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Relationship between Health Stress and Loneliness Feeling In Elder Life Quality

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ABSTRACT

The goal of this research is examination relationship between health stress and loneliness feeling in elder life quality. Research methodology is descriptive and correlational. All elders at Tehran city, members of jahandidegan Center of Tehran municipality make statistical population. Sampling method is accidental cluster. 100 elders that are members in jahandidegan center were selected as samples. In this research, we used stress thought questionnaire, UCLA loneliness feeling questionnaire and world health organization life quality questionnaire [WHOQOL-BREF] is used. Research results show that there is a meaningful relation between health stress and life quality of elders. Regression analysis shows that health stress affects prediction of elders' life quality. There is no meaningful relation between loneliness feeling and life quality.

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INTRODUCTION

Senility is a process that its positive and negative aspects are placed next each other. If we can emphasize positive aspects and reduce negative aspects, senility is changed into a desired period [12]. Become old is a process of procedural evolution and life understanding obtained through experiences Elder people activity is full of compensation and replacements and their life framework is defined based on their knowledge? Based on Erickson theory, aged is the last stage of life that a person makes it in past. In contemporary psychology, one of the developing fields is aged psychology called gerontology. Fast extension of this area depends on many factors. First increase of aged population is a significant factor in this field. Increase of aged population has taken into consideration of specialists to initial needs and problems and issues relating this period.

People face sadness, emptiness due to loneliness feeling. It affects social interactions with others and life quality in different ways [1]. Loneliness feeling among elders is 2-10% Henrich, Golon (2006). The World Health Organization (WHO) defines mental health as "the ability to interact harmonically with others, the ability to change and modify individual and social environment, and the ability to resolve internal conflicts and personal desires appropriately, justly and logically. Studies have shown that there is a strong relationship between family quality of life and family members' mental health. Divorce has many negative effects and consequences; Divorce is a mental phenomenon which affects not only the mental balance of parents, but also of children, relatives and friends. There are many factors in leading parents toward divorce or protecting them against it, which include couples' beliefs about divorce, family financial status and possibly couples' financial status after divorce, children status after divorce of their parents and parent's beliefs about negative effects of divorce on children, and couples' expectations about their upcoming chances for marriage. Generally, unorganized and inappropriate relations between couples are defined by their mental evaluation of these relations. These continuous unorganized and inappropriate relations often lead to divorce. However, some couples continue their relations and do not face with the problem of divorce although they have some severe difficulties in their relations. The solution which can be derived from Jung's theory, is to build balance between powers and different parts of psyche and self, which can lead the self to unity, convergence of powers and

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typically the selfhood. In this step, the more we move toward selfhood, the more we approach to our mental health. Actually when God created human beings, make the self on a balanced basis between powers and their different parts. So, the initial structure of human beings' existence has been built on mental health, and diseases and conflicts gradually appear through inappropriate interaction of self, environment and different resources of self-genesis. He believes that implementation of each of these resources is according to demands of each different step of psychological evolution. One of the features of a mentally healthy family is to help its members toward self-differentiation. It means that the whole family helps its members to learn how to differentiate their rational and emotional operations. According to Bowen, human relations are derived from two forces of life balance as "Individuality" and "Togetherness". All of us need companions and also some independence. Something which makes the life interesting and disappointing, is the tendency of our needs toward polarization. Differentiation and exaggeration in emotional processes. Family is a complicated emotional system as a structure, which may consist of three or four generations at least. Divorce will complicate the system of family more and more. It is an important crisis in family life which will have side effects on all the society. According to the available divorce statistics of different countries, 10 to 30 cases of marriage lead to the tragic divorce event, which is increasing unfortunately. The power of a society and its rise in different directions emerges from the families' power and the stability and strength of family members. If the families in a society face with divorce, the society will gradually lose its basis of support and peace, since fragmentation in families will cause people stop producing and generating, and lead them into destruction, corruption, crime commitment and expanding more and more fear in society. All of these bad happenings will stop progress and evolution in society. Therefore, family preservation is equal to society preservation against many problems, the problems which stop efficiency and productivity in society and turns to fatal and destructive devices if not controlled. Younesi and Mohammadi (2004) have done an interventional study about the self-cognition resources regulation to change the students' attitude toward drug abuse; in this study, students under investigation showed a significant change in attitude toward drug abuse after implementing a strong social comparison. Moreover, the researches presented a model for drug abuse on basis of information distribution using self-genesis resources and intensifying social feedback, and the efficiency of this among adolescents was proved.

Mojtabai (2008) in his study "Social Comparison and Mental Health in American Ordinary People with Anxiety and in Need of Help" showed that social comparison for people with anxiety has a significant relationship with their mental health. In social comparison, anxious people have individual differences. The more anxious and in need they are, the more social comparison will be. Greene (2004) in his study "The Effect of Self-Observation on Mental Health" showed that self-cognition may improve mental health, and then he suggested a new theory in the field for future studies. In this study, self-observation method was defined as a device for self-cognition. Self-observation method leads to concentration on mental calmness and peace and also the change in genitive structure of the self. Bunk & Spinnvall (2004). Some factors increasing loneliness feeling include: increase age, low rate of health level, live lonely, less social communications, suffer from chronic diseases that it has not a meaningful relation with loneliness feeling in terms of statistics. But perception of people on their weakness affects loneliness feeling and also low level of aged education [16].

