

INVESTIGATING THE MODELLING OF PSYCHOLOGICAL WELL-BEING ACCORDING TO SELF-EXPRESSION AND SELF-EFFICIENCY IN HIGH SCHOOL STUDENTS OF IMAM KHOMEINI RELIEF COMMITTEE

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ABSTRACT

Present research has investigated the psychological well-being modelling based on the self-expression and self-efficiency in the high school students of the Imam Khomeini Relief Committee (RA). The aim of this research is to provide a model with a proper fitness. The research method is correlational-descriptive. The statistical population of this research consists of high school students of Relief Committee studying in the academic year 93-94. A sample of 300 individuals was selected from the statistical population of 1,200 individuals. For collecting data, were used three questionnaires of Reef's psychological well-being, Scherrer's self-efficiency and Gambrill and Ritchie's self-expression. The reliability and validity of questionnaires have been confirmed by using the Cronbach's alpha. For analyzing data, descriptive tests (variation range, mean and standard deviation) and structural equation model (LISREL) were used. Data analysis shows that the self-expression had a significant and positive effect on self-efficiency and self-efficiency has a significant and positive effect on self-expression. Self-expression has a significant and positive effect on the psychological well-being.

Keywords: *self-expression, psychological well-being, self-efficiency, Imam Khomeini Relief Committee (RA).*

İMAM HUMEYİNİ YARDIM KOMİTESİNİN LİSE ÖĞRENCİLERİNDE PSİKOLOJİK KENDİNİ İFADE ETME VE KENDİNDEN ETKİNLİĞİNE GÖRE REFAH MODELLEME İNCELEMESİ

ÖZ

Mevcut araştırma İmam Humeyni Yardım Komitesi (RA) lise öğrencilerinde kendini ifade etme ve kendinden verimliliğine dayalı psikolojik iyilik hali modelleme araştırmıştır. Bu araştırmanın amacı uygun bir spor bir model sunmaktır. araştırma yöntemi ilişkisel-açıklayıcı. Bu araştırmanın istatistiksel nüfus öğretim yılı 93-94 okuyan Yardım Komitesi lise öğrencilerinin oluşur. 300 birey bir numunesi 1.200 birey istatistiksel popülasyonundan seçildi. veri toplama, Reef psikolojik esenliği, Scherrer kendini verimliliği ve Gambrill ve Ritchie'nin kendini ifade etme üç anket kullanılmıştır. güvenilirliği ve anketlerin geçerliliği Cronbach alfa ile teyit edilmiştir. veri analizi için, tanımlayıcı testler (değişim aralığı, ortalama ve standart sapma) ve yapısal eşitlik modeli (LISREL) kullanılmıştır.

Veri analizi kendini ifade kendini verimliliği ve kendini verimliliği üzerinde belirgin pozitif bir etkisi kendini ifade üzerinde önemli bir olumlu etkiye sahip olduğunu göstermektedir. Kendini ifade etme, psikolojik sağlığımız üzerinde önemli ve olumlu bir etkiye sahiptir.

Anahtar Kelimeler: *kendini ifade etme, psikolojik iyilik hali, kendine verimlilik, İmam Humeyni Yardım Komitesi (RA).*

INTRODUCTION

Self-expression means the protection of one's own right and belief without breaking others' right and belief (Alberti & Emmons, 1982). The self-expression is defined also such: a behavior that enables a person to act in his benefit, stands on his two feet without any anxiety, expresses honestly his true feelings and takes his right without disregarding the rights of others. The concept of self-efficiency has been derived from Albert Bandura's theory of the social cognition (1997) that refers to one's beliefs or judgments about his abilities to perform tasks and responsibilities. Thus the human behavior is not only in the control of environment, but also the cognitive processes play an important role in human behavior. Human learning and performance is influenced by cognitive, emotional inclinations, expectations, beliefs and values (Kadivar, 2008). In addition to the above mentioned components which are necessary for psychological well-being and mental health, many human behaviors are motivated and controlled by mechanisms of self-influence. Among the mechanisms of self-influence, person's self-efficiency belief is the most important and comprehensive one (Bandura, 1997). For Bandura the human behavior is not only in environmental control, but also the cognitive processes like self-efficiency have a significant impact on human behavior. Performance and learning of human are influenced by the cognitive inclinations, feelings, expectations, beliefs and values; so the human can influence on his life events and minimize their impact (Schultz, 2005 quoted by Najafi and Fouladchang, 2008).

