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Anticipating Personal Growth Intention of Students of Allame Tabataba'i University Based on Their Life Quality

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ABSTRACT

Purpose of the present study is to anticipate personal growth intention of students of AllameTabatabaie University based on their life quality. So, multi stage random sampling method was employed to choose 230 students from among all the students of this university including faculties of economics, Foreign language and literature, Law, Political science, Social science, management, Accounting, Psychology and Educative science as the participants of the present study. The method of the research has been correlational. The participants were tested through life quality (SF-36) and personal growth intention questionnaire. Multivariate Regression was used to analyze the data. The results showed that there is a significant relationship between personal growth intention and life quality component. There is a positive correlation between mental health and physical performance of life quality with their proceeds to personal growth. In other words, increasing physical and mental performance of life quality will improve action for personal growth

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INTRODUCTION

Growth and development of every society owes to its educational system. Entering university is an important event in youth lives which is normally accompanied by great changes in social and personal relationship. Besides these changes we have to mention new expectations and roles which develop simultaneously as entering the university. Some students quickly adjust themselves to new conditions and have great achievements by keeping their mental health, while others cannot adjust properly and this may cause inefficiency and educational downfall. The results of pervious researches [6,13,8,19] indicated that quality of life decreases as a result of psychological anxiety and there is a negative correlation between depression and life quality. A lot of social and behavioral researches have been done about positive feelings [7] and one representative of positive feeling is life quality which include life satisfaction [7], Happiness and welfare which are some aspects of a person's health [3].

Global Health Organization, defines quality of life as understanding one's situation in life considering culture, moral system, goals, expectations and priorities. This is a personal issue and others cannot understand it and it is based on people's understandings of different aspects of their lives. Global Health Organization defines quality of life as a comprehensive concept which is affected by social relationship considering physical health, personal development, psychological modes and independence level, social relationships and relationship with prominent institutions of environment. Last century witnessed significant changes about people's views of life, so that just normal living is not proper, but improving quality of life in different fields has become the basic necessity. Most of the scholars agree that the concept of life quality includes following five dimensions:

1. Physical: concepts such as strength, energy, ability to do daily routines and self-caring ,...
2. Psychological: anxiety, depression and fear.
3. Social: it is related to family, friends and colleagues and finally society.
4. Spiritual: a person's understanding of life, goal and meaning of life (it is proved that spiritual dimension is not a subdivision of psychological dimension and is a dependent domain).
5. Symptoms of disease or changes related to treatment: instances such as pain and vomiting are considered.

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During recent years, researchers and psychologists have paid attention to “quality of life” and its importance in people’s mental health [10]. Many researches have shown that there is a relationship between life quality and psychological variables including stress, social capital, self-esteem and other variables [5,1]. In addition, life quality is related to the concepts such as self-understanding, family relationship, tension and adjustment effects, mental, physical health and efficiency [9]. Furthermore, the investigations have shown that quality of life is related to educational performance of the students.

Robishtak [16] defines personal growth intention as active, conscious and voluntary participation in transformation process. This construct includes cognitive components such as knowledge about the process of transformation and commitment to development process. In other words, cognitive components include personal knowledge about changing any aspects of his/her life. In addition, this construct include behavioral components, too. Behavioral components indicate performing personal performance so that a person can make changes in his favorite direction [16]. Roubishtak [15] believes that people with higher level of PGI, not only know where to change but also actively look for opportunities and ways of development. The studies showed that there is a positive relationship between positive performance index and PGI. There is also a negative relationship between PGI and negative Performance index. Action for personal development is related to many variables including psychological health, job, family behavior, and alcoholism of the family, self-efficiency and others [17]. Bretick’s Research, showed that personal growth intention can anticipate life satisfaction.

Results of Henat la and Rani’s research, indicated that there is a positive relationship between self-efficiency and proceed to personal development. PGI has a positive relationship with psychological health and a reverse relationship with mental distress (anxiety and depression) [16,15,2]. Researches also indicate a positive relationship between PGI and Positive feeling, satisfaction of life and self-acceptance [17]. A study by Tegouan, indicated a relationship between socio-psychological health and PGI. Ogiyonomy and Sysan, have reported a positive correlation between PGI and self-efficiency and mental health in undergraduate students. The results also indicate that the PGI and internal resources of control, assertiveness and goal-orientation (cognitive focus on the task) have positive relationship and there is a negative relationship between PGI and external resources of control [16].

Due to the significant role of the students in future of the country and importance of PGI and quality of life in educational achievement and self-efficiency of the students, the present research is designed to anticipate PGI of AllameTabatabaie University students based on their life quality so that the results would be used to improve the students’ quality of life and educate active students.

