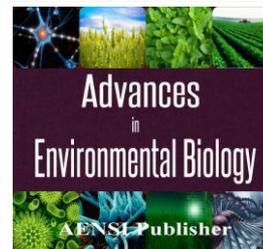




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The Relationship Between Personality Traits and Strategies Confront with Stress with Life Expectancy of Nurses in Hospitals of Kerman

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ABSTRACT

This study examined the relationship between personality traits and strategies for coping with life expectancy of our choir was conducted by nurses in hospitals. Correlation method and use of cluster sampling method and sample size of 234 subjects was selected. Data from the questionnaires were included personality traits and coping with stress and life expectancy were used and the questionnaire data using regression analysis using software spss analysis was performed. The results showed that the variables of personality traits and coping strategies can be used to predict the life expectancy varies between personality traits (good and neurotic extraversion, openness, and conscientiousness agreement) and strategy problem-focused coping, and between character traits (good and neurotic extraversion, openness, and conscientiousness agreement) and strategies for coping with life expectancy, there is a significant relationship.

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INTRODUCTION

Life expectancy is a feature that has led us to seek a better future. THE Hope IS success and a better future and a reason for living. With hope in your heart, life will be a happier person [1]. With a lot of hope, health will be greater. According to Hope basis of mental ability that is manifested personality traits and experiences of the individual. Hope you feel better to believe in a future. Hope, human, and his efforts led to a high level of mental functioning, behavior, behavior management and more appropriate ways to close it. Hope every one's life depends on his personality type is [2]. Conceptually simple and objective character that could easily define it, but rather an abstract concept or term structure and the fact that the character has a defined structure makes it difficult [3], that the character of one's be Terms and conditions of the forecast. Hence, his definition of character concept that human behavior is predicted [4]. Evidence suggests that personality associated with both stress and coping styles and that people with different personality traits, with the stress coping style are different.

1.2 Statement of the problem:

Life expectancy means an individual life in society according to the mortality pattern of the population. The life expectancy is one of the most well-known indicators of human survival and health is considered an average year, the hope is a person alive the condition that the current trends headstrongness does not change. Furthermore, many factors affect the life expectancy of a person that includes health, life style, creating a healthy way of life, social support and satisfaction with life. Increased life expectancy in the world has great impact on the field of health, especially the health of such a change in health policy in the field of industrial and economic as well as changing the fabric of society and the family. This phenomenon also causes changes in the age distribution curve and change in life expectancy at older ages in countries where high [6]. According to Hope basis of mental ability that is manifested personality traits and experiences of the individual. Hope you feel better to believe in a future. Hope its penetrating power, which stimulates the activity of the system in order to gain new experiences and make new forces in the organism, and therefore hope to take humans to a high level his efforts rations prompted Mental- more appropriate behavior and control behavior and practices of the close and hope is a sign of mental health and hope is a conscious experience, but when the pressure of the ordinary and the ways of the dark Maze takes place. Sense of hope in the hopes soon appeared again after a crisis to bring

