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Comparison of hardiness and perfectionism in addicted and normal people

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Abstract

Drug use is one of the factors that directly and indirectly disrupts the order and security of the community; it has individually and socially a profound impact on the legal, social, biological and financial in the world. In addition, it affects indirectly millions. So drug use is one of the major barriers to the development of societies. There is connection of drug use and addictive behaviors to other social problems and social deviations such as domestic violence, child abuse, divorce and infectious diseases such as AIDS and hepatitis, and young people involve more than the other sectors, make a problem for them. According to the researchers, among the variables that can be effective in drug abuse, there are two psychological characteristics of perfectionism and hardiness. In general, these two features have been considered clinically and personally psychologically since two decades ago. According to the articles, the focus of this study is that the two personality features of perfectionism and hardiness in two groups of addicted and ordinary people will be compared.

This research will be applied in terms of purpose and in the causal-comparative method, the information of the community was studied using two standard questionnaire of perfectionism of Hill and colleagues (2004) and the hardiness questionnaire of Kobasa *et al.* (1979), which was previously valid and reliable It has been approved, collected and analyzed. The statistical population of this study included all male addicts and their companions (who were not addicted to them) who were referred to Arak withdrawal treatment centers, which 180 were selected through available sampling method and in two The group was addicted and the normal people. The results of the hypothesis test showed a significant difference between perfectionism and its components and hardiness and its components in two groups of addicted and normal people in Arak, indicating that addicted people had less positive perfectionism than normal people ;And more negative perfectionism.

Keywords: Hardiness, perfectionism, addicted people

Introduction

Addiction is a "social disease" that has physical and psychological complications and, until it is addressed to the "patient", the physical and psychological treatment will only result for a short time and the addict will again be subjected to "addictive" substances..

The definition of addiction is a term, in which a person is physically and psychologically dependent on a drug, and it is necessary and compulsory for him to continue to use it and cannot leave his will and his tolerance towards consumption gradually, the material becomes less (Javanmard, 2001) [13]. It is clear that drug use reduces the quality of life, increases mortality rates, reduces social and moral values, and increases criminal behavior (Becker, Sullivan, Tetralt, Dais and Philin, 2008). And this disease will cost a lot to governments and communities (Enright, 2014) [7].

Research shows that tenacity can be a powerful factor for people's physical and mental health and increase compliance. In fact, stubborn people are less likely to be consumed due to their commitment to life. High psychological hardiness in individuals, leads to a positive feeling in stressful situations and a sense of confidence in controlling stress in most situations of life and reduces the risks and possible threats.

Other variables that seem to be effective in drug use are perfectionism. Most of the scientific definitions of psychology consider perfectionism to be ineffective in their own person. Perfectionists are people with firm and firm beliefs, and the hardness of ideas and inflexibility is one of the first features of perfectionism.

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In fact this attitude will create a defective circumstance. Perfectionist people first consider a set of inaccessible goals. In the next step, they will fail to achieve these goals, because access to those goals is impossible. Then, under the pressure of the desire for perfection and the inevitable chronic failure resulting from it, their creativity and efficiency decreases. And finally, the process leads the perfectionists to criticize themselves and blame themselves, which is the result of this process of low self-confidence.

According to researchers, among the variables that can be effective in using drugs, perfectionism (Nabi Zadeh, 2017) [21].

Perfectionism is characterized by perfect performance, determination of high-level goals, and rigorous evaluations of oneself (Frost & Lahart, 1990) [8]. One of the patterns of categorization of perfectionism is its classification as adaptive perfectionism against maladaptive, or healthy perfectionism against neurotoxicity. Adaptive perfectionism includes goals and expectations that are logical and real, and the managers have high self-confidence and satisfaction for life. But perfectionism is maladaptive to making high-level unrealistic goals in any situation (Herbert, 2008) [11].

According to Crack and Park (2004) [5], on the negative view, perfectionists actually run away from problems rather than face difficulties and frustration. Therefore, negative perfectionists, although seeking self-confidence as a positive perfectionist group, are pursuing a different approach and resorting to incompatible styles such as drug use (Hewitt, 2004) [12].

