Prediction of Resilient in Students Based on the Identity Styles

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Abstract: The present study seeks to predict the resilience in high school male students on the basis of the identity styles in city of Birjand. This study is a correlative one. In order to collect data, a sample of 400 high school male students in Birjand was selected through stratified random sampling method. Tools used to achieve the objectives of the study were: Berzonsky's identity style inventory and Connor-Davidson resilience scale (2003). To analyze the data, descriptive statistics such as mean, standard deviation and inferential statistical indexes such as Pearson correlation coefficient and simultaneous multiple regression were used. The results showed that there is a significant correlation between identity styles and resilience ($r = 0.15$; $p<0.05$). Also, the factors of identity styles can predict resilience up to 3% and among the identity styles, only avoidance style has a negative significant influence on resilience. Therefore, paying attention to type of identity style that individuals acquire is necessary because it is effective in the resilience and resistance to the events.

Key words: Identity styles, resilience, students, Pearson correlation coefficient, multiple regression

INTRODUCTION

Psychologists and psychiatrists emphasized on how to treat mental disorders and abnormalities for many years but in recent years with the development of positive psychology, the obvious and dramatic changes occurred in the area. This approach, rather than dealing with mental disorders and injuries, further emphasizes on contribution to the full development of the talents and capabilities of people and it seeks to find the ways that are associated with human heath by identifying the proper means and methods. Among the structures studied in this approach are the factors that make human compatible with the needs and threats of life. Of these structures, resilience has a special position (Campbell-Sills *et al.*, 2006).

Resilience is a factor that helps individuals in confronting and adaptability with difficult and stressful conditions of life and protects them against mental disorders and life difficulties (Izadinia *et al.*, 2010). It can be said that resilience is the individual's capability to establish psychobiological balance in dangerous conditions (Connor *et al.*, 2003). Moreover, most researchers believe that resilience is a type of self-recovery through cognitive, affective and emotional positive consequences (Masten, 2001). Actually, resilience is a phenomenon that resulted from

of natural adaptive responses of human and in spite of encountering the individual with serious threats, enables him/her to access to success and cope with threats. Resilience only is not passive resistance against injuries and threatening circumstances but the resilient person is an active participant and organizer of his/her surrounding environment, therefore, it cannot be considered the equivalent of recovery because at recovery the individual experiences negative consequences and affective and emotional difficulties.

Research in the last 20 years shows that resilience is a multi-dimensional structure and is influenced by environmental context, time, age, gender, cultural origin and living conditions. For this reason, investigation of the factors influencing resilience has been increasing in recent years. Among these effective factors that are both individual and environmental, we can refer to idetity styles. Identity is one of the subjects that now a days have been considered by psychologists, sociologists and politicians that each of them deal with it according to their relationship with the subject. What is important for psychologists is the stability of the individuals' identity, successful identity acquisition and successful transition from identity crisis. Berzonsky (1989) introduced a model that emphasizes on difference social-cognitive processes of the youth in construction, maintenance and conformity of their identity. In Berzonsky (1989)'s Model of identity

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style, three identity styles have been mentioned that are informative style, normative style and confused/avoidance style. It seems that informative identity style is the most adjusting style and is actually the strategy of problem-solving or the mechanism of compromising to manage daily situation. The normative style was founded based on imitation and obedience of important individuals in the person's life and includes a closed mental viewpoint, inflexible commitment and a fixed self-image and represses the exploration. Defused/avoidance style is the symbol of evasive encounter and negligence at difficulties that is a strategy focused on emotion that is associated with low level of commitment, self-esteem and in stability of self-image (Schwartz, 2001).

According to Berzonsky and Kuk (2000), people with defused/avoidance style have lower levels of resilience and hope. Papi, Khajavand and Bromandnasab in a research conducted on high school students found that defused/avoidance style predicts resilience negatively and advanced identity style predicts resilience positively. Confused identity and early identity do not have a significant relationship with resilience. The results of a research by Besharat (2007) showed that the successful individuals enjoy higher resilience than unsuccessful ones and the higher levels of resilience are associated with more ability to fight against hazardous behaviors to protect health. Taheri *et al.* (2013) aiming at determination and investigation the relationship among identity styles, happiness and psychological well-being in students show that informative identity styles and normative identity style have a significant positive relationship only with happiness and the committed identity has a significant positive relationship with happiness and psychological well-being. Therefore, according to what was mentioned and the importance of resilience and identity styles on the one hand and the role of each of these variables in the mental health of individuals, the researchers were encouraged to carry out the present study; thus, the present study was done to predict students' resilience on the basis of the identity styles of high school students in city of Birjand.

MATERIALS AND METHOD

The present study is a descriptive-correlative one. The statistical population consisted of all male secondary school students in school year 2014-2015 that 368 individuals were selected as the sample size based on Morgan table. Sampling method was stratified random sampling method and due to the possible loss of participants, a total of 400 individuals were studied. To study the hypotheses, Pearson correlation coefficient and simultaneous multiple regression were used. Also, the tools of collecting data included the following questionnaires.

Connor-Davidson Resilience Scale (CD-RISC): This scale has 25 items that measure resilience structure in Likert's five-degree scale and each item is scored based on a Likert scale from zero (completely false) to 4 (always true) and the range of scores is 0-100. The results of the primary study related to the psychological characteristics of this scale in normal and patient samples have confirmed its reliability and validity (Connor *et al.*, 2003). Mohammadi performed this scale on 248 individuals and obtained its reliability equal to 0.89 by internal consistency of Cronbach's alpha test and its validity equal to 0.87 using the factor analysis method and standardized it to be used in Iran. In this study, the reliability was obtained equal to 0.81 using Cronbach's alpha.