In this research relationship between health stresses in life quality of elders is examined.

Research hypothesis:

- 1- There is a relationship between health stress and aged life quality.
- 2- There is a relationship between loneliness feeling and aged life quality.
- 3- There is a relation between health stress, loneliness feeling and aged life quality.

Research methodology:

Methodology is descriptive and co relational. Aged that is members of jahandidegan center in Tehran municipality forms statistical population.

100 elders who are member in jahandidegan center of Tehran municipality are selected by accidental cluster sampling. In this sampling, different areas of Tehran are divided into 4 parts: northern, southern, eastern and western. One area has been selected accidentally including: districts.5,6,14,20. Then one center is selected among areas accidentally.

Research tools:

To collect data, 3 welz stress thoughts questionnaire, UCLA loneliness feeling questionnaire and aged life quality questionnaire of WHO is used.

The fist one is a multidimensional tool for stress evaluation. This includes 3 factors: social anxious, health stress, extra anxious.

Welz has reported internal equality for social anxious factors, health stress an extra anxious 0.84, 0.81, 0.75. Constancy for social anxious factor during 6 weeks is 0.76, for health stress 0 and for extra anxious 0.82 [14].

WHO questionnaire for life quality includes 26 questions. Two first questions evaluate life quality and health rate and other 24 questions examine 4 main aspects: physical health, psycho health, social communications and environment health.

Questions involve one of the stated factors in main questionnaire. Participants must answer in a likert scale with 5 rates.

UCLA loneliness feeling questionnaire evaluate loneliness of a person that he/she experiences in intrapersonal relations. In this 4 options scale, option 1 means never, option2 means rarely, option 3 means sometimes and option 4 means always. Person mark is calculated by summation selected numbers in this scale that minimum is 20 and maximum is 80. davarpanah has done a research on norm recognition of loneliness feeling and obtain its variability by Alfa kronbackh 0.78.

Findings:

100 persons have participated in this research that there is 70 female and 30male.

Table1: Averages, standard deviation and interaction co relational for life quality and variables

Variable	Average	Standard deviation	Loneliness feeling	Health stress
Life quality	90.98	12.5	-0.064	-0.5
Loneliness feeling	45.5	3.95		0.12
Health stress	11.4	4.3		

As per average and standard deviation examination, life quality scale s 90.98, 12.5, loneliness feeling is 45.5, 3.95, health stress is 11.4, 4.3. There should not be much correlation between independent variables in regression. [$r=0.11$]. Also there is less correlation between independent and dependent variables that correlation coefficient between loneliness feeling and health stress is 0.64, 0.5

Table2: Regression model evaluation.

Statistical indexes	R	R ²	ModifiedR2	Error
Coefficient	0.495	0.245	0.216	11.06

Regarding above table, R² determines that 24% of independent variable variance is defined through this model. That is health stress and loneliness feeling defines only 24% of life quality.

Table3: Measurement of regression model by using F-testing

Model	Total square	Freedom degree	Average square	F
Regression	2066.36	2	1033.181	8.44*
Remainder	6360.62	52	122.32	
Total	8426.98	54		

($P<.05$)

Based on results in table 3 it is inferred that regression linear model , health stress and loneliness feeling can simultaneously defines variance relevant to life quality[as a variable] and rate of F is 8.44 that is less than Alfa level 0.05.

Table 4: Multi-aspects regression analysis for prediction of life quality based on health stress and loneliness feeling

Predicted variables	Beta coefficient	T	B	Tolerance	VIF
Fixed rate	-	6.18	10.3		
Loneliness feeling	-0.006	0.5	.0019	0.986	1.01
Health stress	-0.5	4.07	1.44	0.986	1.01

($P<.05$)

Regarding results of table 4, tolerance and VIF rate has been calculated to determine linear rate. Tolerance shows variability rte of specified independent variable by other variables not defined in this model. It must not be less than 0.1. VIF shows variance increase that is less than 10. So two mentioned rate are suitable and there is no multi variables.

Health stress upon beta coefficient equal to 0.5 against loneliness feeling with beta coefficient 0.006 has the strongest share in independent variable prediction [life quality]. Also it is clear that loneliness feeling in Alfa level is not more than 0.05 but health stress is less than Alfa level 0.05. Regarding non standard coefficients in regression, regression equation for life quality prediction include:

Life quality= 108.28-1, 44 health stress

Results from first hypothesis concerning relation between health stress and elders' life quality causes approval of this hypothesis. Relationship between two Variables I meaningful through correlation coefficient and regression analysis. Regression analysis shows that health stress has a meaningful relationship in elders' life quality prediction. Regression results how that health stress defines 24% of life quality changes. Research

results is along with researches of Sakloshkis, Varvik2001, and looper 2001. In elders' possibility of chronic diseases like cancer, alzaimer, diabetics and go away from children increase worries about health due to physical weakness, long periods of none determined pains. This causes that social communications reduces and they do not enjoy life and their life quality decreases.

Results from 2nd hypothesis shows that relation between loneliness feeling and elders' life quality do not cause hypothesis approval. And there is no meaningful relation between two variables by using correlation coefficient and regression analysis.

This research results is not along with other researches by doong, partners (2012), ekval, helberg (2005). While people under study were those that be members of jahandidegan center and this issue causes extensive social communications and reduction of loneliness feeling in elders. Holding various camps and continuous sessions in this area is effective.

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