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peace. Obviously the man is a crisis and disaster scenarios and vaguely disturbing feels, in a desperate, but increasingly these concerns in hopes of re-creating emotional balance, in a study from The University of Texas was carried out, It was shown that a good mood (emotion and personality in moderation), it dramatically increases the level of hope in a person raises a result, individuals are better able to cope with the obstacles in life that cause anxiety. Therefore, it can be seen that prosperity, character and wellbeing of individuals linked. A person who has a cheerful spirit, in carrying out daily activities, positive thinking his agenda puts it better than others to problems large and small, will remedy [6]. Perhaps the most crucial personality psychology is because the life expectancy of each individual depends on his personality type and is also a major focus of discussion in such areas as learning, motivation, perception, thought, emotion, passion, intelligence and the like [2], the believes that it should be the goal of the character theory of human behavior in different situations and circumstances not predict. Hence, the definition of character states, character concept that allows predicting the behavior of man in the circumstances would have given [4]. [8], with the five-factor theory, an attempt to construct a theory began the Big Five personality scales include nervousness or emotional instability, including the massive character of the adjustment, emotional stability, incompatibility, and nervousness or neurotic orientation. Neurosis biased person is upset, he has whimsy and prone to depression [9]. Extraversion: Extraversion and introversion tend to be verbal or physical activity alone and sovereignty are concerned. People are social extraversion, openness: as one of the major dimensions of personality, openness to experience and extraversion are much less nervousness among the experts recognized. Someone who is open to experience is broad interests. He loves anything new. It is wisdom, openness to new ideas, cultural preferences, attitudes, training, and creativity in communication. These persons have an active imagination, aesthetic sensitivity, inner emotional experience and judgment of dialogue are independent [10]. Agreed: as extroversion, agree on the orientation relationship between the individual. A person essentially agrees altruism. With others, he is eager to help them, and believe that others have the same relationship with him. Increasing attention to the impact of different aspects of the character of the stress and the ways in which people deal with it, they underlie many the research carried out. In other words, evidence suggests that personality is related to both stress and coping styles. For example, with regard to specific coping styles, personality traits, different people have different coping styles (active vs. passive) to experience the stress of the show [11] have suggested that the deal includes any The answer is that the adversities of life, a person's emotional distress can prevent or cure or overcome it returns. The process of coping and dealing with stress all the behavioral and cognitive efforts to compromise (reduce, overcome or tolerate) the internal and external demands is said to have attacked a person's available resources are or offensive] 4], coping strategies can be divided into two general categories: a) Coping strategies problematic in this type of deal in order to change the situation, or to develop new skills and responding acts. In fact, the person tries to relieve stress or reduce its activity to do. A lot of effort to do problem solving. This method is used when a person thinks he can do something about the problem. B) emotion-focused coping strategies in dealing with this kind of emotional stress is emphasized. When a person is perceived to be beyond the control of the individual stages of the turmoil and confusion of trying to get rid of the stress of the highlights of this type of the issue, not on the sentiments of counter the It is. In order to solve the problem of not doing one's own efforts only makes her quiet and out of the turmoil, considering the method contrast, it was known to be with the characteristics of higher neurosis inappropriate practices passively confront Enterprises work, while those with features of high extraversion, social support and active coping strategies to pursue. Because men's attitudes are less tolerant of coping strategies used. They agree to work and social adjustment in the position of having to trust other people's experiences of positive social and coping strategies are less conscientious people due to the face of the problems of life are ready systematic-'s and assess their cognitive abilities are less accurate than the coping strategies they use.

1.3 The importance and necessity of the research:

In recent years the field of modern psychologists have called positive psychology. According to [12] Over the years, psychology has become so widespread in science management. They also suggest that psychologists should not only how to cope with negative life events and treat them pay, but must also understand the things that make life worth help. Hope is an essential element in all aspects of life. Hope you feel better to believe in the future and the hope is that after the crisis peacefully on her back [7]. The special features of person to make in various positions of and well-balanced adaptation behaviors lives show the increasing attention to the impact of various dimensions of personality and the ways in which people deal with it, they can be severe in times of crisis as patient experience and the pain is server. Stress is medically described as the erosion of the body. Stress is an integral part of human life [13] Smith believes that nurses experience a lot of stress in the workplace that could affect their mood, they will suffering from depression, (28) of Hence it is necessary to raise the quality and quantity of life of the working class community related factors such as personality traits (according to the contents listed above) and methods of coping with a life expectancy of research and research place.

Goals:

Investigate the relationship between personality traits and coping strategies with hospital life expectancy

Objectives of the research component:

Examine the relationship between neuroticism personality trait and problem-centered approach to life expectancy hospital

Investigate the relationship between extroversion personality trait and problem-centered approach to life expectancy hospital

Investigate the relationship between personality characteristics and life expectancy, hospital admissions and problem-focused strategies

Investigate the relationship between personality characteristics and guidelines agreed with problem-centered life expectancy hospital

Investigate the relationship between conscientiousness personality trait and problem-centered approach to life expectancy hospital

Investigate the relationship between personality trait neuroticism and coping strategies with hospital life expectancy

Investigate the relationship between extraversion personality traits and coping strategies with hospital life expectancy

Investigate the relationship between personality characteristics and strategies for coping with life expectancy hospital admissions

Investigate the relationship between personality characteristics and strategies for coping with life expectancy hospital agreement

Investigate the relationship between personality characteristics and strategies for coping with a life expectancy of duty nursing

1-6 Definitions of words and concepts:

Life expectancy (concept): the ability to plan the passage of the desired goals despite obstacles and Broker or motivating factor for the use of these pathways [14].

