

## The Comparison Between Mind Health and Perceptive Social Support in Shahed and Non-Shahed Girls in Tehran Capital City

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**Abstract:** Mind health and perspective social support are considered as an important factors that they effect on the quality of life among adult girls. Present study aims to investigate the comparison of mind health and perspective social support among shahed girls and non-shahed girls. The method of this study is post-event research. The sample of this study is also all the shahed and non-shahed girls who they are between the age of 15-18 years old in Tehran capital city. In present study for choosing sample, it is better to use convenient sampling method, the research instrument is mind health and social support questionnaire. In order to analyzing data's we used variation analysis. The result of study showed that there is not a significant differences between the rate of shahed and non-shahed girls in mind health and social support area. We can conclude that there isn't any effect on father's deprivation and perspective social support.

**Key words:** Mind health, perspective social support, adult, girl, shahed, non-shahed

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### INTRODUCTION

Family is one of the most natural institution that can gratify human's needs and balance and health of each member of a family is related to correct and punctual performance of all family member. The duty of this institution. Is to take after of children and their upbringing, also conduct healthy communication with each other and to help children to have better psychological life. The importance of a family is so widespread that even it forms major center for family based treatment. In damaging situation the function of family and its related vital networks may be fragmented. Considering to this damages is very essential (Walsh, 2008). One group of people who are in danger of various psychological problems is the children of shahed and combatant that most of their problems are because of father deprivation. According to the researches, these types of psychological problems that originated from father deprivation are damaging for shahed and combatant family especially for their girls since they have lower level of psychological health. Mind health is the competence of harmonic and balanced communication with other people, also it is considered as modification of environment and solving conflicts in which a person become aware of his or her capacities, also he can get

along with normal psychological life pressure (Tehrani and Hossein, 1965). Totally, the holistic rate of psychological health's sense in girls and boys is different and those who lose their father in war have lower rate of mind health rather than other groups Radfar in addition in the research by Reza (1960) it is shown that shahed children have more behavioral and neurotic disorder. The studies also have shown that the rate of depression aggression and repression are more among shahed children.

Beside, shahed children are dealing with some social, family and personal problems that make their life more difficult (Masumi *et al.*, 2008), thus, they make usage of some strategies against problems such as social support.

Social support is known as attainment to family member family and friends that supply psychological and physical resources (Stack, 2000) social support in adjusting person to tension, preventing from unappealing physiological due and increase in self-functioning and enhancement in physical, psychological and social situation (Cheng *et al.*, 2008) decrease agitation, incensement in self-esteem and developing social interaction can be helpful. With the predicting importance of social support a bout mind health, perception of social support has more importance.

In other words, peoples view points toward social support has more importance even rather than social support, the reason is that it can provide some benefits for their health (Callander and Schofield, 2013) perceptive social support points to personal perception for attaining backup and also points to real personal perceptions (Burns *et al.*, 2010). Perceptive social supports are in connection with health consequences as such as psychological welfare (Kara *et al.*, 2007) and also they are in connection with life quality. Also those who take advantage of social support suffer less from psychological disorder. Here living with somebody who is battle-scarred affect positively on physical, psychological, social function in life this affair needs more social support (Schaefer and Moos, 1996). Additionally, the researches have shown that social support that is receive by parents are more tangible than those that receive by friends and they have effect on mind health (Stice *et al.*, 2004). So, shahed families and combatants are deprived from this avocation, additionally the researches have shown that shahed families have lower mind health rather than other groups. On the other words as the girls in shahed families and combatant because of dominancy of special situation on their different aspect of life have different and extra ordering situation rather than other girls, studies that that have done among these people is limit. There weren't any researches with the aim of comparing mind health and perspective social support in shahed and non-shahed girls who lived in Tehran.

