



A REVIEW: REVIEW THE RELATION BETWEEN COPING STRATEGIES AND PSYCHOLOGICAL BETWEEN STUDENTS IN TEHRAN PROVINCE

Shaghayegh Tilab¹ ,Goshen Shokri² , Iyda Kohl³ ,Sayed Khorshid Mosavi⁴

1. Educational psychology graduate student at Azad University Tonekabon, Mazandaran, Iran
2. Expert Clinical Psychology.
3. Educational psychology graduate student at Azad University Tonekabon, Mazandaran, Iran.
4. Educational psychology graduate student at Azad University Tonekabon, Mazandaran, Iran.

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ABSTRACT

This study aims is to review the relation between coping strategies and psychological were done by students in Tehran province this study descriptive approach - solidarity and statistical community that Tehran Province students. Many of them, solidarity and statistical community that Tehran Province students. Many of them 200 person that have formed a simple random method is chosen. The study included tool questionnaires coping strategies Lazarus (WOCQ) and the Kobasa, personal views is (tenacity) (P.V.S) also to analyze the data, the regression tests step by step, T independent and Pearson correlation. Findings indicate that 3 self - control strategy, problem solving planned and accept responsibility for an explanation of the ability of severe psychological tenacity changes and 3 have been added to the strategy for social support, and re - evaluation of the positive in total %40 component of the challenge of changes are explanation and social support strategy, problem solving planned and accept responsibility for the explanation of the ability to change commitment component. between the ages of and strategies to fight militancy, self - control , stubbornness , flight , avoid ,and distance and taking responsibility , there is a significant correlation , Also, direct confrontation , distance and participants in terms of gender , there is a difference .

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Introduction

Humans to continuously crises and various pressures on the experience of life that caused the collapse of the physical and psychological balance and he often imbalance and behavioral and emotional disorders. Fred in crises temporarily suffered severe psychological effects and try to deal with any problem, and the balance of the way. One of the key issues in the positive psychology, which is considered psychological (5) tenacity. in the face of pressure situations and difficult strategic and hard work to do and to adapt to the tough conditions activity of the events that can be used to catastrophic consequences , Waged and be unpleasant way towards the growth and sublimity open and provide opportunities for growth and sublimity open and provide opportunities for growth . Tenacity of so - called on people to be used against psychological pressure are strong and less than most people are vulnerable to disease, and more longevity. People who are usually has the property control of their lives, they feel more than what they do, because they are more rational and new ideas and changes. New research shows not

only link between the tenacity and disease, but between the tenacity and longevity. Thus having this feature, not only for us in terms of diseases is safe, but also increased longevity.

Psychological hardiness¹ combination of beliefs about himself, and the world of three components of commitment, control and fight militancy has been formed. . . A person who has enjoyed a high degree of commitment, the importance and meaning of what someone is and what activities do believe it is. The person with many aspects of their lives such as job, family and interpersonal relationships, Kamla□ mixed in People who control the principal component, are highly predictable life events and their control. People who struggle with high energy, positive or negative situations that the readjustment needs to know more opportunity to learn and grow as a threat to their security and comfort [13· 18].

Tenacity as a buffer for Causing Stress is considered life, Maddi and Kobasa (2002). Cognitive coping strategies that efforts to dominate the stressful conflicts, reduce or tolerate them being used [11]

Lazarus and Folk man (1984) Coping cognitive and behavioral efforts to manage internal and external demands define. Cognitive efforts can be External (Problem-) and internal (Emotion)

Coping strategies, including opposition activities such as problem-solving and information seeking and coping behaviors such as seeking others in Brgyrndh' and cognitive reactions such as denial position.

Haran and Mitchell (2003) in The study examines the relationship between the big five personality traits and coping strategies, and found that between Neuroticism with emotion-focused strategy and positive correlation between extraversion and emotion-focused strategy, there is a negative correlation between extraversion and social support requests, correlation there is a positive too .

The Zandi (2005) In examining the relationship between coping strategies and mental health showed that the use of cognitive coping strategies (problem-centered) with a positive and significant relationship between mental health and emotional coping strategies (emotion-focused) and mental health, is a significant inverse relationship .

Lazarus and folkman Suggest that people of both strategies to deal with their problems. Problem-focused coping opposition seems to be the most adaptive and associated reduction in psychological distress, anxiety and depression. folkmak, Muscovites (2000) ,

Moradi (2004) in a study to investigate the relationship between personality traits and mental health of individuals and the strategies used in payments, showed that conscientiousness and openness in the way of problem-oriented, positive and significant effect.

