Psychological Traits and Social Indices, the Relationship between Social Security and Happiness, A Cross-Sectional Study

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ABSTRACT

Introduction: Perception of social security in the context of difficult jobs can provide mental health for nurses and reflect more desirable services in the range of healthcare. This study was conducted aimed to investigate the relationship between two indices of social security and happiness. Method: In a communication design in the form of descriptive study, among the nurses of Region 2 of Tehran, 340 nurses were selected using multi-stages cluster sampling and after obtaining informed consent and qualify for inclusion to the study, they were included into the study. In order to collect data after structured interviews and completing demographical form, social security and happiness questionnaire were used. Data was analyzed using parametric Pearson correlation and multivariate stepwise regression in SPSS software version 20. Results: The results showed that there is a significant positive correlation between the two indices of social security and psychological happiness (p<0.05). Also, economic security explained most of the variance of happiness. Conclusion: The findings of this study can be important in designing strategic plans and health services and be used for clinical practice.

Keywords: social security, happiness, social indices

Introduction

Today, the healthcare sector due to the direct relation with human health is considered as one of the most important areas of stable development in human societies. One of the strategic and important jobs in the area of health is nursing. Nursing profession because of its nature is such that nurses are facing with suffering, events and death every day, hence, nursing is known as a stressful profession.

From the point of view of psychology, nursing is always considered as a difficult profession that requires a lot of having patience and being cheerful with their patients and their relatives. Nurses as one of the main rings of healthcare chain, in addition to care of the patients, are responsible of numerous responsibilities in their personal lives. Doing these roles at the same time, impose psychological stresses on nurses that could endanger their mental health and lead to a decrease in their satisfaction with their profession (Nasiri and Bogheiri, 1391). In addition, the unpredictable number and nature of events and the respective margins, driving fast under pressure, uncertainty in the powers, facing with traumatic events and scenes, unrelated expectations of service recipients, and etc can be added to the above difficulties (Duffy et al, 2015; Narenjben, 2014). These pressures can affect performance and quality of the provided services (Sharma et al, 2015) and impose an adverse impact on the various aspects of life such as family and marital relationships and social interactions (Findik et al, 2015). According to Cimete et al (2003) changes in healthcare systems and commitment to the quality service has attracted many attentions to itself that how it could be possible to satisfy the nurses from their job and quality of life and what cases are related with their level of satisfaction. In this regard, one aspect of the job that could have a critical role in the response of nurses to their problems in job is social security. Security is considered as the basic requirements for individual that the loss or impairment in it have perilous consequences.

In this regard, in recent decades, positive psychologists were interested in improving the inherent power and potential in human beings (Kosnes et al, 2013). Positive psychology as a new approach to psychology is concentrated on understanding and describing the happiness and subjective feeling of well-being (Feldman and Kubota, 2015). Happiness is widely affected by different factors such as structures and social interactions and individual beliefs (D’raven & Pasha-Zaidi, 2014). According to the scholarly background and the above explanations, and since
the relationship between social security and happiness have not been studied yet, this study was conducted aimed to answer the question whether social security is correlated with lifestyle and happiness?

Method

The present study was a causal-comparative design in the collection of descriptive plans. The study population included all nurses in hospitals of Region 2 of Tehran that the size of the population after calling out personnel section of the hospitals were announced equal to 1,700. The sample size according to the research population and based on Morgan's table, were estimated equal to 340 people and samples were selected by random cluster sampling. Intended age range was 25 to 55 years. In order to collect data, survey research and libraries methods were used. Two social security and happiness questionnaires were completed in a stage by participants. A total of 27 questionnaires because of lack of full and right answers were excluded from the total questionnaires and 313 questionnaires from a total of 340 questionnaires were analyzed. Data was analyzed using parametric Pearson correlation and multivariate stepwise regression in SPSS software version 20. All the research was conducted based on the latest version of the Helsinki Convention.