Personality characteristics (concept) is an agreement among psychologists describe the main characteristics of the five-factor personality traits are all these five factors are: neuroticism, extraversion, agreeableness, openness to experience and responsibility [29] a) Neuroticism: Neuroticism is the tendency of people to get upset, he has whimsy and prone to depression [9] b) Extraversion: the tendency of people to engage in physical and verbal, and the decisive action, active, and the people are discussed [10] c) Compatibility: This person has an active imagination, aesthetic sensitivity, inner emotional experience and independent judgment. D) Agreeableness: These self-consistent, humble, warm and sympathetic. [10] responsibility: this person has a predetermined purpose and are strong demands, tidy, responsible, reliable and in doing the tasks assigned to him is not short [10].

Coping with Stress (conceptual):

The process of attempting to resolve the deal called stressful situations [5]. Coping strategies can be problematic coping strategies and coping split discussed above in more detail.

*2.1 Definition of variables:**2-1-1 Definition of personality:*

Character can be specialized and distinctive patterns of thought, emotion and behavior that are considered personal style of interacting with the physical and social environment of each person's life. Personality is relatively stable pattern of traits, dispositions or traits that partially perpetuates the behavior. For more specific personality traits or attitudes that form the stability of individual differences in behavior over time and continue to behave in different situations we can. These attributes can be unique, common in some groups, or shared by all members, but the patterns are different in each person. So anyone with it in a way like others, has a unique character [15].

*2.1.2 Different approaches to the study of personality**2-1-2-1 psychoanalytic approach:*

[30] The first person protagonist in the nineteenth century of the modern scientific method is discussed. Developed by Freud remained so influential that much of the theory of his character and his unique approach to psychotherapy, remains influential today. His three most important outcome of the dialectical character of a person in the community is known. Freud believed that the personality of the animal psyche and motivation of human nature, which is based on his innate instincts and interests, the stage of the "entity" knows. The natural desire of human motivation and social life by the rule of moral, social, religious, and most repressed, but will

not be lost, but her character is partly determined by them. The second phase of human character and the second is the result of social constraints of the law and the so-called Freud "I" is called a state agency and has evolved with the religious and social ethical standards and regulations accessing it. The third step in the process of acculturation Some people accept higher quality moral, religious, cultural, human beings act in accordance with good conscience and a model for others, and examples are. This stage is composed of a father figure called "My Best" is called. I represent a social character which is subject to the laws and social constraints, and always with the same social customs and traditions makes. But hidden characters, rebellious human body is always in a fight with me, I cannot always resist against institutional pressures, because strong feeling that my body is able to withstand the forces to assist me I called Premier.

2-1-2-2 new approaches to psychoanalysis:

Freud, Alfred Adler, the separation from the school of individual psychology founded. His emphasis on social motivation and sexual instincts, and the processes of the unconscious rather than the conscious mind. He noted the weakness of the body, but gradually the feeling of humiliation and defense mechanisms to hide or reduce the painful feelings were interested. In [31] the individual's efforts to cope with the emotions of this type, is part of his lifestyle, that is, in a certain aspect of his personality comes functions [29] The first principle of Adler's theory is dynamic force in The behavior of people, striving for success or superiority, the second principle Adler is the subjective impressions of people, behavior and shape their character, Article III of Adler's theory: integrated personality, the fourth principle of Adler's theory: the value of all human activities should be considered from the angle of social interest, Adler Principle V: integrated personality structure of an individual's lifestyle is the sixth style: creative force of life by the [15] [[Carl Jay Yong In the case of neo-psychoanalytic approaches to information necessary to their theories from multiple disciplines to gather in-depth study, but the original information primarily from the view of people, including a, have been obtained. His doctrine of "analytical psychology" founded. Like Jung, Adler was concerned about the overemphasis on sexual urge and instead live be considered as a generalized energy. While gender is a major part of this energy, including efforts to enjoyment and creativity as well. Jung, Freud's emphasis on the unconscious accepts the concept of the "collective unconscious" as it adds. For Jung, the collective unconscious, unlike the individual unconscious, according to the common ancestor of all people are the same. The unconscious part of human heritage and a chain that binds us by millions of years of past experience. Characters such as Carl Horney and Harry Sullivan and Erik Erikson's Stuck on a new approach to psychoanalysis, have expressed their opinion that due to the volume of work we provide them regardless.