Bingham & Stryker² (1995) Believe that the factors affecting girls hardiness, comes more from within the family while the boys, social and institutional factors may also be involved. Some studies between resilience and hardiness with anxiety and depression, showed a significant negative correlation indicates that people are resilient and can overcome the adverse effects of the [10]

Kalantar (1977), Verdi (2000) and Homaei(1999) Showed that between psychological hardiness and mental disorders (anxiety, depression and physical complaints), there was a significant negative correlation

Today, many of our community's youth population (students) form, which is especially critical period of young students who spend various reasons such as extreme emotions, searching for identity, fear of responsibility, academic pressures,

Selection and career prospects and some other issues, under enormous psychological pressure and are vulnerable to psychological damage. Health and mental health is obvious that if the future of the country, is ignored, may cause irreversible harm to the social body. The purpose of this study the impact of attitudes and beliefs as psychological tenacity in the adoption of type of strategy in dealing with the problems of the people . in this regard 6 the following hypothesis reviewed : 1 - coping strategies of the ability to foresee the tenacity severe psychological . 2 - coping strategies of the ability to foresee the severe challenge . 3 - coping strategies of the ability to foresee enjoy commitment . 4 - coping strategies have control of the ability to foresee . 5 - between coping strategies and psychological there is a relation with the age . 6 - between coping strategies and psychological relationship with gender.

Research method

The study descriptive approach _ solidarity and statistical community that Iran (Tehran) Province students. many of them, 200 people have formed . Who have been randomly selected? As well as for data analysis stepwise regression tests, T Independent and Pearson correlation were used. It is worth noting all the different stages of this research has been done with the sass 19 help of software.

Measuring tool

Data were collected in this study, are the under questions:

A - Psychological hardiness questionnaire Kobasa³ : Personal Views Survey Questionnaire (tenacity), a questionnaire that is used to measure toughness. The questionnaire was created in 1989 by Kobasa and 50 words, each word in a sentence is presented in a Likert scale from zero (are not correct) till 3 (are correct) Scored. According to Kobasa (2000 quoted Hashmi 2007) tenacity of a general style or form of function that includes the following components:

¹ hardiness psychological

² Bingham & Stryker

³ Kobasa

1 - Cognitive: On how to interpret and understand events.

2 - Behavioral: Performance and behavior in response to environmental events.

3 - Emotional: the feeling or emotional mood of the people.

tenacity psychological concept is stable and fashion in response to the events in life. turned out to those who are stubborn than those who they are in front of the infection Due to the conditions Stressors Due to the conditions of life of Stressors less vulnerable. Tenacity Consists of a set of personality traits that in the face of stressful life events serves as a source of strength and shield. This set of personality characteristics of people's reactions to situations or potential events Currency can be stressful (Kobasa, 2000 quoted Hashmi).

Hardiness is a combination of beliefs about oneself that the three principal component, commitment, control and challenge is made.

Commitment activities are heavily involved and believe in the importance and value of their work. They want to feel deeply different aspects of life, from work to family and social relationships are involved. They believe that all their daily activities is a general purpose [1].

Control of the above control that can really affect the events with which they are confronted, Not that they failed in the face of external forces. They insist on their responsibility towards life and feel they are able to operate without the guidance of others. The person to this issue believes that can count on life events to control and influence on them [8].

Challenge: the normal life - threatening and these changes. They did not even to meet them, and life as a driver and had no time to personal growth. The people with mental way free and flexibility and are able to tolerate ambiguous situations. The personality trait is based on the belief that a change and transformation of normal and normal life and the hope of change., and is looking forward to the desire for change and reform, development and progress to pose a threat to security, despite great changes in life is faced with, can always continue to grow Fred [8].

This questionnaire in Iran for the first time in years by 1993 and calculated in cases, the reforms. Victim study showed that the reliability coefficient questionnaire to control 70 / 0 / 0 52, commitment and challenge 52 / 0 and the coefficient is for the entire quality tenacity 75 % was calculated that is acceptable reliability .

Lazarus coping strategies questionnaire⁴: Coping strategies coping with the previous revised in a number of different, first of all how to respond in the original version for yes / no is., the revised version in any degree Likert scale on a scale 4 answered (0 = no haven't used to 4 = large amounts of used) and Second additional terms and the concept of eliminating or other words and phrases like some of the worshippers were added to the questionnaire.

The questionnaire contains 8 sub-scales, which are: 1. direct confrontation - 2 away, 3 - self-control, 4 - seeking social support, 5 - acceptance of responsibility, 6 - escape-avoidance, 7 - 8 Problem solving and planning. - Positive reappraisal.

