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## DEVELOPING A MODEL OF LONELINESS ON THE BASIS OF SELF EFFICACY, SELF ESTEEM AND LIFE SATISFACTION OF GIRL'S VETERANS

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### ABSTRACT

**Propose:** The propose of this research developing a model of loneliness on the basis of Self efficacy, Self esteem and life satisfaction of girls' veterans. **Methods:** 350 girls were selected between children's spouses of Iran by using random sampling method and were answered to loneliness scale, Self efficacy scale, Self esteem scale and life satisfaction scale. **Result:** Data analysis method was structural equation modeling. The outcomes of the research show that Self efficacy has significant and direct effect on loneliness. Also it has significant and negative indirect effect on loneliness through its impacts on life satisfaction. Self esteem has significant indirect effects on loneliness by its impacts on life satisfaction. Direct effect of life satisfaction on loneliness was negative and significant **Conclusion:** The model fit indices showed that the model fitted the data.

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### Introduction

the interpersonal relationship is the basic need of humans, but the evidence has shown that human beings have not been successful in making good and effective relationship. One of the satire aspect of modern civilization is that most people have problems in making interpersonal and intimate relationship; however, the development is out of communication tools [1]. One of the complex structures that have been discussed since philophers period is loneliness. At the time, loneliness was considered as a positive concept means individual volunteering withdrawal from daily involvement to achieve higher purposes like reflection, meditation and relationship with God. But today, loneliness is not mentioned in psychological texts; however, it is considered as a status that individual experience for the lack of relationship with others and contains main elements like the feeling of missing mate, unpleasant and negative aspects of previous relations and missing the quality level of relationship with others[2]. According to the role of dependency on other's relationship, it is not surprising that some factors such as belonging and loneliness are important predictors for mental health. [3] consider loneliness as an unpleasant affective experience and chronic mental distress[4] that is caused by interpersonal relationship conflicts and shortcomings in social relationship of individual. [5] believe that loneliness can be a life experience and also can be potentially damaging as well.

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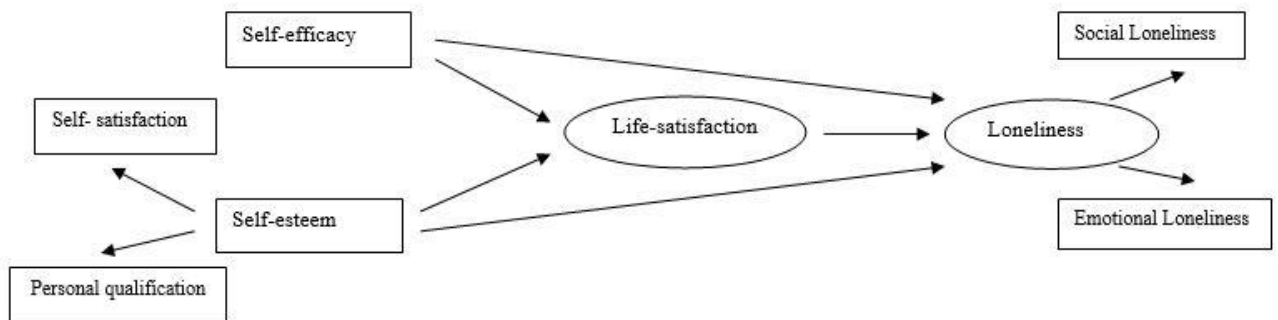
Research findings show that loneliness is a cognitive factor in health and welfare of various populations and also it has short-term and long-term consequences in mental health [6].

As it was stated, loneliness is associated with a lot of emotional, cognitive and social variables. One of these social components is self-efficacy. Self-efficacy is one of the variables that its association with loneliness has been investigated. Some psychologist and researches have used general self-efficacy concept in the meaning of believes and judges of individuals about their competence and general ability in encountering the events or stressful and threatening situation[7,8]. Self-efficacy means individual understanding of his own ability in achieving his criteria and social relationships [7]. Self-efficacy is beyond social skill or ability and it emphasizes the cognitive aspects and individual believes about its effectiveness[9]. Research findings show that the higher level of self-efficacy can prevent the outbreak of loneliness and it makes a meaningful relationship between self-efficacy and loneliness of the youth [10].

Self-esteem is another variable that is associated with loneliness. Self-esteem is trust on individual capacity to obtain values [11]. This personal construction is a stable concept of self-seeking confirmation and it states individual views and values in most basic levels of experience and psychology [9]. [12] defines self-esteem as a relatively permanent negative and positive feeling that may be formed in encountering people. The researches about the effect of self-esteem on loneliness indicate that the individuals with higher self-esteem can be present in community to enhance the positive evaluation in themselves, and this causes decrease in loneliness [13].

