

## **A Study on the Relationship between Tenacity and Psychological Components on Security**

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**ABSTRACT :** *The objective of the present study is to determine the role of human's tenacity and psychological persistence in social security. The research method is correlation. The statistical population of the study included 1994 female high school students in zone one of Shahrekord 60 individuals of them were estimated according to the calculations through sample size formula, who were selected from the schools in clustered form. The measurement instruments were two questionnaires of tenacity and security the reliability and validity whereof were confirmed, the questionnaires' reliability were 0.079 via Cronbach alpha. The information was analyzed at two descriptive and inferential levels. The descriptive statistics of mean, standard deviation and the inferential statistics of correlation coefficient and Pearson Product moment correlation coefficient were applied. According to the present study the tenacious people believe their role as a valuable and important person. They evaluate catastrophic situations challenging rather than threatening. They feel more committed to themselves and their activities and grow by a sense of security; tenacity causes the creation of security and the sense of security causes self-actualization. Moreover, the results showed that there is a significant relationship between commitment and planning, variety seeking, optimism and the sense of security ( $p=.00$ )*

**KEY WORDS:** *psychological components, the sense of security, student*

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### **1. INTRODUCTION**

Security, in its broad and comprehensive sense, refers more to psychological features and characteristics of the people in a society. Under the benefit of this gift, the peace of mind can be given to the people's society. In a polluted environment with horror and anxiety, advantageous and fertile activities can never be rendered. One of the most basic psychological components is psychological tenacity. It is among the components which helps the person endure against all difficulties and not give up easily (Poor Moazzen, 2009). During twentieth century more than other centuries the people have been engaged in mental pressures. The population increase, dramatic technology development and the necessity of fast and complex communication caused various mental diseases in people which put their health in danger and they are forced to create a kind of mental equilibrium to oppose such pressures and diseases and this desired equilibrium which finally leads to mental and physical health depends on different and complex factors. Kobasa, Maddi and Zola (1983) define tenacity a combination of beliefs about self and the world which comprises three components of commitment, control and militancy. Accidental belief doesn't necessarily mean a threat to the security and human's health, cognitive flexibility and patience against hard stressful accidents and ambiguous situations will be followed by security (Hoy, Raha and Hir, 1996) Kobasa and Puccetti (1983) believe that that psychological features such as the sense of curiosity have significant effect on humans tendency toward security and self-assertion that energy without definition is a natural phenomenon and can be beneficial in the person's appeasement with the life events. Maybe the security can be assumed as the basic pivot of the human's needs which directly relates to his/her primary needs such as food, shelter (physiologic needs); generally we will know in historical follow-ups of revolutions and political movements that following every change in the society's condition the people will want providing individual, social security, etc. So the security is one of the basic needs of mankind which should be satisfied and it has a close relationship with psychological tenacity, and it is necessary to provide this important issue through correct education.

### **II. STATEMENT OF THE PROBLEM**

Security which is one of the most fundamental concepts of policy was the focus of attention of philosophers and political authorities besides the concepts like discipline and justice from far past to that extent that some political philosophers assumed the reason of creating the governments providing security for the citizens; attacks on the part of various countries, destroying human's spiritual security and sanctions, nowadays, are threats which fills them with pain and sadness. The best and the biggest aim of an ideal life is that the person can live in an environment free from all problems in such a way to be able to be in peace.

Cultural invasion and fear of its damages is a big problem which has disturbed the peace of all societies. For our youth and adolescents to be able to live in security and peace and learn to stand against all problems they should learn the way, know the problems and be able to solve them (Jamal Zade, 2009). Our today society has left the time- it goes forward without program- most of the delays, frequent absences and the lack of doing responsibilities at its best have disturbed our programs' theories and structures. The researches show that there is an extensive and developed relationship between security and commitment that this important issue has not been educated by the receiver society. Family in its general sense is a global phenomenon which exists everywhere and it has inclusive and evasive, since it responds to the person's needs for all humankind (Seif, 1989). The family can be considered the first and the most ideal example for the primary groups whose responsibility is maintenance and supporting of human creature and it is the creator of the most beautiful known human feelings (Stewart, 1971). Is it possible for the people to not to be in risky group and at the same time be in sheer comfort? Therefore it is necessary to engage in examining this important issue with an extensive and pandemic view with steady attempt to be able to infer that our adolescents are educated for an updated and taimic life according to the time. Are they able to get along with social issues easily and solve them or will they suffer from depression and not have endurance and give up facing problems? Today's children should be taught how to live, how to solve the problems in order not to take others and themselves in risk through selecting risky methods and solve the problems easily. Our objective in the present study is to investigate the relationship between psychological tenacity and the sense of security.