2-1-2-3 humanist approach:

Abraham Maslow who view humanism as a "third force" psychology of America introduced. His other forces (psychoanalytic and behaviorist) to the cynical vision, limited negative about the man who had been criticized. Maslow believed that people are basically good or neutral, but not evil, and that every human being lies stretching to the growth or mature is to deliver the psychopathology func-, and disappointment to the basic nature deviation of the human. The principle cause of the deviation and despair [29] Maslow's theory of personality based on a few basic assumptions about the motivation. First, [32] adopted a holistic approach to motivation and repeatedly makes the point that the whole person, not organs or functional units is motivated. Secondly, motivation is often complex, meaning that individual behavior can be caused by several different reasons. The third assumption is that people are often motivated by a need or are no longer needed. When a need is satisfied, it usually loses its motivating force and it will last longer than assumed in connection with hierarchical motivation is the need to be [15] believed all of organic and inorganic matter, the trend toward evolved from simple forms to complex form there. Rogers' self-actualization and ability of man lies insisted. He struggled in his studies of subjective experience and the perception of phenomenal individuals regularly insisted. In Rogers's theory drives cuts no role in behavior and, instead, self-actualization as a central concern. Human needs positive attention, positive attention is the need for acceptance, affection and approved by others (especially by the mother of a child). The unconditional positive regard, affection, freely given and subject to the approval of the mother is the child's behavior. Terms of the value that is acceptable only in those situations where the parents know their value. Another important aspect of Rogers' theory, his research about its people prospered either party was perfect. All the flourishes or peak mental development shows that. Characters can be based on the subjective experience of a person if the person appears in reports, be evaluated. This approach focuses on the therapist's positive regard references to [16].

2-1-2-4 cognitive approach:

[15] The interpretation of each particular search for the meaning of life, his character knows. The General George psychologically healthy people who construct their personal experiences in their daily lives are tested [15].

2-1-2-5 behavioral approach:

As a behaviorist, where conscious and unconscious forces there, so the "behavioral approach" in terms of internal character, such as: anxiety, drives, motivations and defense mechanisms, a process that often resorted to personality theorists points have not been set. In terms of violent behavior, personality is nothing but an accumulation of learned responses to stimuli, the total gross behavior or system, and are not used to refer to something that can be objectively observed and manipulated [17].

2-1-2-6 social learning approach:

This approach, like behavioral approach to the needs, drives, motivations and defense mechanisms but also on the behavior of focused attention. But the approach of "social learning" unlike behaviorism, cognitive variables are endogenous mediator between stimulus and response can be considered to be. The pioneers of this approach can be named Albert Bandura and Julian Rotter. Their behavior in the social environment, discussed the offer and believe that social environment has a major impact on human character [17]. Identified two types of learning: observation and active. Learn Find A Bandura believes that lets you see the person without letting any behavior, learn. The main element of learning all of that with the observed pattern making appropriate activities, switching right to represent these events in memory, performing a behavior and motivation, facilitate it. Active Learning: Bandura believes that active learning to allow people with complex behavior patterns through direct experience, by thinking about the consequences of their behavior and their assessment of their acquisition [15].

