This shows the role of thinking and attitude of people about themselves and others, and how they can influence their interpersonal relationships. Finally, we examined the relationship between resilience and individuals' adaptation as a mediating role, and we found that this variable had an indirect relationship with the dimensions of adaptation, consistent with other studies in this field.

Acknowledgments

We would like to express our gratitude and appreciation to all the participants who were with us throughout this study.

Conflicts of Interest

The Authors declare that there is no conflict of interest with any organization. Also, this research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

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Research Paper: Chronic Anxiety in Medical Students at Balkh University



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Citation: Nasrat, A., Raheen, Q. (2024). Chronic Anxiety in Medical Students at Balkh University. *Journal of Modern Psychology*, 4(1), 41-47. <https://doi.org/10.22034/jmp.2024.447093.1097>

<https://doi.org/10.22034/JMP.2024.447093.1097>

Article info:

Received date:

16 Oct. 2023

Accepted date:

21 Dec. 2023

Keywords:

Anxiety, Blood Pressure,
Depression, Psychology,
Stress, Students

Abstract

Subjective: Anxiety is a negative emotional state caused by confronting unfavorable and unmanageable situations. Starting university and facing a new setting often triggers anxiety in students, particularly those who anticipate a demanding work environment.

Methods: The study is a descriptive-analytical research conducted in 2023 on the students of Balkh University Faculty of Medicine. A sample size of 120 students was chosen using the basic random sampling approach. Data was collected using Beck Anxiety Inventory (BAI). Descriptive and inferential statistics were applied for data analysis using SPSS 27. Out of 120 participants, 52 were aged 20-25, 38 were aged 25-30, and 30 were aged 30-35. Out of the respondents, 62 resided in dormitories and the remaining 58 lived in individual residences.

Results: Out of 120 students, 56 had normal anxiety levels, 35 had mild anxiety, 12 had moderate anxiety, 8 had severe anxiety, and 9 had extremely severe anxiety.

Conclusion: Therefore, psychologists in student counseling centers should pay attention to reducing the level of anxiety in students and study the reasons for its occurrence.

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Introduction

Youth are a nation's primary asset, and the transition to university is a critical phase marked by significant shifts in their social and interpersonal dynamics. Students should not only be professionals in many subjects but also play a crucial role in future country government. In the future, students will have a role in educating future generations, contributing to the improvement of society (Najafi Kalyani et al., 2012).

Mental health is a crucial aspect of students' well-being, given their role as the future architects of the nation. This group experiences high levels of stress as a result of their age and unique social circumstances. Factors including homesickness, family separation, adjusting to a new environment, academic challenges, competitiveness with peers and concerns about future career can cause stress and anxiety among students (Najafi Kalyani et al., 2012).

Anxiety is the negative emotional state resulting from facing adverse and unmanageable circumstances in humans, a common experience that significantly impacts human health. One issue in higher education is the challenge of students experiencing anxiety, which can be overwhelming for many students (Soltanifar et al., 2010). Research indicates that stress, anxiety, and depression are prevalent psychological issues among medical students. Medical students often experience significant pressure at various stages of their education (Shamsaei et al., 2018). Anxiety has been found to have a significant impact on learning. It is associated with many bodily

problems and failures that persist and cannot be eradicated. Anxiety can lead to the activation of the sympathetic nervous system at varying levels, as shown by the body's physiology (Soltanifar et al., 2010).

Anxiety is a reaction to an ambiguous threat, characterized by feelings of uncertainty and worry related to an unknown source of risk. Anxiety is a prevalent and unpleasant feeling accompanied by bodily sensations such as shortness of breath, palpitations, headache, or restlessness (Ghashghaee et al., 2020). Anxiety can be viewed as a good response as it enhances the significance and urgency of critical tasks, motivating individuals to take action and facilitate progress and development. Anxiety becomes problematic when it manifests in response to innocuous stimuli or occurrences, or presents as an irrational dread of inadequacy in performing tasks (Ghashghaee et al., 2020). According to the stated content, the purpose of this research is to investigate the level of anxiety in medical students of Balkh University.