### **III. RESEARCH HYPOTHESES**

Major hypothesis: there is a significant relationship between psychological tenacity and the sense of security

Minor hypotheses

- [1] There is a relationship between commitment and the sense of security.
- [2] There is a relationship between planning and the sense of security.
- [3] There is a relationship between seeking variety and the sense of security.
- [4] There is a relationship between optimism and the sense of security.
- [5] There is a relationship between believing in fate and the sense of security.
- [6] There is a significant relationship between struggle and the sense of security.

### **IV. THE RESEARCH THEORETICAL BASES**

Our development is just possible through protecting a wealth called manpower; the more the people's interest and zeal to an activity which he/she is responsible to do daily, the better their physical and mental power can be used to carry out the society's attempts more effective. Accessing to a healthy and efficient society which is at desirable level economically, socially and also in terms of physical-mental health, entails healthy and happy people who duly lead their society toward an ideal society through attachment to work and life. The more the people's health rises, the more their physical and mental power can be applied to do the society's affairs. Today this point is the focus of all developed societies that providing wellbeing and health are among the people's rights, most people think the presence of happiness and welfare is just possible through gaining money and raising wealth, while by studying different variables and investigating developed societies in successful people's lives we understand this important fact that joyful factors are other standards. Kobasa believed that the score which was presented from Barton's questionnaire in a ranking scale through summing up three components of commitment, control and struggle was society's growth and self assertion. The development of societies is dependent to the family's materialistic human and social wealth and this wealth needs security and the feeling of security. This need is considered valuable and fundamental to that extent that some believe the sense of security is superior to "existence". When the soul and the body and the family members are in peace and tranquility, all mental and physical power is inclined to materialist and spiritual self-assertion. The more the security is established and founded in personal and social self, the more happiness, vitality and dynamism are manifested in families and its society, and the pleasant feeling of security is expressed. The presence of feeling of security is founded on generated and established security and the improvement and increase of the feeling of security is related to improvement and stability of security and the feeling of security in the family identity (Kobasa, 1982). Administrative stability of a country forces the people to have security and discipline and the justly administration of the rules is the most effective step in creating security and inducing it to all, security of a project is not an objective but it paves that way for the country's other objectives which include justice adaptation rule, growth, education, economic growth and social growth. Among different factors which form the flows in social crises and are the primary bases of the society's structure, the feeling of security has a special place and the feeling of security is the background of all mutations of a nation being supported by a powerful and conscious government.

**A review on carried out studies regarding the research subject**

Safari Shai (2010) stated that the feeling of security has a strong correlation with the satisfaction and both are considered as two key indices of social welfare. According to the findings by Bayat (2010) in a study under the name of "effective factors on the feeling of security of citizens in Tehran with the emphasis on the role of mass media" via survey method, the statistical population of the study were composed of above 18 years-old citizens living in Tehran, 788 of whom were selected through Cochran formula via multi-stage cluster sampling. The results showed that the police performance is effective in feeling insecure of citizens, factors such as social security, social demands, prevention from dangerous and risky conditions, situations, the feeling of local belonging and personality features are among effective factors on the feeling of citizens' security. Local belonging and personality features are among effective factors on the citizen's feeling of security. In a study by Karami Nouri (2008) about the role of security in individual and social behaviors, the results implied that through increasing security a part of which is related to social security, the people are engaged in activities in society with more feelings of peace which is so effective through applying national-religious model regarding development of social security and creating appropriate personal and social behaviors among society's people. The findings of the study carried out by Jasbani (2002) implied that the feeling of freedom among university students has a direct relationship with their feeling of security and this issue should be noticed by the university principals; further, the feeling insecure on the part of university students is rooted in factors such as decrease in presented services and the decrease of the feeling of freedom and difficult economic state. Ordoosokhan (1990) reviewed tenacious literature and concluded that few proved reasons point that tenacity is the conservation of physical sickness which might support the individual against some mental disorders. Viber Viliawnd (1992) through studying tenacity literature reported that the researches show great contrast in the ability of tenacity against the effects of distress on physical health;

notwithstanding Kobasa points out that the most achieved contrasts in terms of tenacity are the results of different measurements of tenacious personality. Anthonetsky (1987) suggested that a sense of coherence helps people overcome distress and stand well. Flier and Johns (1991) in a study perceived that tenacious families having social support, enjoy parents adaptation, better caring of the family and satisfaction from family performance. All today's researchers emphasize the role of psychological features as a factor which supports the individual against distress. Virneli (1987) and Fank (1992) concluded that it is likely for the tenacity components not to be able to provide a shield against distress. Selegson and Ceilisare (2008) showed that: they emphasized high levels of interpersonal trust among villagers and low levels of personal trust among citizens and concluded that opposite to interpersonal trust, political trust in cities is more than villages and both types of trust have been effective on security.