Component factor analysis of the questionnaire showed that all scales of this test, in two main clusters confrontation emotion-focused techniques (face to face, avoid saving, restraint and escape-avoidance) and problem-oriented (seeking social support, responsibility, solving problem thoughtful and positive evaluation) assign fall. . The questionnaire was conducted with no time limit and the participants will be asked to visualize the location where the experience of coping strategies used. Under the basic scale of four options to answer the questions. The test on a sample of 750 middle-aged couple is normalized.

Cornbrash's alpha coefficients of the scales is reported as follows:

Subscale deal directly = 70/0, the distance scale = 6.10, below its scale Ctrl = 70/0, 76/0 = subscale seeking social support, the scale admission of liability = 66/0, the scale Gryz_Ajtnab = 72/0, the scale of the problem and the scale of planned = 67/0 = 79/0 positive reappraisal, the values are the test indicates good reliability.

In a study unit on 763 male and female students of second and third grade public high schools in Tehran that, Coping strategies using internal consistency reliability was estimated (Cornbrash's alpha) to be 80/0

Questionnaire:

To get a general view of the participants, the researchers short questionnaire consisted of three questions, which it annexed the questionnaire. Specifications that were requested in the questionnaire were: age of the subjects in years, educational level and gender of participants.

Research findings

After collecting the questionnaires, the data were analyzed by software sass 19And given that the normal distribution of variables has been confirmed by tests k s⁵ Stepwise multiple regression parametric test which is used to under, is provided for each hypothesis.

Hypothesis 1: coping strategies are the ability to predict the psychological hardiness.

To test this hypothesis 8 coping strategies to deal straight away, self-control, seeking social support, accepting responsibility, escape, avoidance, problem solving and positive reappraisal planned as predictor variables and hardiness (total) as the criterion variable stepwise regression equation that results is presented in table 1.

Table 1: Multivariate regression analysis to step - by - step approach to represent the tenacity components based on strategic components

⁴ Ways of Coping Questionnaire

⁵ Kolmogorov–Smirnov test

p	t	Beta	SE	B	SEE	R ² Standard	R ²	R	Variable	Stages of
.000	36.919		2.540	93.791	11.386	.040	.045	.212 ^a	Fixed	1
.003	3.047-	-.212	.185	-.563					Self-control	
.000	31.379		2792	87.612	10.874	.125	.133	.365 ^b	Fixed	2
.000	-5.470	-.557	.270	-1.479					Self-control	
.000	4.472	.455	.343	1.535					Problem solving	
.000	31.751		2.700	85.721	10.384	.202	.214	.462 ^c	Fixed	3
.000	-3.945	-.406	.273	-1.078					Self-control	
.000	6.389	.755	.398	2.545					Problem solving	
.000	-4.463	-.511	.436	-1.944					Accepting accountability	

According to the results of the table above of eight among components of coping strategies, in its first stage control 045 / 0 alone psychological tenacity of changes, worked out in the second stage, with the addition of solving the problem of planned explanatory share them 133 / 0 in the third stage is reached with the addition of accepting responsibility to share their explanatory 214 / 0. In other words , three self - control strategy , problem solving planned and have been able to accept responsibility for a total of 214 / 0 of the psychological tenacity changes.

Hypothesis 2: coping strategies of the ability to foresee the challenge.

to test the hypothesis 8 coping strategies direct confrontation , distance , self-control , social support , accepting responsibility , flight _ to _ avoid , problem solving planned and re - evaluation of the positive as between variables and fight militancy component as variable regression equation step - by - step approach that the results in Table 2 .

Results 2: Table Multivariate regression analysis to step - by - step approach to combat militancy component, according to a strategic component

p	t	Beta	SE	B	SEE	R ² Standard	R ²	R	Variable	Stages of
.000	27.476		1.085	29.814	4.863	.059	.064	a.253	Fixed	1
.000	-3.673	-.253	.079	-.290					Self-control	
.000	21.164		1.171	24.782	4.299	.265	.272	b.522	Fixed	2
.000	-8.262	-.720	.100	-.825					Self-control	
.000	7.492	.653	.127	.949					Protection Demand	
.000	21.053		1.124	23.660	4.046	.349	.359	c.599	Fixed	3
.000	-5.889	530-	.103	-.608					Self-control	
.000	9.461	922.	.142	1.340					Protection Demand	
.000	-5.116	517-	.166	-.848					Accepting accountability	
.000	19.297		1.164	22.453	3.957	.377	.390.	d.624	Fixed	4
.000	-6.716	625-	.107	-.715					Self-control	
.000	7.974	810.	.148	1.178					Protection Demand	
.000	-6.094	675-	.182	-1.107					Accepting accountability	
.002	3.156	377.	.143	.451					re-evaluation	
.000	17.283		1.246	21.527	3.927	.387	.402	e.634	Fixed	5
.000	-7.046	687-	.112	-.787					Self-control	
.000	8.270	852.	.150	1.238					Protection Demand	
.000	-6.416	772-	.197	-1.267					Accepting accountability	