One of the variables in positive psychology that has been paid attention a lot is life-satisfaction. Pavot and Diener 1993 according to [6] identify life-satisfaction as a judgmental process that individual evaluates his own quality of life on the basis of his unique criteria. The individuals that are pleased with their own life, experience positive feelings like happiness, joy and pleasure and they have low level of negative feelings like sadness, grief, depression and loneliness. The researchers found that there is a reverse relationship between life-satisfaction and loneliness [14].

Generally the investigation of the history of researches about loneliness indicate a negative relation between self-esteem and the intermediation of life-satisfaction with loneliness and also it has been found that self-efficacy has a direct relation with loneliness. The present research has considered the relation between the efficacy variables and self-esteem and life-satisfaction in explaining loneliness according to conceptual model.



**Graph 1: Structural equation modeling Self-efficacy, Self-esteem and Life-satisfaction with loneliness**

Thus the present research is seeking to identify the relation between variables of loneliness, life-satisfaction, self-efficacy and self-esteem by using structural equation and consequently the following hypothesis and questions are arisen:

The conceptual model of this research supports the presented models in explaining loneliness.

Does self-efficacy have a meaningful direct relation with loneliness?

Does self-esteem have a meaningful direct relation with loneliness?

Does self-efficacy with the intermediation of life-satisfaction have a meaningful and indirect relation with loneliness?

**Method:** The present research is structural equation modeling correlation. Statistical society contains all the fifteen and twenty-five-year-old daughters of imposed war veterans in Iran that have had cases in martyr foundation and veterans affairs. From the girls' community, 350 girls were chosen by random sampling.

**Research measuring instrument contains: A:** the shortened form of Social-Emotional loneliness scale (SELSA-S)[15]. This scale has been designed on the basis of Weiss theory[16]. thus it evaluates two loneliness feelings in three fields: romantic, familial and social, and it contains two general dimensions: emotional loneliness (the total of romantic and familial emotions) and social loneliness. This scale generally contains five items from totally disagree (score 1) to totally agree (score 5). The authors of this scale have reported the Cronbach's alpha factor between 0.87 to 0.90 that indicates the inner homology of the top of the scale. In the research that has been done by[17]. The Cronbach's alpha factor has been reported in an acceptable extent form 0.81 for romantic loneliness to 0.91 for familial loneliness. The stability and validity of this instrument in other researches, as in Toumasso, Turbide, Poulin, Robinson, 2007; Rezan Cecen, 2007 according to[6]. has also been confirmed. The Cronbach's alpha factor has been used for final analysis of this instrument that the result is 0.86.

**B.** The life-satisfaction scale (SWLS): this scale has been made by[18] to measure life satisfaction. This scale contains five items that each item is in 5-item Likert Scale from totally disagree (score 1) to totally agree (score 5). All items have been scored directly, and getting high score in this scale shows more satisfaction of life. [18] have reported 0.87 for Cronbach's alpha factor and 0.82 for retest factor in two months interval. Mozaffari ,2003 by [6] has also reported 0.85 for Cronbach's alpha and 0.84 for retest factor in six weeks interval. In this research, Cronbach's alpha factor has been used to have final analysis that its result is 0.83.

**C:** The Sherer self-efficacy questionnaire was used to measure self-efficacy [19] . This scale has 17 questions that each one is on the basis of Likert scale from the domain of totally disagree to totally agree. In scoring scale, each item is scored from 1 to 5[19] . [19] stated the score of 0.86 for the reliability measured by Cronbach's alpha for general self-efficacy[20]. Also the research that was done by Kim and Oumize, 2005 quoted from [21] stated the alpha factor of 0.88 and also[21] gained the amount of Cronbach's alpha of 0.82. In present research, the Cronbach's alpha was used to get reliability that shows the final result of 0.86.

**D:** Rosenberg Self-esteem Scale by[22] : This 10-item scale contains five positive items and five negative items. The participants are asked to answer each question in a 4-score scale (from totally disagree=1 to totally agree=4). This scale has two dimensions of individual competence and self-satisfaction. The total answers are added to get the self-esteem score. High scores show high self-esteem. In a research Greenberger, Chen, Dmitrieva, and Farruggia ,2003, by [23] have reported the inner correlation factor of the scale that is 0.84 and retest reliability factor of Rosenberg self-esteem scale with two-week interval is 0.84 [24]. obtained the inner correlation factor of Rosenberg scale 0.88 for main scale and 0.91 for the revised edition with positive and negative words. In present research the obtained reliability of Cronbach's alpha was 0.72.

