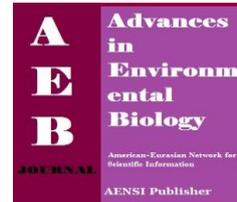




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Quality of Life and Personality of Militaries

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ABSTRACT

Object: Because of the need to assess and identify factors affecting quality of life on the one hand and the importance of identifying the personality characteristics in military life on the other hand, this study predicts quality of life and the personality characteristics of military forces. **Method:** thus, in a correlational design 190 Military forces were selected as a statistical sample. Instruments included the World Health Organization Quality of Lifeshort form (WHOQOL-Brief) and the NEO Personality Inventory (NEO-PI-R). **Results:** The results showed in military forces, quality of life increased with enhanced military-grade, work experience, income level and age of the subjects. In addition, high scores on extroversion, openness, agreeableness, and consciousness, is associated with improved quality of life for military personnel. The results of stepwise regression showed that extroversion, neuroticism, income, consciousness and work experience overall 34.9% of quality of life. **Conclusions:** These results suggest that it is necessary to enhance the quality of life of military personnel not only according to income, but also to correct certain personality traits and psychological measures, including measures of neuroticism and extraversion and consciousness features must be taken into consideration.

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INTRODUCTION

During the last two decades, quality of life has been one of the most important subjects in clinical researches. Quality of life is a concept that reflects the influence of psychological, physical, social and mental illness on the patient's daily life, which can significantly impact on personal satisfaction and success in life [1]. Quality of life is the individual perception of their status in life in the context of culture and value systems in which they live that is related to personal goals, expectations and standards [2]. Researchers quality of life points as satisfaction with various aspects of life, realize their life, patient satisfaction assessment of functional level that is ideal. Satisfy one of the aspects of life that are influenced by the health and safety impacts [3].

Quality of life can be used as an operational tool for assessing the overall health and well considered and present it as a key indicator that should be considered routinely in health research [5,4]. Nowadays, organizations strategic approach to human resources, considered them as a valuable asset and smart And try to further improve their style and quality of life and job satisfaction. Workplace health and mental health, creating a high quality of life is provided. with attendance to This, is due to the low efficiency of the organization and it is essential in preventing job burnout [6].

One of the important pests' organizations, disregarding the quality of life for employees of an organization's Negligence, greatly reduces the effectiveness and efficiency [7]. Personnel in the health sector organizations of various sizes; it is directly related to national security. Therefore, essential to national security and military authority, there is an active and healthy workforce to the highest level of functionality, performance and freshness, relying on the power of faith to defend the country's physical and mental health, religion and the revolution would [8]. As a result, the quality of life in these people is very important. Much information is available about quality of life in military forces in Iran. yet the results of scant studies on military personnel showed low levels of quality of life in the mental aspect than the physical dimensions [9]. This could be due to the nature of the military profession is [10, 11]. Fathi Ashtiani Jafari Kandovan showed that the quality of life of

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employees, both military and civilian together did not show significant differences [12]. But in another study military personnel to the different results obtained in the study of health-related quality of life was higher in the military than in civilian [13]. Studies indicate that such personality characteristics associated with a person that has an impact on quality of life [14]. Quality of life issues such as culture, social, economic, and character is relevant [15]. Costa and McCrae rent the students in their study showed that extraversion and neuroticism personality factors influence significantly the well-being are subjective [16]. Even the personality trait anxiety is associated with quality of life [17]. Further studies are the relationship between Internet addiction and dependence on the characteristics and quality of life [18]. Studies have shown that both Hart and Associates, a personality trait neuroticism and extroversion, played an important role in the well-being and quality of life plays a police officer [19]. Quality of life and personality dimensions of extraversion, agreeableness, conscientiousness and ability to experience positive and significant relationship with neuroticism. has a significant negative relationship. In addition, two features neuroticism and consciousness can explain 41% of the variation in quality of life [20]. In another study revealed a correlation between personality traits and mental health and quality of life with four positive and significant. Also, the relationship between personality factors and quality of life, there is a significant positive correlation [21]. The Hamid and zemestani demonstrated that the spiritual intelligence and personality, there is a significant quality of life in multiple relationships. The results showed neuroticism highest negative correlation with quality of life. In addition to these characteristics, neuroticism, agreeableness and conscientiousness had the highest contribution in explaining quality of life [22]. Masthoff, trompenaars, Heck & Vries showed negative correlation with quality of life, neuroticism and extroversion and conscientiousness is positively related [23] Quality of life is the result of a complex interaction between internal and external factors, internal factors of personality seems to play a major role in the quality of life [13]. Research in Dyrkh by Rezai (and colleagues) was to conclude the researchers, Type D personality predictors of quality of life in patients with irritable bowel syndrome [24]. She finds some Kalarijani, Malmir, Shamsi and Ghanbari subject QOL of civil and military men with high blood pressure indicated. The overall score for quality of life was significantly higher in the military than in the civilian group. Quality of life for military personnel than civilians with hypertension is at a higher level [25]. in a qualitative study, worship, Ebadi, Ahmadi, Ghanei, Kazemnejad, interviewer race. The concepts of quality of life construct elements in chemical victims were examined; Contributors include physical fitness, common sense and ability to perform the duties and expectations of each person and the other it as having welfare and general comfort. Chemical patients and delayed effects of chronic ITP patients had a change in all aspects of their health [26]. Previous studies, indicate that various factors such as stress, coping, and operations, confronted with the disaster and the extent of this disaster as catastrophic, personality characteristics, and ways of coping with stress in the quality of life of police officers, are effective [27]. Considering the role of personality characteristics on quality of life, and the need to examine this issue in the military Forces has not been considered in previous studies, In this study the relationship between personality traits and the quality of life and quality of life prediction based on the characteristics of a military unit was made.