According to Bandura (2001) [3], the hard and extreme standards for self-evaluation lead to abnormal reactions and worthless feelings, which could ultimately lead to the use of narcotics (Parolin, 2016) [22]. Also, perfectionists, when experiencing failure, instead of using self-control activities, seek self-control through self-control, and then these individuals are at increased risk of drug use (Alden, Billing & Vallas, 1994) [1].

Another component of addiction can be mentioned hardiness. According to the definition given by Kobasa, Mady and Kahn (1982) [17], as well as other researchers' agreement, the tough one is a set of personality traits that act as the root of resistance to stressful life events (Kobasa and Pektı, 2002) [17].

Psychologically, hardiness is one of the characteristics of the personality that everyone possesses in varying degrees and, like other person-specific structures (or attributes), is always in a state of transformation. Rigorousness and dynamism are influenced by developmental experiences, individual, sexual, and age differences. Hence, psychological hardiness is known as a positive personality trait (Jody and Bernat, 1999, Keane, 2011) [14, 15].

Studies have shown that stubbornness in events can contribute to the control of stress and has a positive impact on the health of individuals (Luthans, 2007) [11]. A person with hardiness solve a problem causes a person to use direct and choose the rationale. They face direct encounters in life events rather than using remedies such as denial of retaliation such as drug and alcohol use (Soleimani, 2016) [7].

High insistence in people creates a positive feeling in stressful situations and also reduces the feeling of confidence and control of stress and severity of risks and probable (Akbari, 2016) [2].

These researches has done in the field of perfectionism and hardiness also indicate a significant difference between these variables in people with substance dependence with healthy people. In the same way, Low and Gendaszek (2002) [19] in a research showed that between the amount of perfectionism and consumption there is a positive and consistent relationship between stimulant drugs. The results of Rice and Dellwo (2002) [23] research also suggested that negative perfectionism leads to depression and anxiety and these factors tend to be addictive.

Maddi (2007) also showed that there is a significant relationship between drug use and psychological hardiness, and those with higher drug intake have lower psychological hardiness.

Regarding to this research, this main issue is addressed; there is a significant difference between the two groups of addicted and normal people in terms of perfectionism and hardiness.

Methodology

In this study, the main purpose of this research is to compare the hardiness and perfectionism in people who are drug use and normal people of Arak city. So, using the causal-comparative research method, the information of the community was studied and analyzed.

Samples

The Samples of this study was all addicted men and colleagues (who were not addicted), who referred to clinics for addiction treatment in Arak. The drug user's statistical population included people aged between 18 and 40 years old who had read and write and had a 2-8 years' dependency. Also, the comparison group was people who had no history of drug addicts or drug abuse, who were selected by gender, age, and education level.

Sample size and sample choosing method

A statistical sample also consists of a set of signs that are selected from one part, a group, or a larger community, so that this set represents the quality and characteristics of that group or larger society. The size of the sample size is the number of respondents considered in this study, which are selected from the statistical population.

The samples of this study consisted of two groups, the first one being addicted to drugs that were leaving. Those were referred to treatment centers in Arak, Afghanistan, which numbered 10 centers. The sampling method was carried out in an accessible manner, so that among the 10 legal centers in Arak, we randomly selected 4 centers, which, after coordinating with the relevant centers, 80 people willing to cooperate were selected using available sampling method.

The second group consisted of non-addicted subjects that were available through sampling method and 80 subjects were sampled. The non-addicted group was close to the addict group in terms of sex and age, and economic and social conditions, with the majority of addicted addicts being members, and some were selected from the service staff of the centers. So that a total of 160 subjects were selected and grouped into two groups of substance dependent individuals and healthy subjects.

Information Collection Tool

A) Perfectionism questionnaire

To measure this item, the 59-item questionnaire of Hill & Associates (2004) was used.