Instruments

Social Security questionnaire: this questionnaire has 28 questions that measure the social, economic and cultural context. Formal and content validity of the questionnaire was confirmed by experts. The reliability of the questionnaire by test-retest method is acceptable. In addition, Cronbach's alpha of the questionnaire has also been reported equal to 0.76.

Oxford happiness questionnaire: this questionnaire was made in 1989 by Argil and Crossland's and has 29 items. Argil et al (2001) reported the reliability of the questionnaire using Cronbach's alpha coefficient equal to 0.90 and test-retest reliability in seven weeks equal to 0.78.

Results

Data analysis was conducted at two descriptive and inferential levels. Before doing statistical analysis, assumption of normal distribution was examined by KS test. Demographic data show that 29.71% of participants had ages under 30, 53.67% of participants aged 31-40 years, 14.73% of the participants aged 41-50 years and 2.23% of the participants aged over 50. Also, 76.99% had a bachelor's degree and 23.01% had a master's degree or higher. In addition, 30.03 percent of the participants were single in terms of marital status, and 69.96 percent were married. To investigate the relationship between social security and happiness, Pearson correlation test was used.

<table>
<thead>
<tr>
<th>Predictor variable</th>
<th>correlation coefficient</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cultural</td>
<td>0.20</td>
<td>0.000</td>
</tr>
<tr>
<td>Social</td>
<td>0.25</td>
<td>0.000</td>
</tr>
<tr>
<td>Economic</td>
<td>0.39</td>
<td>0.000</td>
</tr>
<tr>
<td>Total score of social security</td>
<td>0.40</td>
<td>0.000</td>
</tr>
</tbody>
</table>

According to the findings of Table 1, there is a significant relationship between the three components of cultural, social and economic happiness (p<0.01).

To evaluate the portion of predicting of happiness based on the social security components, multivariate stepwise regression method was used. The correlation coefficient (R) is equal to 0.398. This means that economic variable explain most of the variance of happiness (15.8 percent).

Discussion

As research background shows, the rate of depression is highly prevalent in nurses (Mahmoudi and Zehni, 2013). Study of Nasiri and Bogheiri (2012) showed that 73% of nurses had mild level of anxiety and 16.5% had mild to moderate of anxiety. Also in the field of sleep quality, 89% of nurses had bad sleep quality. In terms of fatigue, all the nurses reported moderate to severe fatigue. Hojati et al (2009) studied the effects of insomnia on the general health of nightshift nurses in hospitals of Golestan University of Medical Sciences. The results showed that the effects of insomnia on public health of the nurses were statistically significant and by increasing the effects of insomnia, public health reduced. Also deal with secondary traumatic stresses, lead to traumatic behaviors such as alcohol consumption of nurses (Duffy et al., 2015).

On the other hand, social security considers the assurance and providing of the comfort and safety of individuals in social groups. Social Security is like a cocoon's support to prevent damage or loss of those groups from the other groups.

The results of this study showed that there is a significant positive relationship between the cultural, social and economic components and happiness; so, it can be said that with the increase in social security, happiness of nurses will also
increase. In line with the findings of our study, the study of Janjany (2014) showed that the components of social security (self-concept and economic security) are associated with happiness. Also Burke et al (2012) investigated the relationship between job demands, social support, job satisfaction and psychological well-being in a group of Spanish nurses. The results showed that the lack of social support from supervisors and cooperator is associated with lower well-being adverse job consequences. In this regard, Navidnia (2013) in his study showed that higher social security belonged to an autonomous lifestyle and people with low social security has independent lifestyle.

As happiness is closely related to social security, happiness can also predict the mental and physical health (Campos et al., 2015). This study conducted aimed to investigate the relationship between social security and two happiness indices. Results showed that there is a significant positive correlation between the two indices of psychological, social security and happiness. The findings of this study can be useful for planning preventive and therapeutic interventions.

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Conflict of Interests
The author declared no conflict of interests.

References