.017	2.397	299.	.149	.358						re-evaluation	
.048	1.986	218.	.159	.316						Problem solving	

According to the results of the table above component of the eight - coping strategies, in the first stage of social support alone %83 the commitment of changes in the second stage and worked with the addition of solving the problem of planned to share their explanatory 0/189 In the third stage is reached by accepting responsibility for this figure 273 / 0. In other words, three strategy, problem solving social support the planned and accept responsibility for a total of 273 / 0 component of the commitment of the changes.

Hypothesis 3: coping strategies of the ability to foresee the obligation.

To test this hypothesis 8 coping strategies collations place, distancing, self-control, seeking social support, accepting responsibility, Gryz_Ajtnab, solve the problem of planning and positive reappraisal as predictor variables and commitment as a criterion variable into Madly' regression step that the results are presented in table 3.

Table 3: The results of multivariate regression analysis step by step method for explaining the strategic commitment of the component based on the component

p	t	Beta	SE	B	SEE	R ²	R ²	R	Variable	Stages
.000	22.500		1.572	35.365	5.821	.078	.083	.288 ^a	Fixed	1
.000	-4.223	-.288	.120	-.506					Seeking social support	
.000	20.762		1.574	32.685	5.490	.180	.189	.434 ^b	Fixed	2
.000	-6.690	-.568	.149	-.998					Seeking social support	
.000	5.051	.429	.149	.754					Problem solving	
.000	18.201		1.627	29.610	5.208	.262	.273	.523 ^c	Fixed	3
.003	-3.060	-.300	.173	-.528					Seeking social support	
.000	7.142	.744	.183	1.308					Problem solving	
.000	-4.770	-.605	.251	-1.200					admission responsibility	

According to the results table of eight components octet coping strategies, social support demand in the first phase alone accounted for 083/0 of commitment changes and in the second stage by adding explanatory problem solving planned contribution they reached 189/0 in the third stage an admission of liability by adding the figure was 273/0. In other words, three strategies seeking social support, problem solving and planning to take responsibility for a total of 273/0 changes obligation to explain the principal component.

Hypothesis 4: coping strategies of the ability to control predictions.

Based on information obtained by the relationship between coping strategies for defining control.

Table5: Descriptive analysis related to the components of the study participants' age, gender

		Confronting straight	Elude	Self-control	Seeking social support	admission responsibility	escape avoidance	Problem-solving plan	Positive reappraisal	Militancy	commitment	control	Tenacity
age	Pearson correlation coefficient	.101	.144*	.330**	-.002	.143*	.192**	.055	.132	-.411**	-.097	.063	-.195**
	level Revocation	.157	.042	.000	.979	.044	.007	.437	.064	.000	.171	.375	.006
	number	199	199	199	199	199	199	199	199	200	200	200	200

with regard to the table above it can be said between ages and combat strategies (417) - - self - control (330) , 195 / 0 , (and) _ to _ avoid (192 / 0) (P≤ 0/01) and between the ages of and strategies distance (144 / 0)and accept responsibility (143 / 0) (P≤ ./5) There is a correlation.

Hypothesis 6: H6: between coping strategies and hardiness are related to gender.

Table 6: Results descriptions of the components of the study participants by gender

	sex	number	Average	The standard deviation	The standard error of the mean
Confronting straight	Man	119	10.554	3.211	.294
	Woman	80	9.112	2.349	.262
Elude	Man	119	11.142	3.829	.351
	Woman	80	9.825	2.703	.302
Self-control	Man	119	13.495	5.006	.458
	Woman	80	12.337	3.125	.349
Seeking social support	Man	119	12.865	3.534	.323
	Woman	80	12.325	3.317	.370
admission responsibility	Man	119	7.949	3.275	.300
	Woman	80	7.687	2.712	.303
escape avoidance	Man	119	12.327	4.771	.437
	Woman	80	11.800	3.227	.360
Problem-solving plan	Man	119	11.647	3.865	.354
	Woman	80	12.025	2.718	.303
Positive reappraisal	Man	119	14.781	4.495	.412
	Woman	80	14.912	3.711	.414

Independent t-test results on the gender of participants is always presented in the table below.