Grading and Commentary:

This questionnaire contains 59 questions. Each of the questions in the questionnaire has five grades, which range from one to five (totally disagreeing to completely agree).

B) Harsh Questionnaire:

Introducing the test

A tough questionnaire was used to measure difficulty in Kobasa and colleagues (1979) ^[16]

Scoring and commentary method

The scale of the questionnaire consists of 50 questions that cover three topics (challenge, commitment, and control). Each questionnaire has three levels of zero to three. The scores obtained by the subject on this scale represent a high degree of hardiness, and further scores reflect more responsive behavior.

The content validity of this questionnaire has been validated by the supervisors and counselors, as well as by some knowledgeable and expert individuals, including the faculty members of the consortium.

Information analysis methods

The choice of appropriate statistical methods is one of the main pillars of a practical research. The analysis and the correct conclusion depend on the use of appropriate methodology for the subject. In the present study, the data were analyzed using descriptive statistics.

In descriptive levels, indicators such as abundance and frequency were used to summarize the demographic data of the variables.

In the second stage, and in the inferential part, in order to test the hypotheses, considering the hypotheses to compare the variables in the two independent societies of dependent individuals and healthy people, using SPSS software, using multivariate analysis of variance analysis, we examined the research hypotheses. Became

Discuss

This research is applied in terms of purpose and descriptive method. The main and the secondary assumptions were presented in the research. As stated, the statistical society and the questionnaire were used to confirm the hypotheses.

The main hypothesis of the first

There is a difference between perfectionism in both addicted and normal people groups.

Sub-assumptions

1. There is a difference between the order and the organization in the two groups of addicted and normal people.
2. There is a difference between purposefulness in both groups of addicted and normal people.
3. There is a difference between trying to be excellent in the two groups of addicted and normal people.
4. There is a difference between the two criteria for addicted and normal people.
5. There is a difference between the need for confirmation in both addicted and normal people groups.
6. There is a difference between focusing on mistakes in both addicted and normal people groups.
7. There is a difference between the pressure from the parents in the two groups of addicted and normal people.

8. There is a difference between the intellectual rumination in the two groups of addicted and normal people.

The results of this hypothesis test indicate a significant difference between perfectionism and its components (order and organization, purposefulness, quest for excellence, high standards for others, need for confirmation, focus on mistakes, parents' pressure and rumination) in two groups of addicted and ordinary people in Arak, indicating that addicted people have less positive perfectionism than normal people. It should be noted that the results of the test of this hypothesis (meaningful difference of perfectionism in people dependent on drugs and ordinary people) consistent with the findings of Low and Gendaszek (2002) ^[19], Rice and Dellwo (2002) ^[23], Hossein Zei (2005) and Nabi Zadeh, (2017) ^[21].

Among the sub-assumptions of this research, which was confirmed, there was a significant difference in intellectual involvement among people who are dependent on drugs and ordinary people. Higgins theory (1983) points out this explanation. He states that individuals have psychological structures to achieve balance or choice of goals; individuals constantly review the relationship between real self-image and their goals. The higher the difference between the two, the more severe the depression will be. If the person continues to examine the difference between himself and the ideal, and does not abandon these malicious goals, it is likely to cause intellectual conflict in the person.

Similarly, in drug addicted, due to the large difference between the actual and the ideal themselves, the intellectual conflict and negative thoughts in the individual increase. It can also be said that the sense of regret of drug use in these individuals can lead to a re-focus and corrective action to find and follow a new path, but if no action is taken, this is likely to be a regret of a mental conflict and sometimes even leads to deliberate beatings, all of which are due to the creation of a stressful and humiliating condition within one's own mind.

From other sources of research, there was a significant difference between the need for confirmation by parents in two groups of addicted and normal people. In this analysis, it can be said that according to the results of the research, most drug addicted humiliate and blame the cause of addiction by The family said in childhood and adolescence that parents were always humiliated and confident in their self-confidence. It seems that humiliating these people and inclining them to those who are not worthy and increasing the sense of the need for perfect and perfect performance to attract attention and the need for approval of others. And the inability and the result of this pressure tends to The side of the drug.

