

Different identity dimensions (psychological, national and religious) and psychological well – being among shahed and non – shahed university students

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Abstract

The present study aims at investigating the relationships between identity dimensions (psychological, national and religious dimensions) and psychology well – being in in shahed and non – shahed university students. The statistical population were 1000 (500 shahed and 500 non – shahed) male and female university students who were randomly selected through relative classified sampling "psychological well – being" "national and feligious identity " scales and resived question naire of " identity styles " . to analyze the data , the persons' correlation co – efficient and fishers z were applied . the findings indicated that all the subscales of psychological well being and natisinol and religious identity except for the relationships bet ween "strict religious identity " and " happiness" and optimism are positively correlated .

1- Shahed students are the first grade family members of those martyrs in Iran–araq war. The "information and normal identity " styles along with " commitment " had positive correlation with all the psychological well – being subscales . however , the "diffuse / avoidant – identity style "had negative relationships will all psychological well – being subscales . Moreover, the religious identity and psychological well being did not have any significant difference between shahed and non – shahed students. With regard to the relationships, it was revealed that the "patriotic identity" positively correlated with "positive relationship with o others" in the non- shahed group compared the shahed one , mean while , these two groups had significant differences in this regard . in addition , the two groups had significant differences in the relationships between "information – oriented style " and " life satisfaction style " . However, they do not have significant differences concerning the other subscales.

Key words: psychological identity, national identity, religious identity, psychological well – being, shahed university student.

Back ground and introduction.

All human being need to have a clear self – image, in other words, know who they are? Everybody needs a clear identity self – image.

I identity is a frame work which forms a person's to Lents, skills and capabilities. It is a structure which he envisages for his existence, while the role of others heir presences / support and assistance are considered as building blocks of such structure which make a dole scents identity [1] adolescences and development of personality.

This is the proper time for the formulize of emotional and contextual identities that blends the persons' post history and his capacities for the psychological heath in adulthood. From the developmental posit of view, the individual strives to seek and test his capacities. During this period, the individual faces different social demands and contradictious, this necessitates the individuals understanding of his ideals and values and finding the criteria to evaluate his own and others behavior. This search also inclueles the self – actualization and competence

development. [2] Erikson believes that understanding self – identity requires psychological interaction. That is the adolescent should coordinate his own self – image with other peoples image of himself. Those adolescent and adults who have a strong identity feeling consider themselves as separate and distinct from others [3]. He maintains that the experiences of this developmental and growth stage can directly influence the rest of adulthood stage. During this stage, looking for job and personal value and his world view beings.

He asks "who am I?" "where am I from?" "Where do I go?" "what shall I be? Etc.

As it is observed, identity is a multi – dimensional nation. Which includes individual, gender, vocational, social, cultural, religious and national identities . Never the less, these studies investigate the three individual, religious and national aspects of identity. Individual identity is the dynamic and personal history as an integrated and independent "self" which directs a course of a developing person [5] the belief a special religion and abiding to it indicates an individuals religious identity [6]. Moreover, the nation identity is dealing with the common historical origins, shared land, subjectivity to a common government, shared cultural traditions, a common formal language and shared interests [6]. It is a positive attitude and orientation toward the common historical origins , the shared land , defense of the country and common cultural traditions.

Identity and its different dimensions and its formation have been the concern of psychologists and researchers, since it plays an important role in the individuals life quality

And well-being [8, 9] the previous studies involving the identity styles and well being are based on acceptable behavioral criteria, the non acceptable ones, and health negative indicators have been explained as well being characteristics and qualities by Erikson.

It is supposed that developing the information – oriented identity style is use full for integrative well being an adolescent's identity.

However, this is not repeatedly reported [10]. Brozorski, () states that the information – oriented identity style is necessary for the formation of the individuals identity and his solid psychological performance. Thus, it functions in identity strength [11] integration [12] and self-esteem=[B]

Nureni atoll. () studied the relationships between identity styles, cognitive behavioral strategic and a source of psychological health they found that those with information – oriented style have higher levels of self – esteem. In addition, those with normal identity style have more stable self – image, and those of diffuse / avoidant – identity style show more depression symptoms.