**Findings:**

Standard deviation and correlation of research variables has been presented in table 1 and 2 to investigate the descriptive information of mean.

**Table1:** Result of Mean and Standard deviation

| Variables         | Mean  | S-D   | Min | Max |
|-------------------|-------|-------|-----|-----|
| Self-efficacy     | 54/92 | 13/34 | 19  | 85  |
| Self-esteem       | 29/34 | 4/69  | 12  | 40  |
| Life-satisfaction | 15/16 | 4/39  | 5   | 25  |
| Loneliness        | 37/80 | 11/47 | 14  | 75  |

**Table2:** Result of Variables correlation

| Variables            | 1)(     | 2)(     | 3)(    | 4)( |
|----------------------|---------|---------|--------|-----|
| 1-Self-esteem        | 1       |         |        |     |
| 2- Self-efficacy     | 0/41**- | 1       |        |     |
| 3- Loneliness        | 0/36**- | 0/52**- | 1      |     |
| 4- Life-satisfaction | 0/49**  | 0/59**  | 0/54** | 1   |

P<0.05      \* P<0.01\*\*

As it is observed in the following table, there is a meaningful correlation between the research variables.

The fitting indexes of Khi 2, the ratio of the square of Khi on the free degree ( $\chi^2/df$ ), the comparative fitting index (CFI), the normalized fitting index (NFI), the incremental fitting index (IFI), Touker-Louis index (TLI) and the root mean square of error approximation (RMSEA) were used to investigate the hypothetical model with maximized research data.

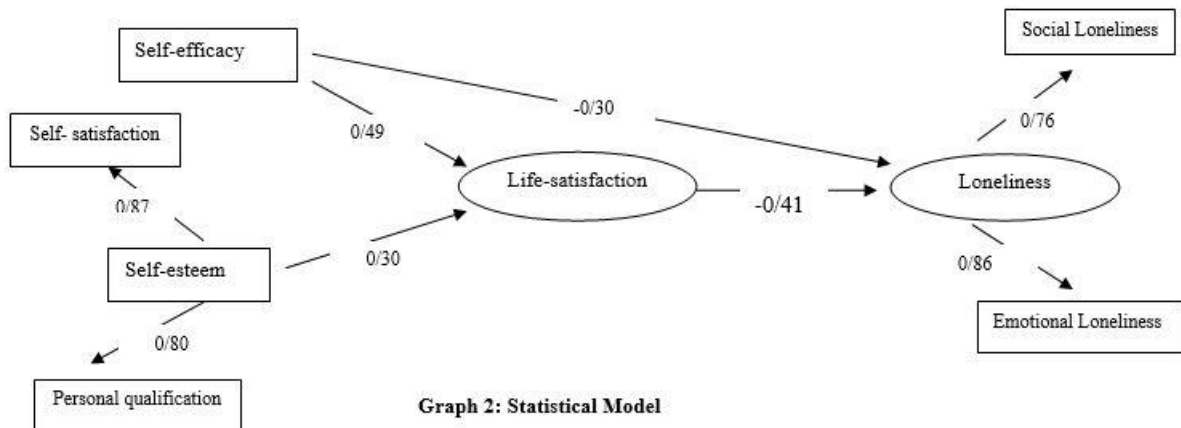
The fitting index of conceptual models has been presented in table 3.

**Table3:** The fitting index of conceptual models

| Index | X <sup>2</sup> | df | X <sup>2</sup> /df | P    | CFI  | NFI  | IFI  | RFI  | TLI  | RMSEA |
|-------|----------------|----|--------------------|------|------|------|------|------|------|-------|
| Model | 7/75           | 3  | 2/58               | 0/05 | 0.05 | 0.98 | 0.99 | 0.96 | 0.97 | 0.067 |

According to the following table, in the loneliness of veterans' daughters the Khi square on free degree index ( $\chi^2/df$ ) is 2.58, the comparative fitting index (CFI) is 0.99 and incremental fitting (IFI) is 0.99, the normalized fitting index (NFI) is 0.98, Touker-Louis index is 0.97 and the root mean square of error approximation is 0.067, these show that all investigated indexes have suitable amount that this matter states the satisfaction in fitting model.

Hou and Betler ,1999 according to]6 [suggest that when the rate of IFI, NFI and CFI is more than 0.95 and RMSEA is less than 0.08, there is a suitable fitting and sufficient model. So we can conclude that conceptual model has suitable fitting.