Soltanifar et al. (2010) conducted a study to examine anxiety symptoms in medical and physiotherapy students at Mashhad University of Medical Sciences. The research was a cross-sectional descriptive study involving medical and physiotherapy students. 150 female medical and physiotherapy students were randomly chosen and assessed using Spielberger's anxiety questionnaire. Students with a history of significant stressors such as the loss of family members, severe medical conditions, divorce, or accidents were not included in the study. Thus, the sample size was restricted to

136. The findings were examined using SPSS and statistical tests including Chi-square, Exact test, and Kruskal-Wallis test. Female medical students had higher levels of stress and anxiety symptoms compared to physiotherapy students, as indicated by the data. Hence, it is crucial to focus on the mental well-being and alleviate the stressors affecting these individuals (Soltanifar et al., 2010).

Backović et al. (2013) conducted a study on stress and mental health among medical school students. A cross-sectional study was carried out on 367 fourth-year students at the Faculty of Medicine in Belgrade. The study utilized a questionnaire that covered demographic-social information, self-reported health state, and the stressful impact of academic activities. The General Health Questionnaire (GHQ-12) was used to assess health status. More than 50% of students experience frequent mental anxiety, while one third of them suffer from insomnia, according to the research. Almost half of the pupils rated the general stress level as moderate or high. Backović et al. (2013) found that 63.1% of exams were perceived as highly stressful.

Pelletier et al. (2016) conducted a study on stress, health risk behaviors, and weight in community college students. Their research aims to analyze the correlation between stress, weight-related health risk behaviors (such as eating habits, physical activity, sedentary behavior, sleep patterns, smoking, and excessive drinking), and weight status among enrolled students to prevent weight gain, utilizing cross-sectional data. The study

revealed a correlation between increased stress levels and a greater occurrence of overweight or obesity (Pelletier et al., 2016).

Ramón-Arbués et al. (2020) undertook a study to investigate the prevalence of depression, anxiety, and stress among students and the factors associated with them. The research sample comprised 1074 pupils. The study revealed a moderate occurrence of depressive symptoms (18.4%), anxiety symptoms (23.6%), and stress symptoms (34.5%) in the population under investigation. Problem behavior in using the Internet, smoking, insomnia, and low self-esteem were directly linked to feelings of depression, anxiety, and stress (Ramón-Arbués et al., 2020).

Lemay et al. (2019) did a study titled "Yo Impact of a Yoga and Meditation Intervention on Students' Stress and Anxiety Levels." Their research was to assess the impact of a six-week yoga and meditation program on stress perception, anxiety levels, and mindfulness abilities of college students who took part in a pilot program consisting of a 60-minute yoga class and guided meditation. The entity received training from faculty members at the University of Rhode Island Institute of Pharmacy. The students completed questionnaires both before and after the intervention to assess the household. The questionnaire assessed three variables: 1) anxiety level, 2) stress, and 3) mindfulness skills. Students had decreased stress and anxiety levels following a six-week yoga and meditation program before to final exams, as indicated by the results. Research findings indicate that engaging in mindfulness

activities once a week can lower stress and anxiety levels in students (Lemay et al., 2019).

Quek et al. (2019) conducted a study on the worldwide occurrence of anxiety in medical students. The research aimed to examine the frequency of anxiety in medical students and characteristics associated with anxiety in this population. A study was carried out with 40348 medical students, and the data was examined post-collection. Anxiety was shown to be more prevalent among medical students hailing from the Middle East and Asia. No significant variation in anxiety prevalence was found depending on gender and subject analysis. Approximately one-third of medical students globally experience anxiety at a rate far higher than the general population (Quek et al., 2019).

Shamsuddin et al. (2013) conducted a study on the relationship between depression, anxiety, and stress among university students in Malaysia. This study was a cross-sectional analysis including 506 students between the ages of 18 and 24 from four public universities in Malaysia. The data were assessed using a questionnaire gathered through the Depression Anxiety Stress Scale (DASS-21). Results indicated that 27.5% of students experienced moderate depression, while 9.7% experienced severe or extremely severe depression. 34% experienced moderate anxiety, whereas 29% experienced severe anxiety according to Shamsuddin et al. (2013).