Researches have shown that self-expression skills and self-efficiency have a relationship with many mental health concepts, because cause to strengthen self-confidence in individuals and encourages their sense of competence and mastery (Mohamadkhani, 2008). Researches show that the well-being of adolescents in the educational environments affects their job future and inclination to continue their education; this effect in turn is transmitted to the economy of society. Therefore, the effects of social environment of schools should be taken seriously, because in addition to the impact on the educational variables such as self-efficiency, they put their psychological basic needs and well-being them under influence (Ryan Vadsy, 2008). The researches conducted in relation to this issue, the findings of Zarean, Asadollahpour and Bakhshipoor (2008), in a research about the relationship between emotional intelligence and mental health show that there is a relationship between emotional intelligence and mental health. In addition to mental health, the emotional intelligence is associated with self-efficiency. In a research entitled as relation mental health and intelligence, Haghshenas, Chamani and Firoozabadi (2007) indicated that the extremely intelligent students have a psychological level better than normal students. In a research entitled the investigation of the beliefs of self-efficiency and mental health, Najafi and Fouladchang (2008) showed that self-efficiency beliefs have a significant relationship with mental health. In a research entitled effectiveness of social skills teaching on self-conception, self-expression and self-efficiency, Jamalzadeh (2000-2001) investigated 17 male adolescent students of Urmia.

According to the research findings we can generally argue that teaching social skills are effective in increasing self-conception and self-expression and self-efficiency, so that teaching social skills can be used to strengthen and improve the above mentioned dependent variables. The findings of Venta et al (2005) show that emotional intelligence is associated positively with the educational achievement and self-efficiency, life satisfaction, mental health or psychological well-being, ways of problem-solving, dealing and behavioral disorders. In their investigation Lyn Y. et al (2004) came to conclusion that self-expression causes to improve compatibility in the social interaction and unsuccessful action of self-expression causes to increase anxiety, depression, disorders in personality and academic achievement and self-efficiency.

RESEARCH HYPOTHESES

Hypothesis 1: There is a significant relationship between self-expression and psychological well-being.

Hypothesis 2: There is a significant relationship between self-efficiency and psychological well-being.

RESEARCH METHOD

Statistical population of research includes all high school students covered by the Relief Committee in the South East of Tehran. Due to the large volume of statistical population, after obtaining detailed information from Tehran's Relief Committee the sample size was 1,200 individuals for which were estimated 300 individuals. The sample size of this research is at least 225. Finally, for promoting more generalizability and precision of research 300 individuals were considered as the sample size. Data obtained from conducting research by using LISREL and SPSS v22 software and using descriptive statistical methods (mean, standard deviation, percentage) are used for investigating the descriptive characteristics of variables. For analyzing data, the structural equation modeling (maximum likelihood method in LISREL) is used in order to analyze the data based on the framework of the research.

RESEARCH FINDINGS

FREQUENCY ANALYSIS OF RESPONDENTS IN TERMS OF GENDER

Frequency analysis of the completed questionnaires shows that 52 % of participants in the research have been male students and the rest female ones. Diagram 1 shows the frequency distribution of participants in research in terms of their gender.