**Table4:** The coefficients of models

| coefficient                        | Indirect effect | Error | Direct effect | t     | P      |
|------------------------------------|-----------------|-------|---------------|-------|--------|
| Self-efficacy on loneliness        | -0/16           | 0/032 | -0/30         | 4/95  | 0/0001 |
| Life-satisfaction on loneliness    | -0/68           | 0/10  | -0/41         | 6/74  | 0/0001 |
| Self-esteem on life-satisfaction   | 0/26            | 0/038 | 0/30          | 6/89  | 0/0001 |
| Self-efficacy on life-satisfaction | 0/16            | 0/014 | 0/49          | 11/32 | 0/0001 |

According to graph 2 and table 4 it is observed that all coefficients are meaningful statistically. In other words, the direct effect of self-efficacy on loneliness is negatively meaningful and also self-efficacy has indirect meaningful effect on loneliness by its effect on life-satisfaction. And also, self-esteem has meaningful effect on loneliness indirectly by life-satisfaction intermediation and life-satisfaction has direct negative and meaningful effect on loneliness.

#### **Result:**

The present research was done to codify the loneliness model on the basis of self-esteem, self-efficacy and life-satisfaction structure. The result of research hypothesis that self-efficacy has direct and meaningful effect on life-satisfaction and also meaningful effect of loneliness show that there is a meaningful correlation between loneliness and self-efficacy so when the person has more self-efficacy, he has less loneliness. This finding is consistent with the finding of [25,17,26,6].

The results of different researches show that the general self-efficacy has a meaningful negative correlation with some items of mental health, depression, anxiety, personal sensitivity, hostility, physical complaint, aggression by Mouris 2002, Kim 2003 according to [6]. The people with loneliness have stability disorders in relationship with others and they can remove their communicational need hard and they often have deprivation. In social situation, people have different understandings. In other words, their self-efficacy beliefs reflect their assurance level. The people with loneliness have less ability in interpersonal relationship. The cognitive theory reasons that the main determinants of loneliness have combination of reliable documents, inner, negative about defects and personal deficiencies in his relation [6]. The people with high self-efficacy can be involved in meaningful relation or they can improve their present relations with others. These people tend to participate in active behaviors like taking part in social groups or creative activities. These behaviors attract people's attention and keep them away from loneliness and decrease the understanding gap between real and ideal situation. So they overcome their loneliness by making new relations.

Other findings of this research show that self-esteem has indirect meaningful effect on loneliness but directly it doesn't have meaningful correlation with loneliness. The findings of this research are consistent with the findings of [27, 13, 23, 24, 6]. Self-esteem is considered as person's social and psychological attitude toward himself by Byrne 1996, according to [30] People with high self-esteem like to respect themselves and accept their failures with self-confidence [30]. [This causes to have satisfaction and self-efficacy. This feeling motivates individual to increase his relation with others thus this increases life-satisfaction and decreases loneliness. Other findings of this research were that the life-satisfaction has meaningful effect on loneliness. These findings are consistent with the research results of [31,32,33]. Life-satisfaction is relatively a consistent trait and related to past, present and future of people's lives. As a whole, life-satisfaction is prosperity feeling and also the feeling that person thinks his life is meaningful. He considers his process of his life from past up to present satisfying and hopes to have a desirable life. The high level of life-satisfaction is gained in relation to high self-esteem, having a good supportive social system. The high level of optimism, self-strengthening, self-efficacy and having an outer control center, all these factors can prohibit loneliness. In other hand, life-satisfaction can be related to inner traits and psychological process of adaptation that can explain the negative correlation between life-satisfaction and loneliness. we didn't get meaningful effect about the direct effect of self-esteem with loneliness. The sample group was imposed war's veterans. In other hand, war had extensive individual, social, cultural consequences as a severe mental stress factors that has enormous effects on the relations of a society members. Mental health problems are harmful effects that happen for people who have been presented in war directly and indirectly. These children also experience the effects of wars and they have less mental health in comparison with other children so in conclusion the self-esteem was not a suitable predictor for loneliness.

The research result showed that the loneliness model has an appropriate fitting. The findings state that the direct and indirect effect of efficacy on loneliness, the indirect effect of self-esteem on loneliness and the direct effect of life-satisfaction on loneliness. As a whole, the research result states that the self-efficacy and life-satisfaction have meaningful effect on loneliness. Whereas, loneliness in veteran's families especially their children have negative consequences on mental health. It is suggested we identify the groups at risk and prevent the negative consequences by doing first preventive interventions on the basis of self-efficacy, self-esteem and life-satisfaction training.

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