Method:

This descriptive correlation study design was to examine the relationship between personality and lifestyle characteristics were studied. The statistical population of this study were the staff of a military unit in the summer and autumn at 2013. Accordingly, participants in this study included 200 troops who were selected styles available in the three approaches. Entry criteria for this study were as follows; military, male gender, higher education diplomas and professional experience of more than a year. Based on a sample size of prediction and regression correlation studies with the goal of selecting are 15 to 20 subjects per independent variable [28]. In this study the research variables 9, and also in view of possible loss, 200 subjects were selected.

Instrument:

NEO-PI Personality Inventory - Revised version (NEO-PI-R, Costa & McCrae, 1992), a questionnaire-based self-character is a famous model called the Five Factor Model of Personality [29]. Revised version of the questionnaire, NEO, or areas mentioned five factors, namely, Neuroticism, extraversion, openness, agreeable, and conscientiousness. Those certain personality traits represent different aspects of each area. Revised version of the NEO-PI-R NEO questionnaire containing 240 item (Article 8 or 48 of each of the 30 scales for each factor) is. Respondents to each item on a five-part scale (totally disagree, disagree, no opinion, agree, totally agree) with zero to four grading, grading work. For some of the scoring is done in reverse. The questionnaire was prepared by Mac Keri and Costa in the normal population and in the past decade has been mostly used in research and clinical practices. The original version in 1992 by Costa and Mac Keri was set to measure the five factor model of personality. Cronboch Alpha coefficients were reported .74 to .89. While Blanchard and colleagues investigated the reliability factors Neuroticism, .85, Extroversion, .72, the aperture .68, to approve the .69 and conscientiousness was .79.

Recently, the internal consistency of the questionnaire, .69 to .90 for the test scales have been reported [30] Haghshenas in Iran [31]. Shiraz on a sample population of 502 people have come to similar conclusions: Cronbach alpha was .83 for C, .71 for A, .57 for O, .71 for E and .81 for N, and test retest reliability was N= .53, A = .60, E =.74 and O= .76.

Quality of Life Questionnaire ((WHOQOL-Brief):

Short form of life questionnaire Short Form of the World Health Organization World Health Organization has long 100-item questionnaire lifestyle's Form 26-Q that at least 19 Languages translated., this questionnaire has four subscales of the physical, psychological, social relationships and environment along with whole quality of life measures. Respond to any question or phrase on a five-choice Likert format (from none to quite bad or very high to very low) is to score the option at least as great as the first and the most options, will be awarded with the five. Covington and colleagues [32] the reliability of the questionnaire at the international level .70 has mentioned. Fathi Ashtiani [30], Hamid and Zemestani [22] the reliability of the different scales between .77 to .95 reported. Statistical methods for data analysis included Pearson correlation and stepwise multiple regression analysis, respectively.

Results:

200 questionnaires collected, 10 questionnaires due to the complete removal and statistical analyzes were performed based on 190 questionnaires. Of these, 17.5% of the participants were high school graduates, 12 percent of associate degree, bachelor degree, 64% and 7.5% had master's or doctoral. degree. 20% of their income or poor or very poor, 59.5% of their average income and a 20.5% of his income was assessed as good. The average work experience of participants 87/12 years, mean military grade 11.6 and the mean age was 31.90 old .13.5% of non-participants, 55.3 percent and 31 percent of them senior officers were among the officers. In addition, 46.3 of an eight-year service history, 38.9 percent have a history of nine to 16 years, 9.5 percent of 17 to 24 years and 5.3% of a history of over 25 years. Quality of life score 64.36 and the mean scores on personality factors between 94.93 on Neuroticism and 109.86 for the consciousness factor (Table 1).