2-1-2-7 approach attributes:

This approach means the character traits that identify a person. In normal conversation when we describe a person, usually refers to the attributes that. We say that this person is diligent and aggressive, hostile and cold, and the other one is shy but loyal to friends. Learn the words to others and to ourselves how it used to be an important part of learning a language. For most languages in the world in terms of personal characteristics, are pivotal. Probably because the language of the characters in terms of facilitating interaction with other people are very helpful. Thus, the invention provides any of these terms (MAC Gray and Costa, 1992). The Greek physician Hippocrates in the category of Adjective (377-460 BC) is on. He distinguishes four types of people that are happy, sad, fierce and senseless. Hippocrates believed that the biological function of these attributes is determined by the nature and cause.

2-1-3 Model-based Analysis Commons:

Like many scientific disciplines, research on personality traits model agreement on the issues that need. In this way, researchers can special territory of characters rather than thousands of individual character, which is unique to humans, study. Over the past forty years, many of the concepts of character and a number of questionnaires were developed to measure them, without leading to a recognition spread. Researchers and applied psychologists character with a confusing set of tools for measuring the characteristics of face and do not know which to choose, we attribute some of the people we met. It features a diverse culture and cultural differences in the treasury of the words used to describe personal characteristics, they share with each other. Such descriptions are not only can be used in everyday conversation, but also in function, behavior and experimental conditions are detected. As the feature "sociable" as used colloquially to describe a person. [29] Believed that personality traits, the most fundamental properties of figures that are based on the central nervous system based. These personality traits based on three factors: frequency, intensity and location defines the [29] His character and personality traits into three basic types of middle and secondary divides. approach to the study of personality by a few terms and concepts are: (1) conscious motivation, (2) persons having mental health, (3) affect behavior, (4) the uniqueness of each individual, and (5) eclectic approach to theory by others [15] Hans J. Personality such as Raymond and Guilford, and also models based on analysis of feedback provided to them regardless of workload presented to it.

2.2 The second part of the stress:

Stressors are situations, people and things that can cause stress reactions in us. Stress is when something negative happens we tell ourselves in our ability to cope with their stress and live the question. Psychological sense, when we experience stress, which is typical for us to say that stress is a threat [18]. In this century, stress is a major cause of many diseases and disorders are considered mental disorders, heart disease, cancer, digestive disorders, skin and so on, can all be linked to Ronnie pressure. Estimates based physicians, 75 percent of medical complaints, stress [21] International statistics indicate that it is not only in poor countries but also in developed countries is more severe in children and adolescents. Period of Adolescence is a sudden decline in health indicators, and this is true across all social and economic classes potent as adrenaline, cortisol and steroid into the blood stream. The concept of stress and crisis entirely to our way of life depends upon the mental and physical symptoms must learn to respect ourselves stress of the individual aware 18.

2-2-1 Stress and Health:

Most psychologists current wellness pro-thirds interactionism perspective and consider a process in which an event of environmental stress (stressors), the evaluation of (difficult or intimidating a), the response of the organism (physiological, emotional, cognitive, behavior), the following re-evaluation and change in stress responses exist [19]. Stress causes the sympathetic nervous system that mobilizes the body's resources in emergency situations, the middle part to stimulate the adrenal glands. Stress also causes the pituitary gland (in the brain structure that is connected to the hypothalamus) adrenocorticotrophic hormone (ACTH) release and adrenocortical hormone stimulates the adrenal glands to secrete glucocorticoids. The most important glucocorticoids associated with stress is cortisol. Cortisol is a hormone such as epinephrine and norepinephrine, the body mobilizes its resources. Cortisol levels are high energy and reduce. His later works, especially when the state of emergency are injured get useful [19]. Although useful, but extreme stress and the stress response of the body to prolonged activation of these devices adversely affect the limbs, mental functions and safety devices are plugged. For example, stress can cause the immune system to viruses, bacteria, tumors and irregular cells to effectively destroy. More than two decades ago, behavior and health behaviors, habits and lifestyle can affect health and illness. Anything from smoking, excessive drinking and poor diet in this regard contribute to failure to comply with good hygiene. These behaviors are rooted in cultural values or needs and expectations of the individual. Some ways the product respond to the problems of disease, many patients cannot or will not take your time and do not go see a doctor, go to the doctor when they do not heed his advice This behavior could be have an indirect harmful effects.