The researchers have found that the individuals with information – oriented identity style are

Less dependent but more optimists and purposeful compared to those of the diffuse/avoidant identity style.

Adolescent with diffuse/avoidant identity style experience less wellbeing and less hopeful compared to the adolescents with normal and information – orientate identity style[15] for the more the normal identity style has positive correlation with psychological well – being since this also leads to the development of "commitment ". However, the information – oriented identity style negativity correlates with psychological well – being, [9] thus , it results in negative commitment or positive non – commitment adolescent with diffuse / avoid

out identity style have significant difference with those of normal and information - oriented identity style in self –confidence, hopefulness, optimism, efficiency and delinquency attitudes. The former. Have less self-confidence but more have. They have more delinquency attitudes compared to the latter, as well.

Ghazan fari () [16] has studied the relationships of students identity style and their psychological health. She found that the information - oriented and normal identity style positively correlate with psychological health. Whereas, the diffuse / avoidant identity style has negative correlation with it. She also reported the negative relationships of the disorders' in the social function of information – oriented and normal identity styles. Hence, the higher the scores related to this style the less disordered social function. Never the less, there is no significant relationships between this and the diffuse / avoidant identity style. She further states that more commitment in adolescents causes more psychological health and less depression, anxiety and disorders in social functioning.

Nejatstela. () study indicated a negative correlation between the latter and information – oriented identity style sound the psychological health , while a positive correlation was found between the latter and the information – oriented identity style .[17]

Omidion () investigated the role of identity styles in individuals happiness and self actualization. He found that these are higher in the students with more commitment. These higher commitment is an identity process which leads. To more happiness and self – actualization.

Rahiminzad and tashk [8] also sought the relationships between religious, national identities and anxiety also between these and self – dignity – they concluded that there is a significant relationship between diffuse individual identity and anxiety and also between rejecting religious (identity) and individual diffuse identities and an anxiety or self dignity . moreover , a significant positive relationship exists between the national identity and the religious one.

The results of Ali Janis study () [19] displays the relationships between religious identity and psychological health. Those with a successful religious identity have also a successful social interaction but less anxiety and depression. Individuals with diffused and latent religious identity have higher levels (8) of anxiety and depression and are considered to have unsuccessful social interactions.

In sum , the relationships between identity and psychological health has been studied [9,12,20,21] , however its relationship with psychological well being , the religious , national and psychological identities and their interaction , the role of social and national identities need more profound investigation and deserve close look. Therefore, the present study aims at studying the relationships of individual, religious and in two groups of shahed and non – shahed university students.

A – Methodology

Statistical population, sample size and sampling this is a basic research employing correlations to collect the data. The statistical population consists of all the university student in Tehran (2007, 2008). the sample included 1000 (500 shahed and 500 non – shahed) participants , randomly selected through relative classified sampling from Allameh tabatabayi

university (11.40%) , Sharif university(10.20%) ,Tehran university (11.20%), poly technique (11.4%) shahed university (11.9%) , amirkabir university (10.70%) teacher training university (college) 8.20% shahed Behesti university (12%)

B. Instruments

B.1. The Psychological Wellbeing Scale:

This scale is in conformity with the cultural and social characteristics and features of Iranian population, which evaluates their psychological well-being. It comprises of 77 statements indicating life satisfaction, spirituality, optimism, individual maturity, positive relationship with others and self-acceptance.

The cronbach`s alpha of Zanjan`s study was 194 and for each subscale ranged from 0.62 to 0.90. the instrument also enjoys acceptable construct and content and predictive validities.

B.2. the Religious and National Identity Scale: It consists of 22 statement with two subscales of strict religious identity and heedless (careless, nonchalant) religious identity. The national identity includes two subscales of patriotic and defense identity. Lotfabadi and Noruzi (23) reported an appropriate and acceptable validity with the cronbach`s alpha of 0.73-0.88.

B.3. The Identity Style Inventory. This is a 40 statement questionnoure with four scales of information-oriented identity, normal identity, diffuse / avoidant and commitment identities Bersonisky (24). The cronbach`s alpha for each subscale was 0.62, 0.66 and 0.73, relatively, except for the commitment identity. The scale`s validity and reliability were confirmed by Ghazanfari (2004) with Iranian sample.