Table 1: Distribution of demographic variables and indicators and descriptive variables.

Percent Cumulative frequency	percent	Frequency	Millirary degree	Percent Cumulative frequency	Percent	Frequency	Age group
13.7	13.7	26	Graduate	22.1	22.1	42	20-27
69	55.3	105	Subaltern	87.4	65.3	107	28-35
100	31.0	59	Brass	96.4	8.9	34	36-43
-	-	-	-	100	3.7	7	44-51
Percent Cumulative frequency	percent	Frequency	Income	Percent Cumulative frequency	Percent	Frequency	Job history
2.1	2.1	4	Very poor	46.3	46.3	88	1-8
20	17.9	34	poor	85.2	38.9	74	9-16
79.5	59.5	113	Average	94.7	9.5	18	17-24
100	20.5	39	Good	100	5.3	10	25-30
Quality of Life	Consciousness	Agreeableness	Openness	Extroversion	Neuroticism	Age	Variable
64.36	109.86	99.66	108.49	01.64	94.93	31.90	Mean
7.6	9.4	9.5	9.9	94	11.2	5.7	Standard deviation

The results showed that the correlation coefficient between quality of life with military grade was .128, with job history .176, income .121 and with age was .248. In addition, Pearson correlation quality of life and extroversion was .327, openness .269, with agreeableness .247 and with consciousness was .28. These correlation coefficients were statistically significant($p < .05$). Conclusion is based on the military, while education and personality trait neuroticism have no significant relationship with quality of life, but with the improvement of military age and work experience, and the income quality of life is improved and the addition of high scores on the personality factor extroversion, openness, agreeableness, and consciousness, is associated with improved quality of life for military personnel (table 2).

Table 2: Correlation between quality of life and demographic characteristics and personality.

Variable	The correlation coefficient	Significant	Variable	The correlation coefficient	Significant
Education	.116	.550	Neuroticism	-.640	.190
Military grade	.128	.044	Extroversion	.327	.0001

Job history	.176	.008	Openness	.269	.0001
Income	.121	.049	Agreeableness	.247	.0001
Age	.248	.0001	Consciousness	.280	.0001

To determine the predictive power of personality traits on quality of life, stepwise regression analysis was used. Results of regression analysis showed that the variables in the first step, the personality factor extroversion with a regression coefficient of .327 to enter the regression equation to predict the quality of life of military personnel have been. The second set of regression coefficients indicate that extroversion and seven tenths percent to account for changes in quality of life. The second step is the addition of extroversion, neuroticism personality trait, with a regression coefficient of .403 was added to the regression equation to predict 5.5 percent is quality of life. Third, subjects' earnings are added to the regression equation to .468 increase while alone predicted 5.7 percent quality of life. Personality factor consciousness on the fourth step of the regression equation were added to .527 has increased, consciousness 5.9 percent to account for quality of life. In the final step, years of service with the regression coefficient of .591 were added to the equation alone is able to predict the seventh of the quality of life. The five variables in total 34.9% of the subjects' quality of life significantly explain. (Table 3).

Table 3: Summarizes the regression model to predict the quality of life.

Durbin-Watson coefficient	F changed	Df 2	R Square change	Adjusted R ²	R ²	R	Variables	Step
1.86	22.45*	188	10.7	10.2	10.7	.327	Extroversion	1
	12.18*	187	5.5	15.2	16.1	.403	Extroversion and neuroticism +	2
	13.64*	186	5.7	20.6	21.9	.468	Extroversion + neuroticism + Income	3
	15.21*	185	5.9	26.2	27.8	.527	Extroversion + neuroticism + Income + consciousness	4
	*20.14	184	7.1	33.2	34.9	.591	Variables Step Four + job history	5

Table (4) show that standardized and non-standardized coefficients for prediction quality of life is significance and variables that entered in equation, can predict quality if life. with attendace these coefficients, can write equation for prediction quality if life. In addition, Durbin -Watson coefficient is 1.86 that is in the rane of 1.5-2.5, show that regarded error independency pre hypothesis that important for regression also calculated Eigen values and VIF coefficients less than 10, explanatory low colineaty between independence variables, as an other prehypothesis for regression.

Table 4: Standardized and non-standardized coefficients for prediction quality of life.