**V. RESEARCH METHODOLOGY**

It has a descriptive-correlational research methodology, the research tools are the questionnaire of security and the questionnaire of psychological components "psychological tenacity" which are administered by the presence of the researchers at that place and the relationship with statistical population. The statistical population was 15-18 year-old students, total of statistical population was 1994 and the sample size was 60 individuals who were selected through random sampling method. Moreover, the students of zone 1 in Shahrekord were selected through cluster sampling, the content validity was achieved by the professors and the questionnaire reliability was calculated 79% through Cronbach alpha coefficient which is significant at alpha level, its reliability was confirmed by the supervisors and the professors at the department of humanities.

**VI. DATA ANALYSIS**

After collecting research raw data through presenting a measurement scale to the participants in the sample group under study, in this part we would analyze the given information. The information was analyzed at two descriptive and inferential levels. At descriptive level, mean, standard deviation and at inferential level through applying Pearson correlation coefficient, the correlation matrices of the variables under study will be reported.

**Research Descriptive findings**

**In Table 1.4: investigates the mean and standard deviation of the study's variable**

	Frequency	minimum	maximum	mean	Standard deviation
Commitment	60	4	14	9/65	2/91
Planning	60	2	18	8/30	3/59
Seeking variability	60	6	12	9/35	1/78
Optimism	60	3	16	9/85	3/02
Belief in fate	60	1	13	8/55	3/33
Feeling of security	60	25	65	45/70	8/91

According to table 1: the score mean is 9.65 and the standard deviation is 2.91 for commitment, it is 8.30, 9.35, 9.85, 8.55 and 45.700 for planning, seeking variability, optimism, belief in fate and generally the feeling of security respectively, too.

**Table 2**  
**table of correlation matrix between research variables**

	Struggle	feeling of security	commitment	planning	variability	optimism	belief in fate
struggle	1						
Feeling of security	**/36	1					
commitment	0/11	**/35	1				
planning	**/60	**/69	0/05	1			
variability	-/24	*/29	0/12	0/13	1		
optimism	*/31	**/80	0/11	**/59	0/23	1	
belief in fate	0/07	**/71	0/06	*/27	*/27	**/57	1
tenacity	**/37	**/92	0/28	**/66	**/42	**/72	**/62

\*\*P<0/01    \*P<0/05

**Major hypothesis:**

There is a significant relationship between tenacity and the feeling of security.

	Test sum	Coefficient of determination	Significance level	frequency
tenacity, feeling of security	**/92	0/84	0/00	60

Taking administered correlation coefficient into account, since the significance level is lower than .05, the null hypothesis stating the lack of relationship between two variables is denied and the research hypothesis based on minor hypotheses stating the presence of a significant relationship is confirmed, there is a significant relationship between tenacity and the feeling of security (p=.00). Further, correlation coefficients calculated equals .35.

	Test sum	Coefficient of determination	Significance level	frequency
tenacity, feeling of security	**/92	0/84	0/00	60

**Minor hypotheses**

**First hypothesis:**

There is a significant relationship between commitment and feeling of security

	Test sum	Coefficient of determination	Significance level	frequency
commitment, feeling of security	**/35	0/12	0/00	60

Taking administered correlation coefficient into account, since significance level is lower than .5, the null hypothesis stating the lack of relationship between two variables is denied and the hypothesis stating the presence of significant relationship is confirmed, there is a significant relationship between commitment and the feeling of security (p=.00). Moreover, calculated correlation coefficient equals .35.

**Second hypothesis:**

There is significant relationship between planning and the feeling of security.

	Test sum	Coefficient of determination	Significance level	frequency
Planning, feeling of security	**/69	0/47	0/00	60

Taking administered correlation coefficient into account, since significance level is lower than .5, the null hypothesis stating the lack of relationship between two variables is denied and the hypothesis stating the presence of significant relationship is confirmed, there is a significant relationship between planning and the feeling of security (p=.00). Moreover, calculated correlation coefficient equals .69.