Analytical results of the research components by gender Participants

		Levene test		Test t						
		F	Sig.	t	Degrees of freedom (statistics)	significance level	difference in averages	Standard error difference	فاصله اطمینان 95%	
									downw ards	upside
Confronting straight	Equality of variances	8.291	.004	3.443	197	.001	1.442	.418	.6161	2.268
	Unequal variances			3.655	195.557	.000	1.442	.394	.663	2.220
Elude	Equality of variances	10.693	.001	2.663	197	.008	1.317	.494	.341	2.293
	Unequal variances			2.845	196.498	.005	1.317	.463	.404	2.231
Self-control	Equality of variances	16.332	.000	1.841	197	.067	1.158	.629	-.082	2.398
	Unequal variances			2.008	196.057	.046	1.158	.576	.020	2.295
Seeking social support	Equality of variances	.064	.800	1.084	197	.280	.540	.498	-.442	1.523
	Unequal variances			1.098	176.673	.274	.540	.492	-.431	1.512
admission responsibility	Equality of variances	4.609	.033	.592	197	.555	.262	.442	-.610	1.135
	Unequal variances			.614	188.513	.540	.262	.426	-.579	1.103
escape avoidance	Equality of variances	13.478	.000	.865	197	.388	.527	.610	-.675	1.731
	Unequal variances			.931	196.987	.353	.527	.567	-.590	1.645
Problem-solving plan	Equality of variances	10.763	.001	-.757	197	.450	-.377	.499	-1.362	.606
	Unequal variances			-.810	196.571	.419	-.377	.466	-1.298	.542
Positive reappraisal	Equality of variances	1.191	.276	-.216	197	.829	-.130	.607	-1.328	1.066
	Unequal variances			-.224	188.742	.823	-.130	.584	-1.284	1.022

Results the table above shows that the direct coping strategies, self-control away and there is a significant difference between men and women.

Discussion and conclusion:

- o The first hypothesis "coping strategies are the ability to predict psychological resilience":

The explanation can be found in that coping strategies through 8 three self - control strategy, problem solving planned and have been able to accept responsibility for a total of 214 / 0 of the psychological tenacity changes.

Since tenacity psychological fashion and on the stability of the person in response to the events and life as a buffer to stress of life, this seems to be the same role 3 coping strategies that are left to play hard

○ The second hypothesis "coping strategies, the ability to predict their militancy": hypothesis on the 2 results of this study showed 5 self - control strategy , social support , accepting responsibility , re - evaluation of the positive and have been able to solve the problem of 40 / . Of changes to explain the challenge. These results are in line with the results of Studies (1984) and Folkman Lazarus - based coping strategies in connection with the efforts of cognitive issue orbit and excitement, as well as the results of the study kobasa circuit and Moddi (1998) in the relationship between the coping strategies to fight militancy to align shows. Can be found in the explanation as to those who fight militancy from high positive and negative positions to re - adaptation needs an opportunity to learn and further growth. So, it seems, people are resistant to fight the atmosphere in the difficulties with the use of coping strategies of the situation and the surrounding circumstances, Tewfik issue.

○ He third hypothesis "coping strategies, the ability to predict their commitment": The third hypothesis in regard to the ability to explain commitment on the basis of coping strategies, the results suggest that the 3 strategy for social support, problem solving and have been able to accept responsibility for the 27 / . Component of the commitment to explain. The results partly by the results of Studies (kobasa), 1998 (2006) - Mohammadi, and, in a context. primarily people from the high commitment , have been heavily involved in activities are deeply and with different dimensions of life , work, family and community) are involved in , and , in the case of any activity, a certain goal , in pursuit of their capacities values in the upper limit , This seems to be people through a problem solving strategy for dealing with issues are ready , and the responsibility for their actions and accept when confronted with the challenge of the necessary support .

○ The fourth hypothesis "coping strategies, the ability to predict their control": According to information obtained the relationship between coping strategies to control component. In other words, the results indicate that none of the strategies of the ability to foresee the control element.

○ Fifth hypothesis "between coping strategies and psychological hardiness with age there is": on the fifth hypothesis results indicate that between ages and strategies to fight militancy, self - control , stubbornness , flight _ avoidance, distance and accept responsibility for meaningful solidarity in this regard is not a similar study found .

○ Sixth hypothesis "between the components of coping strategies and hardiness are related to gender": The results of this study on the assumption that the difference between the sixth on the existence of coping strategies and psychological tenacity in terms of gender participants had that direct confrontation to distance between self - control and in terms of gender participants, there is a difference. . in this regard the results of the present study with the results of the study Bingham (1995) and Ostirk, based on the difference in terms of gender psychological stubbornness is in line with the , sex appears as a moderating factor on coping strategies and tenacity psychological the role of the people .

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