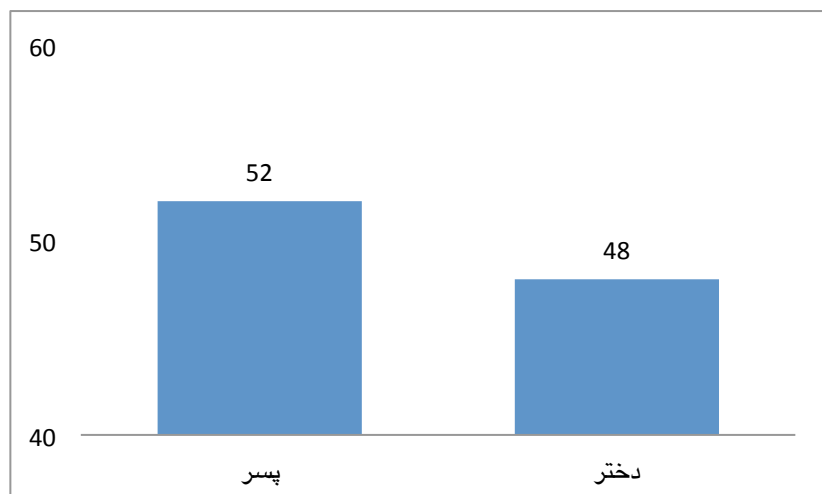


Diagram 1: Percentage of respondents in terms of gender

FREQUENCY ANALYSIS OF RESPONDENTS IN TERMS OF AGE

Results presented in Diagram 2 show that the 18.3 percent of respondents are of 13-year old, 24.0% of 14-year old, 12.3 percent of 15-year old, 14.3 percent of 16-year old, 13 percent of 17-year old and 18 percent of 18-year old. Thus the highest frequency percentage is related to students of 14-year old and the lowest percentage related to students of 15-year old.

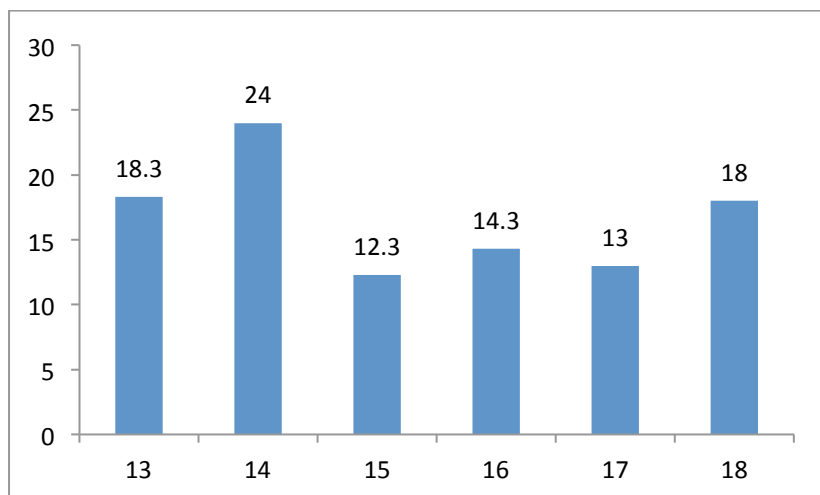


Diagram 2: Percentage of respondents in terms of age

INVESTIGATING THE CONSTITUENT VALIDITY OF THE PSYCHOLOGICAL WELL-BEING CONCEPT

LISREL software is a powerful tool in evaluating the constituent validity of variables in a form of measurement models. Models that have enough fitness with data and their standardized factor loads are higher than 0.3 and are statistically significant, are known as models that have enough constituent validity. So the first step is to determine the fitness and investigate the indicators of the fitness of models. The concept of psychological well-being has been composed of six subscales; these subscales along with their symbol have been presented in Table 1.

Table 1: Subscales forming the psychological well-being concept

Concept	Symbol	Subscale
psychological well-being	Behzis_1	Self-acceptance
	Behzis_2	Positive relation with others
	Behzis_3	Autonomy
	Behzis_4	Purposeful life
	Behzis_5	Personal growth
	Behzis_6	Environment mastery

Preliminary results of output of LISREL software showed that the measurement model of the well-being concept does not have enough fitness with data. In such circumstances, Schumacher and Lomeks (2006) consider the next step as modifying the model and evaluating the substituted and modified model. In fact the LISREL software has the ability that provides the possibility of modifying the model and its fitness by presenting the suggested routes. Based on the proposals of LISREL software for achieving the goodness of better fitness, in order to solve the problem of lack of fitness we considered the error correlation of a number of variables in the model. The most important indicator of fitness is the ratio of chi-square to degree of freedom. In a model with good fitness, it is expected this indicator is less than 3. As seen in Table 2, value of Chi-square in the fitted model with degree of freedom 5 and the value of 11.41 show that the desired model has enough fitness with data ($\chi^2/df = 2.282$). Fitness indicator related to residuals or (RMSEA) decreased also to 0.065 that is

considered an acceptable amount. GFI coefficient of model has been 0.99 that is higher than 0.9 and indicates the model good fitness with data; also the good fitness coefficient of CFI has been 0.98, which is also acceptable. (Table 2)