2-2-3 stressors:

Stressful situation, person or event that causes stress in a person , or an internal conflict that causes stress. Stressors are not necessarily for everyone, what is stressful for one person looks for a simple fight and the other is a daily. Response to stress or stress results are: a) physiological (body to respond to stress changes can be) b) behavioral (individual may have to deal with the stress behavior will change) c) coping strategies (which may change Such changes would not create or overt behavior) [20]. Stress can cause anger and aggression in some people, and the ambiguity some emotions (apathy) and depression, the Creator of the difference in response may be due to the character and the result of environmental variables. Stress may be caused by conflict with parents, children, people with whom we have a conflict of interest or other people that we find. Environmental disasters such as noise or temperature stress is the cause. Some stress can be the root of it, but the others are different reasons for the removal. So we have to tolerate them [20].

Five 2-2-4 rule for dealing with stress and coping strategies:

A) Avoid failure b) the use of positive confrontation c) the dominance orientation) Notes e) Preparation for Practice.

Always check the format has introduced three major styles: rational coping, avoidant coping, emotional coping. Coping is a logical and strategic way to achieve reasonable solutions to the problem, possibly saving advice and consultation. A new scale for measuring coping styles and coping styles were made both logical and advice. Thus, the third dimension became apparent that a significant protective effect against the stress. This new dimension to the process of sitting and walking back to view stressful situations from a broader perspective than that, it was named after a separation or coping style. Separation and distance from the problem, the most important element in coping with life changes (Rogers, quoted in David Najarian).

2-3-1 hope and factors affecting life expectancy

Health is a parameter that affects people's happiness levels. Because it is not possible to directly measure health, life expectancy here is not intended as a substitute for it. The life expectancy for a person to survive at birth shows that if the prevailing patterns of mortality at the time of birth stay the same. Life expectancy The average life expectancy in the country is divided into 25 fractions of (25-85) to obtain the fitness function parameters, quality of life, health facilities, access to the minimum essential for life, and a lack of concern of peace, security, economic and social [33] Hope is a feature of life that has led us to seek a better future. Hope the success and future of a better reason to live. When there is hope in the hearts and minds, there would be joy in life. Some, especially the poor - may lose their hopes and their futures dark to see. People are frustrated because they feel they have no other way of doing it is built, suicides. Despair and love connecting with people and helping them to overcome the bitterness of life and the future, a valuable service to the community. The government would be able to devise a national and international programs involving youth, the hope of being useful in their lives and make [1] presented an approach to happiness and life expectancy. Happiness is a widespread expectation that they would be more positive future events test "life orientation" to measure optimism and hope for the future. Optimism has been widely correlated with happiness. Surely those who are pessimistic outlook on life are at risk illnesses are emotional, stressful life events that could affect their immune systems , and the problem they affect the proper functioning of a healthy life purpose and meaning to It also

escape from the troubles and mental health problems need to "hope" and hope human effort led to the upper arms of the psychological and behavioral functions are close to [23] Another way of increasing life expectancy rates equip people with the basic skills and attention to mental health.