## MATERIALS AND METHODS

This research is based on comparison and contrast that compare shahed and non shahed girls about their perceptive social support. The sample of this research are all 15-18 years old girls of shahed and non-shahed of Tehran capital city that a school of shahed and an ordinary school was chosen. Sampling was consist of 150 shahed girls that they were selected by convenient sampling. The data analyzed by SPSS Software and variation analysis.

### Instruments (the questionnaire of mind health GHQ-28):

In this research, we take advantage of General Health Questionnaire (GHQ) Goldberg in order to measure mind health that consist of 28 scales, physical sign, agitation, social mal-function and depression. The questions were multiple choice and the scores were from 0-3. Reliability of this scale in conducted by test re-test in Iran the reliability coefficient reported by usage of repetitive measurement,

Table 1: The average of samples based on general health

Happiness	Average	SD
<b>Physical sign</b>		
Shahed	14.2258	4.18623
Non shahed	14.6623	3.96899
<b>Agitation</b>		
Shahed	13.3608	5.21054
Non shahed	13.3875	4.84309
<b>Social function</b>		
Shahed	8.0000	3.48624
Non shahed	7.4789	3.17067
<b>Depression</b>		
Shahed	15.5979	6.22103
Non shahed	14.6709	5.99513
<b>Total score of general health</b>		
Shahed	51.8452	11.52315
Non shahed	50.0000	10.86828

composition and Cronbach's alpha that is 70, 93 and 90% orderly. In this research Cronbach's alpha is 81%.

**Social support questionnaire:** This questionnaire designed by Fleming and it has got 2 long and short forms. Its short form has 6 clause and its long form has got 24 clauses that in this research we get used of long form that it consist of 5 minor scale and it consist of support of friends, neighbors, family, total support and ideas about support. The respondents should read the sentences and if they are agree with intended questions, the response is yes and if they are disagree the respondents answer no. Fleming investigated reliability coefficient short form with 70% with test re-test. Hosseini and Najdani in a study investigated co-efficiency or validity coefficient scale of social support with Cronbach's alpha 686%. And the average of its reliability gained by internal co-efficiency and based on social support questionnaire 84% (Table 1).

## RESULTS AND DISCUSSION

### Descriptive analysis of variables

#### General health

**Perspective social support:** The present results of variation analysis are shown in Table 2 and it is probable that (F) is not significant so null hypothesis confirmed and the research hypothesis reject with 95% confirmation in other words, the mind health of shahed and non-shahed is not significantly different. In Table 3, the result of variation analysis related to perceptive social support in shahed and non-shahed girl's students are also shown.

The result of variation analysis in Table 4 show that because (F) is not significant statistically so the null hypothesis confirmed and the research hypothesis rejected with 95% confirmation, in other words perceptive social support among shahed and non-shahed is not different.

The present study was done in order to comparison of mind health and perceptive social support among shahed and non-shahed girls of Iran. The results also show that there isn't a significant differences among shahed and non-shahed girls mind health. The results of this finding is not correlation with researchers that were done by Banoo *et al.* (1962) and this research is correlational with the researcher done by Namdar (1959). The results by Izadfar researches shows that shahed students have different paranueid ideas, agitation, mind dispersion, sense of guilt, sleep disorder and nutritional disorders in comparison to non-shahed students. Namdar (1959) also found in a research that non-shahed students who have not father shows less adjusting actions rather than those who their parents married again. Research findings by Ghahari shows that mind disorders are ordinary among in comparison to girls in four groups of shahed children, battle-scarred and father deprived. The result by Bkhshi research shows more guilty sense and freedom sense and deprivation in shahed boys in

comparison to shahed girls. The result by Radfar research showed that the total mind health sense in an adult girls and boys of battle-scarred in all over the world is different. In Hamidi researches showed that there isn't any differences among mind health of girls and boys.