Methodology:

The methodology of this research is correlational. In order to analyze the data due to the measurement level of the related variables, descriptive statistics (central and dispersal indexes) and deductive statistics (multivariable regression) were used and all the process of analyzing the data was done by utilizing the SPSS software.

Population, Sample and Sampling Method:

The population of the present research includes all the students of AllameTabatabaie University. 230 students were chosen from faculties of civil engineering, foreign language and Literature, engineering, social science, accounting, psychology and educational science with random multistage methodology and were tested with PGI and life quality questionnaire (SF- 36) questionnaire.

Life quality questionnaire (SF-36):

Health related Quality of Life Short questionnaire was designed by the international organization of life quality investigation. This questionnaire includes 36 questions and measures the quality of life in General health, physical functioning, limited performance due to physical disability (Role physical), limited performance due to emotional functioning (Role emotional), bodily pain, social functioning, vitality. Questions are rated based on a five point scale from zero to five (zero is the worst situation and five is the best situation of life); total scores of the questions were scaled form 0 to 100 and were considered good (75 and more), relatively good or average (25 to 75), bad (less than 25). This questionnaire has global standards. Reliability analysis of the questionnaire has confirmed its reliability to indicate of life quality in multicultural situations. Its reliability and validity has been confirmed in Iran, too. Cronbach alpha coefficient is $\alpha=0.80$ and reliability coefficient is $\alpha=0.80$.

Personal Growth Initiative Scale (PGIS) Questionnaire:

Robitschek [16] provided PGIS for investigating the amount of people tendency to do the tasks for changing and improving as a human being. This scale is a 9 statement self-report instruments and participants express their agreement or disagreement with any statement in a 6 point Likret scale (form completely agree to completely disagree).

Scoring Method:

In order to gain the score of this scale we have to sum up each 9 scores. The score domain is from 1 to 45. Higher scores indicated tendency for personal growth and intention for achieving their goal and lower scores indicated having no tendency for personal growth.

Psychometrics:

External Validity and Reliability

Internal similarity of this test has been 78 % or 88 %. Reliability of re-examining this scale has been 73 to 84%.

An early investigation on English-American sample indicated that this scale has a single factor structure but in another investigation on a Mexican-American structure, a two factor structure with a correlation of 0.75 between two factors was confirmed.

Iranian Validity and Reliability:

This test was normalized in Iran by Joshanlou and Ghaedi. They studied 205 students of Tehran University (117 female and 88 male). They reported internal consistency of 0.87 for this scale which indicated a proper level of reliability. The results of analyzing exploratory factor indicated that PGI in Iranian student has a one factor structure, validity and reliability. This result is confirmed by statistic confirmatory analysis too. Correlation between the scale and measures of psychological well-being, positive emotions and negative emotions scale implies the validity of the convergence in this test.

Findings:

Descriptive Findings: descriptive index of participants' scores in quality of life and PGI is shown in table 1.

Table 1: Descriptive index of participants' scores in quality of life and PGI.

	variable		average	median	mode	sd	Skewness	Elongation	Min	max
	PGI20.4565			20.0000	18.00	6.27362	0.636	0.183	6.00	41.00
Life quality Components	Body Functionality	21.8696	21.0000	19.00	4.54482	0.206	-0.754	11.00	30.00	
	Physical role	6.1391	6.0000	6.00	1.19231	-0.038	-0.697	4.00	9.00	
	Psychological Health	4.4696	4.0000	5.00	1.02221	0.145	-0.608	3.00	8.00	
	vitality	11.6217	11.0000	10.00	3.15266	0.106	-0.710	5.00	18.00	
	Emotional role	15.9522	16.5000	19.00	3.90637	-0.190	-0.493	7.00	26.00	
	Social functionality	5.4348	6.0000	6.00	1.50475	0.084	0.084	2.00	10.00	
	Body pain	4.7391	4.0000	3.00	2.14165	0.0629	-0.240	2.00	11.00	
	General health	12.1652	12.0000	13.00	3.02805	0.449	0.257	6.00	23.00	

Table 1 show that mode; mean and average are close for all the variables and also the amount of Skewness and Elongation which are less than 1 indicate that the data has normal distribution and the average can be used as an index of parametric statistics. Students had the highest average and standard deviation in physical functionality M=21.86 and SD= 4.54 and less average and standard deviation in psychological health, M=4.46 and SD= .02 and bodily pain M=4.73 and SD=2.24.