The results also show that there is a significant difference between purposefulness and effort for excellence in the two groups of addicted and normal people. In line with these results, it can be said that each person in his life must determine his goals and pursue them seriously. These goals reinforce hope in one person. In drug-user individuals, the lack of a goal in life has caused a person's lust and despair in life.

Another explanation for this study was the lack of organization and ordering of addicted people to ordinary people. In this explanation, it should be said that in people who are dependent on drugs, the excitement of emotions and intense emotions, such as a lot of pleasure, anger and

discomfort, cause Arrivals are disorderly and they do things for drug use, for the sake of relief and relaxation. Also, addicts are less disciplined and less organized than others due to socializing with unhealthy individuals, disorderly at home, disordered sleep and awake hours, disorder at work, and lack of compliance with social laws..

The second main hypothesis states that there is a difference between hardiness in the two groups of addicts and normal people.

And sub-assumptions include these

1. There is a difference between the challenge in the two groups of addicted and normal people.
2. There is a difference between commitment in two groups of addicted and normal people.
3. There is a difference between control in both addicted and normal people groups.

The main hypothesis of the second research, which was confirmed, indicated a significant difference between the degree of hardiness and its components (challenge, commitment and control) in two groups of drug addicted and normal people. It should be noted that the results of this hypothesis are in line with the findings of Maddi, 2007.

In analyzing this, it can be said that despite the hardiness nature of individuals, a person uses logical and direct solutions to solve the problem. These people are faced with problems with life events, rather than using solutions such as denial of phobia, drug use and alcohol. In fact, people with hardiness are less likely to use drugs when they are more committed than they are to life (Soleimani, 2016) ^[25].

Conclusion and Recommendations

The main objective of this research is compared hardiness and perfectionism between two groups of drug addicted and normal people. In this regard, 8 features of perfectionism include discipline and organization, purposefulness, quest for excellence, high standards for others, need for confirmation, focus on mistakes, parental pressure, intellectual conflict, and three components of hardiness are including challenge, commitment, and control We compared and studied the addicts and normal people in two groups According to the statistical results, all the factors studied in this study had a significant difference in the two groups of drug user and normal people.

The results showed that high insist in people leads to a positive feeling in stressful situations and a feeling of confidence in controlling stress in most situations and reduces the severity of potential hazards and threats. But perfectionist individuals, with self-criticism and self-reproach, constantly cause their self-confidence to fall, and among the variables that put people at risk of misery, self-confidence is low due to perfectionism.

In fact, hardiness people are less likely to use drugs because they have a greater commitment to life.

Considering the limitations in the methodology of this research and the limited use of quantitative data, it is proposed in the future; a similar study is conducted using qualitative data such as interviews and as a complement to the results of this research, to improve the credibility of the findings Help.

Considering the fact that the present research has been carried out in Arak, it is suggested that in order to overcome its generalizability limitation, similar research is carried out

in other statistical societies in order to overcome limitations in decision making and generalization of judgments. Made It is also suggested that parents find and highlight the child's athletic efforts, achievements and positive points, and by preventing pressure on them to stop increasing the need for confirmation and their tendency towards drugs.

During training courses at addiction treatment centers, educators and counselors change their lifestyles and teach them discipline and accountability, and on this basis they will advise patients what to do after leaving. And what not to do.

It is recommended to increase their life expectancy in order to prevent the return of those who leave to addiction. The practice of such treatment for newly abandoned people can also help them return to their normal lives..

In order to increase the hardiness and prevent the tendency of young people towards drugs, it is suggested that:

Parents and mentors help educate people who are interested in what they are interested in, if they do not care about the job and do not care about it, it will be hard to follow it for a long time. Therefore, it is suggested that, in order to increase the tenacity, it is necessary to follow a deeply intriguing task.

And also, to increase the skills of addicts in rehabilitation centers, repeat and practice, because when it is constantly working on weaknesses, the status of a person will improve over time.

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