Table 2: indicators of the good fitness of measurement model of psychological well-being

Criterion	Obtained value	Acceptable limit
Ratio of Chi-square to freedom degree	2.282	Less than 3
Good fitness indicator (GFI)	990.	Greater than or equal to 0.90
Comparative fitness indicator (CFI)	890.	Greater than or equal to 0.90
Average root of approximation error (RMSEA)	0.065	Less than or equal to 0.07

As previously mentioned, only the coefficients and statistics of the models which have enough and acceptable fitness with data have an interpretability. Figure 1 shows the factor loads of six subscales of psychological well-being based on standard coefficients. As you can see, all factor loads are higher than 0.3 and confirm the constituent validity of the psychological well-being variable. In fact, based on factor loads it can be concluded that the considered dimensions are a proper and valid indicator for measuring the underlying or latent variables (psychological well-being).

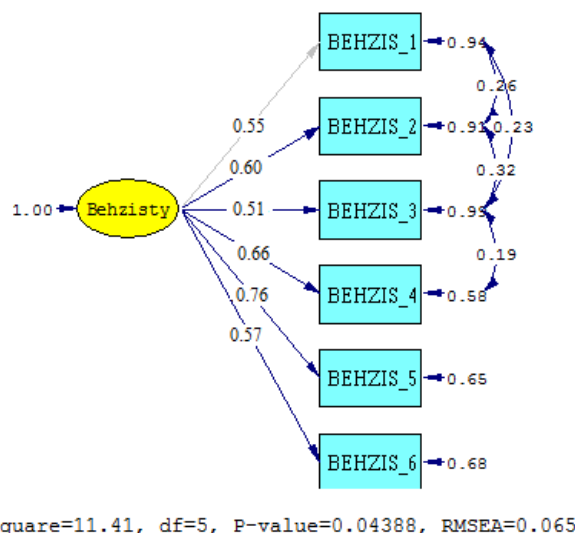
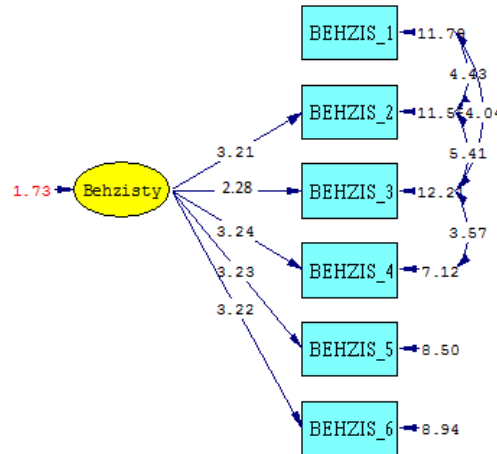


Figure 1: factor loads of subscales of students' psychological well-being (in terms of standard coefficients)

Figure 2 shows also the statistical significance of the produced coefficients in figure 1. Although the produced coefficients in Figure 1 portray the relationships between obvious and hidden variables and have very importance, but they are not by no means sufficient for more accurate understanding of the relationships between variables. In fact, in addition to the standardized coefficients, it is necessary to

be evaluated also the statistical significance of produced coefficients in Figure 2. In the Figure 2 the coefficients that are greater than 2, are considered to be statistically significant. As you can see, all factor loads are statistically significant.



Chi-Square=11.41, df=5, P-value=0.04388, RMSEA=0.065

Figure 2: factor loads of subscales of students' psychological well-being (in terms of t coefficients)

Therefore, we can say in total that the psychological well-being variable has the acceptable constituent validity.

INVESTIGATING THE CONSTITUENT VALIDITY OF THE SELF-EXPRESSION CONCEPT

The second concept of this research is self-expression; in this section like the concept of psychological well-being its constituent validity is estimated. This concept is composed of five subscales: the rejection of request, expressing positive emotions, accepting criticism, accepting difference with others and negative feedback (Table 2).