We can confirm this differences in this way that by passing time there isn't any differences between insignificancy in two groups. It means that Shahed boys and girls in martyred family after passing a lot of years from war can overcome on their bad experiences of father deprivation in adjusting with bad situations, more suitable social support from responsible organization, entering into new levels as education and they become more close to ordinary people. Other probable reason in mind health of two groups of shahed and none-shahed are those factors that are responsible in general health. Factors as heredity, personal factors, economic and social situation, education and physical health. Other research findings were related to differences in perceptive social support in shahed and non-shahed girls. Different researches show the more importance of social support rather than other supportive resources such as Estis and Reygan, Eschafer. Moose, Rostami and Ahmad Nia and Hesam. Researches show that living with battle-scarred person positively effect on physical, psychological and social function and there is a need to social support more. Additionally, the researches showed that social support from parents are more than social support that done by friends and have effect on mind health. Rostami and Ahmmad Nia also shown in their research that perceptive social support from families have more share and perceptive social support from friends have less share in predicting social

Table 2: The average of samples based on perspective social support

Happiness	Average	SD
<b>From family</b>		
Shahed	5.7812	1.03825
Non shahed	5.7273	1.08381
<b>From friends</b>		
Shahed	5.8211	0.75764
Non shahed	5.7600	0.91297
<b>From important persons</b>		
Shahed	5.7766	0.95213
Non shahed	5.6316	0.96391
<b>Perspective social support</b>		
Shahed	17.3478	2.05653
Non shahed	16.9859	1.83220

Table 3: The result of variation analysis, comparison of mind health factor among shahed and non-shahed girls

Independence variable	Dependent variable	Total roots	Freedom degree	Average of roots	F-values	Significance level
Group	Physical signs	3.313	1	3.313	0.212	0.646
	Agitation	2.647	1	2.647	0.102	0.750
	Social function	10.898	1	10.898	0.955	0.330
	Depression	67.299	1	67.290	1.776	0.185
	Total score	127.953	1	12.953	1.014	0.316
Mistake	Psychical sign	2347.003	150	15.647		
	Agitation	3880.820	150	25.872		
	Social function	1710.938	150	11.406		
	Depression	5685.221	150	37.901		
	Total score	18934.988	150	126.233		

Table 4: The result of variation analysis, comparison of perceptive social support in shahed and non-shahed girls

Independence variable	Dependent variable	Total roots	Freedom degree	Average of roots	F-values	Significance level
Group	From family	0.512	1	0.512	0.488	0.486
	From friends	0.134	1	0.134	0.193	0.661
	From important	1.463	1	1.463	1.583	0.210
	Total score	5.249	1	5.249	1.363	0.245
Mistake	From family	168.936	161	1.049		
	From friends	111.915	161	.695		
	From important ersons	148.807	161	0.924		
	Total score	619.855	161	3.850		

adjusting in girls students. The result by Hesam showed that perceptive social support from families is predicting 23% of mind health changes but perceptive social support from friends and important person in life haven't any significant relationship with mind health and life adequacy. This research showed social support importance from family rather than other supportive resources. The result of this finding showed no significant differences between perceptive social support of shahed children and non-shahed children. According to father deprivation and in families it is expected that these children have different perceptive social support rather than non-shahed groups. Otherwise, the result of this research showed non significance between shahed and non-shahed girls. There are different reason for this finding such as social support that provide for this group. In Iran culture for religious, social and tribal reasons it is necessary to care about these groups needs and it is emphasized. Totally, we can say father deprivation decrease social support into the family but the sense of perceptive social support never decreased and there isn't any differences because shahed family attract social support from various situations and gain social support from related institutions.

### CONCLUSION

Additionally, those who experience deprivation, can get along well with situations especially when they attain social support and they can facilitate their grieves, so social support have effect on the signs of depression after grief. This research as other research has some limitations in external validity in which the samples of research was based on shahed girls of Tehran capital city. Also, we take advantage of convenient sampling and we should be careful in generalization. In further research, it is suggested that use more extensive sampling. Also it is advisable to researchers to do researches as like as comparison and contrast on boys and girls children among boys and girls.

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