C. The Statistical Analysis

To analyse the data. In addition to the descriptive statistics (Mean and Standard deviation) , Multi-varief Analysis of Variance was applied. Moreover, pearson`s correlation co-efficient and Fisher Z were used to determine whether significant differences existed between the Shahed and non-Shahed groups.

D. The Results

D.1. the Descriptive statistics of the three above-mentioned scales are summarized in the following tables:

(1) The Descriptive analysis of the subscales of psychological wellbeing of Shahed and non-Shahed groups

Life satisfaction	Shahed	M	SD Standard deuiation
	non-Shahed	Mean	
Spirituality	Shahed		
	non-Shahed		
jappiness and optimism	Shahed		
	non-Shahed		

self-following	Shahed		
	non-Shahed		
positive interaction with others	Shahed		
	non-Shahed		

This table shows that there is no significant difference between the Shahed and non-Shahed groups with regard to the psychological wellbeing subscales. The mean and standard deviation reveals the similarity of these two groups in this regard.

Table (2). The summary of the Descriptive statistics of Religious and National Identity subscales of Shahed and non-Shahed Groups

Variable	Group	Mean	Standard deviation
Strict religious identity	non-Shahed		
	Shahed		
Careless religious identity	non-Shahed		
	Shahed		
Patriotic identity	non-Shahed		
	Shahed		
Defense of Country Identity	non-Shahed		
	Shahed		

As it is obvious from table (2), there is no significant differences between the Shahed and non-Shahed groups in the religious and national identity subscales. The mean and standard deviation of these two groups are quite similar to each other.

Table (3). The Summary of the Descriptive statistics of “ Identity Styles Inventory” for Shahed and non-Shahed groups

Variable	Group	Mean	Standard deviation
Information oriented identity	non-Shahed		
	Shahed		
Normal identity style	non-Shahed		
	Shahed		
The	non-Shahed		

diffuse/avoidant Identity Style	Shahed		
Commitment Style	non-Shahed		
	Shahed		

It is shown in table (3) that the mean scores of Shahed group is higher than non-Shahed, but this is not statistically different; However, the standard deviation of Shahed group is less than Non-Shahed.

D.2. The

To study the correlation among the scores obtained from the three research instruments, Pearson`s correlation co-efficient was applied to the data.

Table (4). The Correlation co-efficient among the Psychological Well-being and Religious and national identity scales.

Variable	life-satisfaction	spirituality	happiness and optimism	Growth and individual maturity	self-following	positive relationships with others
Strict religious identity	non-Shahed					
	Shahed					
Careless religious identity	non-Shahed					
	Shahed					
Patriotic identity	non-Shahed					
	Shahed					
Defense of the Country Identity	non-Shahed					
	Shahed					

Table (4) shows that there is a direct and positive correlation between strict religious identity and happiness and optimism subscale. That is, the higher national and religious identity scores is, the higher marks individuals get in psychological wellbeing subscales. Fur there more, the information-oriented identity style correlates positively with commitment identity style. Whereas, the diffuse/avoidant identity style has negative relationships with the psychological wellbeing subscales. The correlation co-efficients of “life-satisfaction “and “effective interaction with others “are not significantly different.

Table (5). The Correlation co-efficients of Psychological Wellbeing and Psychological Identity Styles

Variable	life-satisfaction	spirituality	happiness and optimism	Growth and individual maturity	self-following	positive relationships with others
Information-oriented identity style	non-Shahed					
	Shahed					
Normal identity Style	non-Shahed					
	Shahed					
Diffuse/avoidant identity style	non-Shahed					
	Shahed					
Commitment identity style <i>P</i> (0.01)	non-Shahed					
	Shahed					

The Comparison of the subscales for Shahed and Non-Shahed groups

The correlation co-efficients of the two groups were converted into Z_r (Fisher Z) then “ Z “ was calculated for the two independent groups. If $-1.96 < Z < +1.96$, then the null hypothesis is accepted and there is no significant difference at 0.05 level.