Table 2: subscales forming the self-expression concept

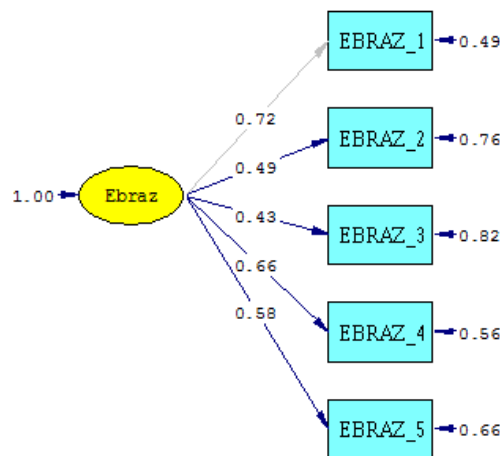
concept	Symbol	subscale
self-expression	Ebraz_1	Rejecting request
	Ebraz_2	Expressing positive feelings
	Ebraz_3	Accepting critique
	Ebraz_4	Accepting difference with others
	Ebraz_5	Negative feedback

The results of evaluating the measurement model fitness of self-expression concept show that in the first place this model has good fitness. The results provided in table 3 show that all indicators of model fitness have an acceptable value and so the measurement model of self-expression concept has a appropriate fitness with data.

Table 3: indicators of the good fitness of measurement model of self-expression

Criterion	Obtained value	Acceptable limit
Ratio of Chi-square to freedom degree	2.282	Less than 3
Good fitness indicator (GFI)	0.96	Greater than or equal to 0.90
Comparative fitness indicator (CFI)	0.94	Greater than or equal to 0.90
Average root of approximation error (RMSEA)	0.016	Less than or equal to 0.07

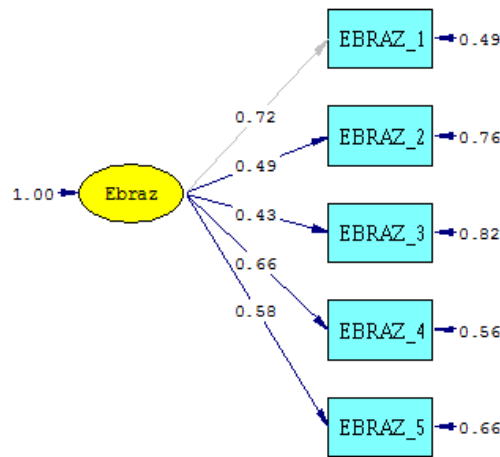
Figure 3 shows the factor loads of subscales forming self-expression that have been provided in form of standard coefficients. As you can see, all of them are higher than 0.3. So it can be concluded that the factor loads of scales forming self-expression are the valid dimensions in measuring self-expression.



Chi-Square=10.24, df=5, P-value=0.053, RMSEA=0.016

Figure 3: factor loads of subscales of students’ self-expression (in terms of standard coefficients)

In addition to values of the factor loads statistical significance of these values should also be investigated and purely this fact that the factor loads are greater than 0.3, is not sufficient for confirming the constituent validity of variables. Figure 4 shows t coefficients of factor loads of subscales forming self-expression concept. As you can see, all of the coefficients are larger than 2 and therefore are statistically significant.



Chi-Square=10.24, df=5, P-value=0.053, RMSEA=0.016

Figure 4: factor loads of subscales of students' self-expression (in terms of t coefficients)

Thus the fitness indicators, the standardized coefficients of factor loads and t coefficients corresponding with them, all of them confirm the constituent validity of self-expression concept and they confirm that the considered subscales are the valid dimensions for measuring self-expression.

INVESTIGATING THE CONSTITUENT VALIDITY OF THE SELF-EFFICIENCY CONCEPT

The self-efficiency concept has been consisted of three indicators or subscales: tendency to start behavior, tendency to expand endeavor for completing behavior and resistance and confronting with obstacles. Table 4 shows the subscales of self-efficiency concept and the symbols corresponding with these subscales.