Deductive Findings:

Multivariate regression was used to statistical analyze of the data. Table 2 shows a summary of regression analysis related to PGI based on 8 components of life quality.

Anticipants	Dependent variable: PGI					
			Standardized Coefficients		t	Significant level.
	B	Standard error of estimate	beta			
Fixed number	24.728	4.032			6.133	000
Physical functionality	0.266	0.102	0.193		2.621	0.009
Physical role	0.67	0.387	0.013		0.173	0.863
Emotional role	-0.409	0.408	-0.067		-1.002	0.313
Vitality-energy	0.075	0.148	0.038		0.508	0.612
Psychological health	0.254	0.119	0.158		2.138	0.034
Social functionality	0.293	0.286	0.070		1.025	0.307
pain	0.188	0.223	0.064		0.843	0.400
General health	0.301	0.167	0.142		1.798	0.073

$$F = 3.121 \quad R = 0.319 \quad R^2 = 0.102 \quad R^2 = 0.069 \text{ Modified}$$

With respect to this table, $R^2 = 0.102$ indicated that 10.2 percent of the variance of PGI are justifiable by life quality components.

The amount of R (0.319) also indicates that regression model can be used for anticipating. In addition, calculated F ratio (3/121) is at a 95 percent confidence level. So it can be concluded that there is significant correlation between PGI variable and life quality components and at least one of the regression coefficients is meaningful. Also according to Table 2, the component of physical performance has the beta coefficient of (0.193) and $t = 2.621$ and significance level of 0.009 and emotional health has the beta coefficient of (0.158) and $t = 2.138$ the significance level of 0.034. Then it can be concluded that based on positive signs of correlation coefficients, there is a meaningful relationship between life quality components and PGI. In other words, increment of the amount of these components will improve life quality.

$$PGI = 24.762 + 0.193(\text{Physical Functionality}) + 0.158(\text{Emotional Health})$$

Discussion and Conclusion:

Purpose of the present study was to anticipate personal growth intention of students of AllameTabatabaie University based on their life quality. The results showed that there is a significant correlation between personal growth intention and life quality component. There is a positive correlation between mental health and physical performance of life quality with their intention for personal growth. In other words, increment in physical and mental performance of life quality will improve intention for personal growth.

Health and growth necessitate a correct understanding of the related components. "Beck" theory about emotional disorders indicates that cognitive mutilation is one of the main components of this type of disorders. Beck believes that we do not face life events rationally all the time. Each of us has some vulnerabilities and our reaction to life events is not proper in most occasions. Welpy believes that our understanding of the objects and situations around us is one of the determinants of our behaviors. So thoughts play a crucial role in our behavior.

World health organization, defined psychological health as ability to have a harmonious relationship with others, change and improvement of personal and social environment and solving personal challenges and tendencies reasonable, fair and appropriate. According to Caplan Psychological health is defined as continuous adjustment with changing situation and trying to achieve the balance between internal demands and requirements of a changing environment.

Mezlov believes that psychological health is defined for a person who has met his/her basic needs so that he or she is motivated for self-improvement. So, Mezlov's definition of psychological health is focused on individual self-improvement. Based on Mezlov's definition, results of the present study can be explained so that people with psychological health are highly motivated for self-improvement; they quickly adopt themselves with university environment and will resist unavoidable fiascos of life. According to Cameo a person with psychological health can have a constructive relationship with others and is able to tolerate life pressures. She/he recognizes proper ways of attaining their goals through positive thoughts. These mechanisms will increase probability for self-improvement. People with psychological and mental problems are anxious and aimless. The continuity of their problems will cause various problems including confusion of thought, decentralization and reduction in learning ability and performance disorders (Mirsamiee and EbrahimGhavam, 2009). Furthermore, when a person keeps him/herself in a good physical condition, he or she will be less anxious and depressed in comparison with the time when he/she is not in a good mood. The results of the present study agrees with studies of Robitschek [16], Robitschek and Cashowic [15], Ayob and Eghbal [2] which showed there is a positive relationship between PGI and psychological health.

Based on significance role of senior students in future as thinking banks of the society and their readiness to join the market, their psychological health is an undeniable importance. So some suggestions are made for maintaining mental health and improving physical health: developing consultant centers for job and education, emphasis on family role, creating proper conditions for increasing free time activities and possibility of their participation in these activities, creating students' health and hygiene center and improving consultant centers in all university units, University faculty involvement particularly as an inseparable part of the student's program of risk assessment and guidance and referrals to health and counseling centers at universities, and providing facilities for students and proper educational condition along with modifying some rules and regularities of university like possibility of students movement to the universities near their home.

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