Aloufi et al. (2021) did a study titled "Reducing stress, anxiety and depression in

undergraduate nursing students: Systematic review." This study involved bachelor's degree nurses and assessed interventions aimed at reducing stress and anxiety. The review encompassed empirical investigations conducted between 2008 and 2018. A total of 1579 studies were identified through a systematic search, of which 931 were reviewed based on the title and abstract. 44 studies were evaluated, and 22 were selected for the systematic review after careful assessment. Aloufi et al. (2021) found a variety of effective therapies that address stress and anxiety in nursing students.

Freitas et al. (2023) did a study on the symptoms of depression, anxiety, and stress in health students and their impact on the quality of life at Midwestern University. The data was gathered using a pre-designed questionnaire. A total of 448 questionnaires were provided, which comprised 21 items addressing depression, anxiety, and stress, and analyzing individual coping mechanisms and perceived barriers to mental health care. Almost one-third of the community reported severe depression (28.3%), anxiety (38.6%), and stress (31%) according to the findings. Consequently, there was a prevalence of mental health issues among professors, staff, and students (Freitas et al., 2023).

Method

The present study is a descriptive-analytical research conducted in 2023 on the students of Balkh University Faculty of Medicine. A sample size of 120 individuals was chosen using the basic random sampling approach. Data was collected using the Back Anxiety

Inventory, consisting of 21 questions. Responses were rated on a 4-option scale. Descriptive and inferential statistics were applied for data analysis using SPSS 27.

Beck's anxiety Inventory.

Table 1 shows the severity of anxiety in Table 1

The intensity of anxiety in the Beck Anxiety Inventory.

Severity of anxiety symptoms	Criterion
Normal anxiety	0-7
mild anxiety	8-9
Moderate anxiety	10-14
severe anxiety	15-19
Very severe anxiety	Over 20

The table above will be used to interpret the respondents' anxiety intensity scores.

Table (2) displays the demographics of students categorized by age group, place of residence, and academic year.

Results

Table 2

The descriptive statistics of students categorized by age group, location of residence, and academic year.

Variables		frequency	Percentage
age categories	20-25	52	43.4
	25-30	38	31.6
	30-35	30	25
Address	Dormitory	62	51.6
	private house	58	48.4
Academic year	2023	32	26.6
	2022	28	23.3
	2021	16	13.3
	2019	27	22.5
	2018	11	9.3
	2017	6	5

Out of 120 individuals, 52 were aged 20-25, 38 were aged 25-30, and 30 were aged 30-35. Table (3) displays the anxiety levels of students.

Table 3

The different levels of anxiety among students

Severity of anxiety symptoms	Frequency	Percentage
Normal anxiety	56	46.6
Mild anxiety	35	29.1
Moderate anxiety	12	10
Severe anxiety	8	6.6
Very severe anxiety	9	7.5

Out of 120 students, 56 had normal anxiety levels, 35 had mild anxiety, 12 had moderate anxiety, 8 had severe anxiety, and 9 had extremely severe anxiety.

Conclusion

Anxiety is the state of experiencing undesirable and unmanageable conditions, which is commonly felt by all individuals and is significant for human health. One issue in higher education is the challenge of students experiencing anxiety, which can be overwhelming for many students (Soltanifar et al., 2010). As observed in this study, almost more than half of the students suffered from mild to very severe anxiety.

Research indicates that stress, anxiety, and depression are prevalent psychological issues among medical students and medical students often experience significant pressure at various points in their education (Shamsaei et al., 2018). Also, research indicates that worry and anxiety significantly impacts learning and can lead to physical issues and persistent failures (Soltanifar et al., 2010).

The reasons for anxiety in students can be related to various things. Adapting to a new educational environment, successfully passing courses and exams, socializing with

new people, challenges of living independently from the family, financial issues and entering a social environment larger than the family can be among the reasons for increasing anxiety in students.

Considering that anxiety is one of the problems of students, it is suggested that counseling centers in universities help to reduce their anxiety level by holding educational workshops and providing individual psychotherapies for students. Future researches can further examine the causes and areas of anxiety in students and determine some strategies to reduce anxiety in students.

Acknowledgments

Thanks to the students who interviewed us in this research.

Conflicts of Interest

No conflict of interest has been reported.

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