However, if Z is more than this limit the null hypothesis is rejected and there is a significant difference between the two groups. Since each group consists of $n=500$, then the minimum Z to accept the negative hypothesis would be 1096. According to the formula of Z , the minimum amount of Z to accept the hypothesis is 0.13, at 0.05 level. In order for the two group means to be statistically different.

Variable	Group	life-satisfaction	spirituality	happiness and optimism	Growth and individual maturity	self-following	positive relationships with others
Strict							

religious identity style						
Careless religious identity style						
Patriotic identity style						
Defense of the Country Identity Style						

Table (6). The Correlation co-efficients of religious/national identity and psychological wellbeing for Shahed and Non-Shahed Students

As it is seen in table (6), there is a significant difference between the Shahed and Non-Shahed correlation co-efficients of “patriotic identity” and “positive relationships with others”. There exists a positive correlation between these two groups.

Table (7) The Correlation co-efficients of Identity style subscales and Psychological Wellbeing of Shahed and Non-Shahed Students

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This table shows the correlation co-efficients of Shahed and non-Shahed students for Identity Styles and Psychological Wellbeing. As it is observed there is a significant relationship between religious/national identity and psychological wellbeing. Since there is positive correlation between religiousity and psychological health, on the other hand the religious and national identities are interwoven.

Discussion

The findings of the study revealed that there is a positive correlation between religious/national identity and psychological wellbeing.

The national identity is a psychological phenomenon. In other words, nationalism is the emotional and psychological dependence on a nation and belonging to it (25). Different students in Iran has indicated that national identity and religious identity are completely related (to each other), hence dependent on each other. Therefore, the characteristics of psychological identity are similar to the religious and national identities. When the national and religious identities are formed, the psychological identities will be fully developed and relationships between more developed style with the individual and social variables exists in

case of the religious and national identities. This relationship can be investigated for the religious/national identity and psychological wellbeing, as it has been accomplished by Rahimnejad and Tashk (8).

The present paper indicated that the information-oriented and normal identity styles positively correlated with all psychological wellbeing subscales. whereas, the diffuse/avoidant identity style negatively correlated with them. “ Life-satisfaction “ subscale did not have significant difference with positive relationships with others.

Schwartz (11) believes that the information-oriented identity style is necessary to the formation of the individual's identity and his socio-psychological functioning. This style is also related to the growth and consistency of identity, adaptive confrontation and self-confidence. His study is consistent with the present investigation concerning the subscales of self-respect and individual's growth and maturity. Glover (26) states that those with information-oriented identity style have a great deal of information and since they have also self-dignity and positive self-image subjective viewpoints and the acceptance of reality have higher psychological wellbeing. These individuals are sincere in their duties, therefore, enjoy self-satisfaction and are also pleased with others.

Glover's finding also confirms the result of present study, with regard to the correlations between information-oriented identity style and life-satisfaction subscale.

The individuals with information-oriented identity style are hardworking, self-regulating, with higher self-dignity and locus of control, self-awareness, cognition and problem solving abilities (27). Our findings also is in harmony with Glover's with regard to individuals self-respect, growth and maturity.

Bsowsky and Kok (21) studied the information-oriented identity style and came up with the fact that these individuals undergo identity crisis and exploration before they reach an stable commitment in the behavioral and cognitive aspects, thus they gain high independence and individualism in addition to stable behaviors and beliefs. They are also able to have kind (compassionate) relationships with others, hence they are less depressed and anxious or suffer from physical problems. These findings also approve of our present study, specially, the relationships between the above-mentioned style and happiness or Life-satisfaction.