2.4 Review of literature and research background at home and abroad:

[22] showed in their study of staff training strategies to reduce stress and increase hope in [24] in their study titled "The Relationship and coping strategies in well-being of perfectionism» in the nurses, showed that the problem-focused and emotion-focused coping strategies are more female nurses were using. [25] In a study entitled "The relationship between neuroticism, coping style, stress markers, course, response to stress and subjective well-being Indicators" indicated that higher levels of neuroticism on subjective well-being through the lower grades, higher scores on the coping style problem-focused and emotion-oriented coping style Conversely, lower scores on the nose. To investigate the relationship of personality traits and coping styles on a scale of 378 students (NEO) and ways to deal with Tehran run. The results showed that neuroticism, extraversion and conscientiousness may be related to changes in problematic ways of coping and negative coping before their noses, openness can be related to changes in problem-focused coping style and negative coping ago Nose and harmony (agreement) only changes the style of coping with negative coping predicts. As a result, individual personality traits on coping strategies that will affect them for life. [26] In their study, they reported that a long history of personality variables influence coping styles and mental well-being and life expectancy shows the. The results showed that the training could be stress, anxiety, trouble daily low and hope to bring more satisfaction [21]. [5] After reviewing the differences between the methods employed by the boys and girls have not been in a stressful situation. [34] showed that the level of stress, coping methods and understanding of social adaptation is most effective [27] The study showed that is a positive relation problem oriented extraversion deal with the, and to deal neurosis The circuit is a negative relationship. [36] in their study stated that the personality trait neuroticism and emotion-oriented coping strategies, a significant positive relationship exists between the characteristics of extroversion, acceptance, agreement, duty and strategy Coping coping and significant negative relationship exists. [35] in their study as "the relationship between the five-factor model of personality and coping" extroverted individuals reported more problem-focused coping strategies such as seeking social support, thinking and positive reappraisal are positive, while those neurotic temperament in dealing with stressful situations such as alienated passive strategies, wishful thinking and practices based militants used them.

3.1 Research Methodology, Statistical population, sample size:

This descriptive and correlational research that explores the relationship between characteristics of personality, strategy, stress management, and life expectancy is concerned. The study sample of all nurses in the hospitals of Kerman formed the number 617 have. Sample size: The population-based, according to Morgan and the possible loss of 234 nurses were considered. To research the hospital and was admitted to 11 hospitals in Kerman, 4 hospitals were selected and 250 nurses were randomly selected and after obtaining the consent of personality questionnaires (from 0.77 to 0.92). [5] Methods of coping with stress (Cronbach's alpha 0.80 [5] and life expectancy (Cronbach's alpha 0.89) [14] was set up to respond to them, and finally 234 questionnaires were evaluated. discusses a method for examining relationships between variables. Statistical parameters describing the mean, standard deviation, skewness, frequency tables and diagrams, columns and inferential statistics, regression analysis was used., in order to analyze the data of the study sample responses on the questionnaire, personality traits, coping strategies, Life expectancy among nurses in Kerman were identified., and using software spss21 were analyzed.

3-2 Descriptive statistics of variables

Table 3-2: Mean and standard deviation of the variables between the criterion variables and the scale of its subsidiary.

	Number of	Average	SD
Neuroticism N	234	26.37	6.41
Extraversion E	234	20.86	6.58
Opening O	234	24.57	4.47
Favor of A	234	18.31	5.24
Conscientiousness C	234	14.91	4.94
Method of problem-focused	234	29.32	9.10
Methods of coping	234	32.80	10.17
The life expectancy	234	28.72	3.31

Stress, measured by life expectancy increases further. Between predictor variables, personality traits of Neuroticism is positively correlated with the variable of life expectancy and other variables related to personality traits, life expectancy varies inversely correlated seen.

Table 3.3: Correlation coefficients of the variables between the criterion.

		Activism annoyed	Extrovert	Opening	Agree	Conscientious	The circuit	Coping	Hope
Activism annoyed	The correlation coefficient		0.230-	0.173-	0.246	0.234-	0.112	0.063	0.195
	Level of significance		0.000	0.008	0.000	0.000	0.159	0.464	0.003
Extraversion	The correlation coefficient	0.230-		0.221	0.279	0.410	0.285-	0.240-	0.426-
	Level of significance	0.000		0.001	0.000	0.000	0.000	0.005	0.000
Opening	The correlation coefficient	0.173-	0.221		0.158-	0.219	0.080-	0.047	0.140-
	Level of significance	0.008	0.001		0.016	0.001	0.314	0.587	0.037
Agreement	The correlation coefficient	0.246-	0.279	0.158-		0.337	0.016	0.043	0.143-
	Level of significance	0.000	0.000	0.016		0.000	0.844	0.615	0.033
Conscience was	The coefficient of correlation	0.234 -	0.410	0.219	0.337		0.158 -	0.150 -	0.393
	Significance level	0.000	0.000	0.001	0.000		0.046	0.079	0.000
Problem-centered approach	The correlation coefficient	0.112	0.285-	0.080-	0.016-	0.158-		0.881	0.186
	Level of significance	0.159	0.000	0.314	0.844	0.046		0.000	0.018
Coping methods	The correlation coefficient	0.063	0.240-	0.047	0.043	0.150-	0.881		0.213
	Level of significance	0.464	0.005	0.587	0.615	0.079	0.000		0.013
Hope	The correlation coefficient	0.195	0.426-	0.140-	0.143-	0.393-	0.186	0.213	
	Level of significance	0.003	0.000	0.037	0.033	0.000	0.018	0.013	

Table 3-4: Value of intercept (a) and regression coefficients of the variables between.