Table 4: subscales forming the self-efficiency concept

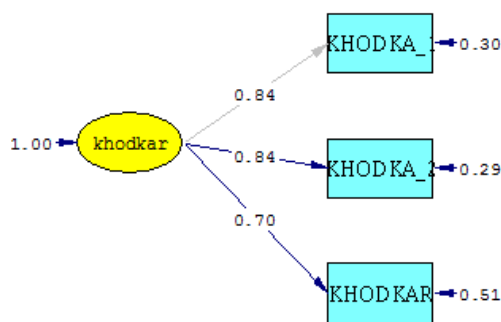
concept	symbol	subscale
self-efficiency	Khodkar_1	tendency to start behavior
	Khodkar_2	tendency to expand endeavor for completing behavior
	Khodkar_3	resistance and confronting with obstacles

As proposed previously, the most basic step in the confirmatory factor analysis is to determine the fitness and achievement to a fitted model. Fitness indicators of measuring model of self-efficiency concept have been presented in Table 5. Ratio of Chi-square to degree of freedom has been is 1.91 which is less than 3 and it confirms the model fitness with data. Additionally, the goodness indicators of fitness of GFI CFI have been 0.94 and 0.92 respectively which are larger than 0.9 and it confirms the model fitness with data. RMSEA indicator is also 0.052 and it is another confirmation of the model fitness with data. In summary, all indicators presented in the table below confirm totally adequate fitness of model with data.

Table 5: indicators of the good fitness of measurement model of self-efficiency

Criterion	Obtained value	Acceptable limit
Ratio of Chi-square to freedom degree	1.19	Less than 3
Good fitness indicator (GFI)	0.94	Greater than or equal to 0.90
Comparative fitness indicator (CFI)	0.92	Greater than or equal to 0.90
Average root of approximation error (RMSEA)	0.052	Less than or equal to 0.07

In addition to the fitness indicators that have been provided in table 5, the factor loads provided in figure 5 are in total greater than 0.3 and it shows that the considered subscales for self-efficiency are valid indicators in terms of magnitude and size.



Chi-Square=11.45, df=6, P-value=0.0656, RMSEA=0.052

Figure 5: factor loads of subscales of students’ self-efficiency (in terms of standard coefficients)

CONCLUSION

The above mentioned hypotheses were tested in the form of a conceptual model by using LISREL software. In the conceptual model of this research was assumed that self-expression and self-efficiency have a mutual relation and each of them affect directly the psychological well-being. Proposed indicators confirm totally the adequate fitness of the model with data. The provided factor loads are totally larger than 0.3 and indicate that in terms of size the subscales considered for self-efficiency are valid indicators. The proposed model protects the explanation of the structural relationships among variables (psychological well-being, self-efficiency and self-expression). Test results of this model and rejection or acceptance of the hypotheses of this study have been presented in Table 4. Our results show that each of the hypotheses of research have been confirmed.

Table 4: matrix of hypotheses

Hypothesis number	result	T value	Beta coefficient	Dependent variable	Independent variable
1	confirmed	098.	0.42	Psychological well-being	Self-expression
2	confirmed	4.87	0.78	Psychological well-being	Self-efficiency

RESEARCH SUGGESTIONS

- Based on the results, the parents whose amount of education and income was lower, have low psychological well-being skills. Therefore, it is appropriate to increase their utility by timely and correct information and teaching the skills.
- Due to the effect of educational environments on children and adolescent's well-being and their effect on protected student's job future and tendency to continue the education and the society's economy, it is recommended that the school's environment is taken in serious (watching over on systematically the schools' environment). Because it affects educational variables such as self-efficiency, as well as their basic psychological needs and well-being. In the field of family education is important for selecting the appropriate school for students.
- Due to the positive effects of the self-esteem and mental health on individuals' destiny and their success, it is recommended that the fields of psychological well-being growth of students' parents are increased by teaching workshops for families in programs of Family Teaching of Committee's cultural section.
- Broadcasting can invite experts and teaching cadres and students for playing role and teach these skills to the public. In this respect, a letter of understanding between the authorities of Committee and education network of Radio and Television can be effective.

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