**Third hypothesis:**

There is a significant relationship between variability and the feeling of security.

	Test sum	Coefficient of determination	Significance level	frequency
<b>Variability- the, feeling of security</b>	**/29	0/08	0/00	60

Taking administered correlation coefficient into account, since significance level is lower than .5, the null hypothesis stating the lack of relationship between two variables is denied and the hypothesis stating the presence of significant relationship is confirmed, there is a significant relationship between variability and the feeling of security ( $p=.00$ ). Moreover, calculated correlation coefficient equals .29.

**Fourth hypothesis:**

There is a significant relationship between optimism and the feeling of security.

	Test sum	Coefficient of determination	Significance level	frequency
<b>Optimism, feeling of security</b>	**/80	0/64	0/00	60

Taking administered correlation coefficient into account, since significance level is lower than .5, the null hypothesis stating the lack of relationship between two variables is denied and the hypothesis stating the presence of significant relationship is confirmed, there is a significant relationship between optimism and the feeling of security ( $p=.00$ ). Moreover, calculated correlation coefficient equals .80.

**Fifth hypothesis:**

There is a significant relationship between belief in fate and the feeling of security.

	Test sum	Coefficient of determination	Significance level	frequency
<b>Belief in fate, feeling of security</b>	**/71	0/50	0/00	60

Taking administered correlation coefficient into account, since significance level is lower than .5, the null hypothesis stating the lack of relationship between two variables is denied and the hypothesis stating the presence of significant relationship is confirmed, there is a significant relationship between belief in fate and the feeling of security ( $p=.00$ ). Moreover, calculated correlation coefficient equals .71.

**Sixth hypothesis:**

There is a significant relationship between struggle and the feeling of security.

	Test sum	Coefficient of determination	Significance level	frequency
<b>struggle, feeling of security</b>	**/36	0/12	0/00	60

Taking administered correlation coefficient into account, since significance level is lower than .5, the null hypothesis stating the lack of relationship between two variables is denied and the hypothesis stating the presence of significant relationship is confirmed, there is a significant relationship between struggle and the feeling of security ( $p=.00$ ). Moreover, calculated correlation coefficient equals .36.

## VII. DISCUSSION AND CONCLUSION

The feeling of security is a psychological issue that specific conditions should be provided so that the person feels secure and peaceful. In the case of lack of some of these conditions, there will be other specific conditions contrary to security and they disturbs the person's security; in addition to existing cases, the required trainings at schools can create peace in the students. Inasmuch as the students are the basic wealth of a country and growth and development of this group causes the improvement of the country, it is necessary for them to be exposed to needed trainings to be able to engage in fostering their talent through attempt taking

health and security into account, be educated in a secure environment and get ready to build and grow; otherwise, they face many problems and not only can they reach self-assertion stage, but also it will ruin all talent under the effect of fear and anxiety. So it is necessary for the students to be under careful attention of the principals, there must be a condition and atmosphere for them to assert themselves in a secure environment. Schools which are full of fear and anxiety can never be a suitable place to improve the students' qualitatively. Those schools which neglect the rules train the students who lack commitment and are moody. The schools should be the locus of education and peace. Even through direct and indirect methods, peace and peacemaking should be taught. Appropriate nutrition is a necessity for a life concomitant with peace in our students.

The students should be made familiar with problem solving skills. This is not an art to frequently warn about the existence of such dangers. They should be encouraged to solve the problems and not to see the problem as a pest. Considering the growth of information era and accessing to all distracting options our teenagers cannot get to growth and puberty by being withdrawn from turbulent environment. They should be placed in the life route and analyze their social environment carefully and protectively and be able to pass the route facing all the problems healthily, they should be taught different problem solving methods and not taught that passing the danger means success, and the fact that staying by the fire flames never brings health, since fire is not uncontrollable and damages them; but if they keep themselves safe and pass from the middle of the fire carefully, there will be no damage and they will be placed in a safe and healthy environment and that is the time of success and victory and they can lead themselves and others in the environment. Our today's generation is in an environment full of fear and anxiety, continuing this process will endanger this country. The schools and universities output cannot account for our country's manpower, it is a stage wherein we should pave the way to improve the students through omitting their ambiguous mental problems, lack of interest in education and continuing it, hopelessness regarding a good future, not attending to time and living the life has caused the families to have bewildered youth and to make up this dilemma there should be started from the schools.

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