	Variable	Non-standardized coefficients.		Standardized coefficients	T	Sig.
		B	Standard deviation			
1	Constant intercept	35.544	3.174		11.198	0.000
	Neuroticism N	0.014-	0.054	0.024-	0.267-	0.790
	Extraversion E	0.144-	0.059	0.225-	2.437-	0.016
	Opening O	0.035	0.080	0.043	0.433	0.658
	Favor of A	0.042-	0.072	0.054-	0.588-	0.557
	Conscientiousness C	0.300-	0.083	0.369-	3.591-	0.000
	Method of problem-focused	0.042-	0.070	0.103-	0.592-	0.555
	Methods of coping	0.066	0.061	0.191	1.087	0.280

*Sub-hypotheses:***Table 3-5:** Analysis of variance and regression assumptions are.

Resources	Sum of squares	Degrees of freedom	Mean square	F	P	R	R2
Regression (I)	97.844	2	48.922	6.68	0.012	0.234	0.055
The remaining (first)	1692.156	231	7.32				
Total (I)	1790.000	233					
Regression (II)	284.850	2	142.425	21.86	0.000	0.399	0.159
The remaining (second)	1505.150	231	6.515				
Total (II)	1790.000	233					
Regression (III)	108.437	2	54.219	7.27	0.007	0.246	0.061
The remaining (III)	1681.563	231	10.711				
Total (III)	1790.000	233					
Regression (IV)	106.934	2	53.467	7.33	0.008	0.244	0.060
The remaining (fourth)	1683.006	231	7.286				
Total (IV)	1790.000	233					
Regression (V)	311.859	2	155.929	24.40	0.000	0.417	0.174
Regression (VI)	116.073	2	58.036	8.26	0.010	0.258	0.067
Total (VI)	1739.993	233					
Regression (VII)	257.012	2	128.506	20.04	0.000	0.258	0.067
The remaining (VII)	1482.981	231	6.41				

Total (VII)	1739.993	233					
Regression (VIII)	142.176	2	71.088	10:28	0.003	0.286	
The remaining eight	1597.816	231	6.91				
Total (VIII)	1739.993	233					
Regression (IX)	128.788	2	64.394	9.23	0.006	0.272	0.074
Total (IX)	1739.993	233					
Regression (I)	397.436	2	198.718	99.359	0.000	0.478	0.228
The remaining (I)	1342.557	231	5.81				
Total (I)	1739.993	233					

Interpretation and conclusions:

will result in the assumption of a significant correlation is significant at less than 0.01 confirms that, as a result of hypothesis, The hypothesis that lets the variable projected life expectancy, respectively (variables of neuroticism and extraversion variables problem-focused strategies and problem-focused strategies openness variables and problem-focused strategies and tactics along the orbit parameters and variables of conscientiousness strategies for problem-focused coping strategies variables by variables of neuroticism and extraversion and openness variables and coping strategies, coping strategies, and strategies for coping variables, along with variables, conscientiousness, and coping strategies) with more than 99% confidence confirms the place. The results showed that the variables of personality traits and coping strategies can be used to forecast life expectancy varies traced. personality trait of neuroticism and coping strategies with hospital life expectancy between the personality trait of openness to experience and strategies for coping with life expectancy, hospital nurses, between the conscientiousness personality trait and coping strategies associated with life expectancy, hospital nurses there.

3-3 offers:

A) With the exception of variables, personality traits and coping strategies, life expectancy and other related variables are determined. B) the short form of the test used. C) a questionnaire to assess different features of personality used.

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