The findings revealed a reverse and negative relationship between diffuse/avoidant identity style and the factors of psychological well-being. There was no significant relationships between life satisfaction and positive relationships with others. The diffuse/avoidant identity style was mostly correlated with growth and maturity, spirituality, self-respect acceptance, life satisfaction, happiness and optimism, respectively. This identity style involves latent decision making, bewilderment and delays, thus it has reverse and negative relationship with the individual's growth, maturity and spirituality in a theoretical framework of identity

seeking and personal growth. The findings showed that this identity style had no positive correlation with “ positive interaction with other “, the reason may be the fact that this identity style is more personal than interpersonal. Our study is in conformity with Broswnsky (20), Vilieras and Bosma (). Brosownsky (20) concluded that the individuals of this style have weak performance of tasks and they rarely finish their tasks and assignments, gain little success in life and education, have little independence and outer locus of control, show unstable emotional behaviors. Vilioras and Bosma (9) consider this identity style as crucial to dominance on environment, positive interaction with others, life goals and personal growth. The more scores an individual gets in this identity style, the less marks he gets in psychological wellbeing scale. These findings are similar to ours with regard to the factors of individuals, “ growth and maturity “ and “ spirituality “.

Yet, they differ in “ positive relationships with others “.

Monro etal (28) also Philips & Pitman (15) maintain that the individuals with this identity style have less self-confidence and more delinquency attitudes compared to the information-oriented and normal identity styles. Moreover. These are consistent with the present study in case of self-acceptance, happiness optimism and spirituality subscales.

This study also showed a positive correlation between normal identity style and all psychological well-being subscales. Taking responsibility is a feature of this identity style and an essential predictive factor for life-satisfaction. It also expresses positive emotion/empathy, happiness, hopefulness, pride, avoidance of stress and fear (29). Koper and Diner`s findings are similar to ours in life satisfaction, positive relationship with others, happiness optimism and individual growth and maturity subscales.

According to Vilioras and Bosma (9) this identity style have positive relationships with psychological wellbeing since they lead to commitment. The individuals with this identity style have positive self-dignity and self-image. Therefore act carefully and intelligently. They are competent, smart, clean and have conscious management. They are bound to ethical principle and commitments. They are self-controlled with great ambitions and goals.

The findings also reveal a positive correlation between commitment identity style and psychological wellbeing subscales. the adolescents of information-oriented identity style show more commitment composed to the diffuse/avoidant identity style. The decide promptly, gain more success, have more academic and social activities and have insight toward the educational goals (30).

The results of Bsownsky and Kok conforms with the results of the present study regarding the self-acceptance, individual growth and maturity and life-satisfaction. This investigation indicates that commitment can influence an individual`s personal functioning and health. Those who lack a stable view point concerning themselves and the world they are living in,

find the world chaotic, unpredictable and unmanageable. Commitment plays crucial role in effective adaption and organizing personal behaviors. It is a criteria by which individuals evaluate the reactions to problems and behavioral attempts. If a person lacks commitment and has diffuse/avoidant identity style may be severely injured. The individuals with this identity style have behavioral problems, eating disorders, educational problems, depression and drug and alcohol abuse compared to the individuals of information-oriented or normal identity styles. Ghasanfari showed the positive relationship between the latter styles and the psychological health, meanwhile she indicated the negative relationship of the former and the psychological health. The findings of this study revealed the disordered social functioning of students is negatively related to information-oriented and normal identity styles. The students with more commitment have more psychological health. Commitment fixes the individuals behavior when he tries to function differently. It makes a directed and purposeful reference framework, in which the individuals behavior and reactions are analysed, regulated and evaluated. The studies indicate high commitment is related to intelligent decision making and focused coping with the problems, whereas, it has negative relationship with delay, logical justification and anxiety before decision making. Brsowsky (24) affirms that individuals with normal or information-oriented identity style have stronger identity and clearer (more expressed self) self expression compared to the individuals with diffuse/avoidant identity style. Who are less courageous, responsible but more depressed. Our findings confirms these results, as well.

Comparing Shahed and non-Shahed students revealed that there is no significant difference between them in the relationship between religious identity style and psychological wellbeing.

Moreover, motional identity and psychological wellbeing were correlated in such a way that patriotic feelings and identity had more positive relationship with “ positive relation or interactions with others “in case of non-shahed students.

The shahed and Non-shahed students had also significant differences with regard to the relationship between information-oriented identity style and life-satisfaction. The correlation is higher for the shahed group. Life-satisfaction is more related to seeking information, coping with the problem (24), active seeking and searching, and flexible commitment, need to know (24) and higher levels of self-esteem in their case.