Berzonsky's Identity Scale Inventory (ISI-6G): This questionnaire was first designed by Berzonsky (1989) to measure social-cognitive processes that are used by adolescents and the youth in encounter with issues related to identity. Based on Berzonsky's viewpoint, individuals choose three different orientations or three processing identity styles. This questionnaire assesses three identity styles including informative style, normative style and confused/avoidance style through 40 items (Shokri *et al.*, 2007). Berzonsky (1992) reported Cronbach's alpha equal to 0.62, 0.66, 0.73 and 0.78 for informative style, normative style, avoidance style and commitment scale respectively and also obtained the reliability coefficient equal to 0.71-0.75 through test-retest with 2 months of interval. The validity of questionnaire in a research by Sheikh al-Islami was calculated equal to 0.58, 0.47 and 0.64 for informative style, normative style and avoidance style respectively through Cronbach's alpha; also Jowkar and Hossein Chari studied and confirmed the validity of questionnaire through internal consistency and factor analysis. In the present study, total reliability was obtained equal to 0.78 through Cronbach's alpha.

RESULTS AND DISCUSSION

According to the literature in this study identity style has 3 dimensions and resilience has one dimension that their relationship has been measured. The descriptive findings of the research variables have been presented in Table 1.

Table 1: The descriptive findings of the research subscales

Statistical parameters (scale)	No	Mean	Standard deviation
Information	400	26.97	3.44
Normative	400	30.37	4.70
Avoidance	400	26.40	3.76
Resilience	400	55.14	13.27

Table 2: Pearson correlation test for relationship between identity styles and resilience

Statistical parameters (variables)	Correlation coefficient	R^2	Sig.	Significance level
Identity styles Resilience	0.15	0.02	0.01	0.05

Table 3: Regression results for identity styles and resilience

Model	Total squares	Degree of freedom	Mean squares	F	R	R^2	R^2_{adj}	Sig.
Regression	23835.96	3	7945.32	4.34	0.18	0.03	0.02	0.004
Remainder	709112.81	396	1790.69					
Total	732948.76	399						

Table 4: Standardized and non-standardized coefficients and t-test of variables entered into the regression equation

Predictive variables	Regression coefficients		t-test	Sig.
	Non-standardized	Standardized		
Constant value	5.81		0.28	0.770
Informative	0.11	0.01	0.14	0.880
Normative	0.39	0.04	0.71	0.470
Avoidance	-1.78	-0.16	3.03	0.003

In accordance with the Table 2, there is a significant relationship between identity styles and resilience (p<0.05). The correlation coefficient between identity styles and resilience in total is equal to 0.15. In the following, to investigate the element-to-element relationship between each of identity styles and resilience the regression method has been used.

As can be seen in Table 3, the significance value is <0.05 that indicates the significance of the regression model, i.e., at least one of the predictive variables has a significant influence on the criterion variable. In this research, the value of R^2 is equal to 0.03 which means that the factors of identity styles can predict the resilience up to 3% and the 97% left is related to other factors.

As Table 4 shows the avoidance styles have significant effects at the level of 0.5% and the negative sign of this factor in fact, indicates that the resilience decreases by increasing this factor.

The present study seeks to predict the resilience in high school male students on the basis of the identity styles in city of Birjand. A sample of 400 students in Birjand was selected as the sample group through stratified random sampling method and completed the research questionnaires. Now, we investigate the research hypotheses. The results showed that there is a significant

relationship between identity styles and resilience; this finding is congruent with those of previous researches, for example, according to Berzonsky and Kuk (2000), people with defused/avoidance identities have lower levels of resilience and hope. In explaining this hypothesis, we can say that the identity style of a person affects his/her way of interaction with environment or understanding it or the sense of failure that according to these factors, the individual's resilience decreases or increases.

Results also showed that the identity style factors can predict resilience up to 3% and among the identity styles only the avoidance style has a significant effect on resilience and the negative sign of the factor actually indicates that resilience decreases by increasing this factor; this finding is in agreement with previous studies. Papi *et al.* (2014) in a research conducted on high school students found that defused/avoidance style predicts resilience negatively and advanced identity style predicts resilience positively. Confused identity and early identity do not have a significant relationship with resilience. The results of a research by Besharat (2007) showed that the successful individuals enjoy higher resilience than unsuccessful ones and the higher levels of resilience are associated with more ability to fight against hazardous behaviors to protect health. Also, the results of the present study is compatible with those of Rahimnejad (2013) that found the individuals with advanced identity style enjoy the highest level of mental health and individuals with avoidance identity have the lowest levels of mental health.

CONCLUSION

The conducted researches show that adolescents having defused/avoidance identity style try to avoid dealing with issues of identity and decision-making as much as possible. They have lower confidence to their cognitive abilities in decision-making situations and usually feel fear and anxiety before decision-making and almost use the inappropriate decision-making strategies such as avoiding, excusing and reasoning. These individuals react through the emotion-oriented coping methods inappropriate decision-making strategies, limited consciousness, orientation by others, debilitating anxiety reactions and external control. These people do not have fixed and clear academic and career goals and enjoy lower levels of academic skills, self-concept and self-determination. They are in a high risk situation of academic difficulties, adaptation, behavior and social

issues and usually expect failure. Therefore, their resilience and resistance to environmental stress is low.

LIMITATION

Of limitations of this study we can refer to the lack of literature on the relationship between the variables.

RECOMMENDATION

It is also recommended that a longitudinal research is done to measurethe real impact of identity styles on resilience. The results of this research are effective and useful for families and consultants to consider them to have an effective up bringing, treatment and consultation.

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