Variable	β	Beta	T	VI	VIF	Eigen Value
Constant	110.09	-	16.39*	-	-	5.72
Extroversion	.29	.36	4.87*	.64	1.55	.23
Neuroticism	-.28	-.42	-5.76*	.68	1.47	.035
Income	4.41	.38	5.59*	.77	1.3	.017
Consciousness	.30	.38	5.00*	.63	1.59	.014
Job History	.38	.30	4.49*	.77	1.31	.013

Discussion:

Quality of life as a psychological and social phenomenon, not only in the psychological quality of every single individual has a role, but a positive and healthy life for all members of society, and thus provides a good social environment. The quality of life aspects of both objective and subjective aspects as little as subsistence life satisfaction covers. Final results showed that the quality of life for military personnel, military grade, years of service, age and income are positively related with these components and quality of life will be higher. Perhaps upgrading its facilities to the authority and responsibility to do more for the physical marks and reduces his income has increased, and furthermore, quality of life plays a major role. Moreover, other results of this study indicated that the five factors of personality, Neuroticism negatively, although not significantly, but other factors, showed a significant positive relationship with quality of life and extroversion, openness, consciousness being together is more quality of life. Significant in relation to quality of life factors, extroversion and openness, and trust in these studies Nasr Esfahani, and Zemestani, and Costa [22, 20, 16] is consistent, which may indicate a significant role of these factors in quality of life. Seems to be sociable, active, and probably better expresses these lists and the military forces better access to their own requirements and purposes of life and improves the quality of life. Moreover, it should be noted that quality of life is an important dimension to social relationships that exist between the personality factor extroversion and openness is associated with greater social relationships (Fathi Ashtiani12) Nasr Esfahani and Etemadi [20] also have reported a significant relationship between agreeableness and quality of life that along with the results of this study is consistent, but this relationship in

other studies was not significant. However, Hamid and Zemestani [22], Nasr Esfahani [20], Mastof and colleagues [23], Mc creas and Costa [16], the significant negative relationship between neuroticism and quality of life were noted, while in this study a negative relationship was found between quality of life and neuroticism, but this relationship was not significant. This discrepancy is probably affect the population in a way that is different in the two examples of Hamid and Zemestani of civilians and military personnel present study was carried out. Supposedly the military quality of life and personality factors of neuroticism is stronger. Operating agreement is a clear example of the relationship referred to be much smaller than in previous studies. Maybe in the armed forces, more inclined to agree with most of the family trust, candor, and humility of heart and uterine Altruism is associated with more positive effects on quality of life compared with characteristics such as neuroticism, anxiety, depression, impulsivity and vulnerability is liable for any accidents. The results of analyzing regression showed outward seventh percent, neuroticism is correlated with quality of life did not show, when controlling for other variables a meaningful role 5/5 percent, earning 7/5 percent, conscientious 9 / 5% service history of one seventh of the five variables in total 9/34 % of the quality of life in the armed forces can explain. Predictability of quality of life based on personality factors, the study Nasr Esfahani and etemadi [20] and Hamid and Zemestani [22][particularly for factors neuroticism, openness and consciousness and it seems that, at least has been done within the country in another study aimed to predict, especially in the armed forces. These three personality factor extroversion, neuroticism and consciousness about 22% of the quality of life can explain that one side represents the significant role of personality factors in quality of life, especially the military forces of the other side - According to the definition of quality of life - an important impact on the type and how individual perceptions of their status and satisfaction with various aspects of life. In other words, the level of extroversion, neuroticism and consciousness can predict perceived general health and welfare of the individual should be considered. The fact that this military is doing it considering the fact that income, 7/5% and service history, one seventh of the quality of life predicted is open on the role of personality main determinant of quality of life refers to a far lesser role of culture, education and social class as it Ramanya and colleagues [15] point out. This indicates that the individual's perception of the quality of physical, psychological and social environment affected the perception of the overall system of beliefs and behavior and emotional well-but over time stays the same. And can even external components (as opposed to internal factors such as personality) as they affect the work environment and occupational stress. Special Studies course needs to be done differently and the role of other factors such as job satisfaction and job stress and job performance as well as organizational structures and their impact on quality of life be measured.

Conclusions:

These results indicate that personality characteristics, play a significant role in the quality of life for military personnel and according to that personality does not change, but be careful with the selection of characteristics of extroversion, and consciousness, and less neuroticism, chose armed forces for jobs while job efficiency, better quality of life than the less specific military occupations stress takes effect.

However, this study had some limitations, such as the quality of life solely based on personality factors rather than personality traits can be predicted by evaluating the characteristics of the sample size needs. Furthermore, based on personality factors and demographic characteristics to predict the quality of life for military action and other internal factors (psychological characteristics) and external studies was that deserve further studies to be addressed and the role of personality in the relationship and quality of life compared to the three Iranian armed forces.

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