

A STUDY THE EFFICACY OF SELF- DIFFERENTIATION TRAININGS ON ANXIETY AND SOMATIC SYMPTOMS AMONG TEACHERS

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ABSTRACT

Administrator's education systems, including teachers, in order to achieve the goals of education are the most important factor. Good mental and physical condition of teachers who are not performing their duties, will suffer, and naturally cannot be effective in the improvement of scientific and cultural development of a society. The purpose of this study is to determine the effectiveness of differentiation, anxiety and physical characteristics of married women teachers in secondary schools in Khorramshahr. This research is one type of pre-designed experimental, posttest, and follow-up group the witness. Statistical group is all high school teachers Khorramshahr that are married in 1391, and a sample of 50 teachers from the group. The first stage cluster random sampling and simple random sampling, were divided into experimental, and control groups of 25 persons. The instruments used were the General Health Questionnaire. Experimental intervention (education differentiation) on the experimental group was administered 10 sessions of 90 minutes once a week. Upon completion of the training program of both post-test and follow-up (one month after the intervention, post-test) was performed. Data were analyzed using analysis of covariance ANCOVA test showed that there was significant difference among the groups ($0.0001 > p$). The results showed that distinguish their education, reduce anxiety and physical characteristics of married women teachers had to follow.

KEYWORDS: Differentiation C, Anxiety, Somatic Symptoms

Living in the world today with its own complexities and difficulties requires the ability, skill and proper planning in order to adapt and increase the stability of the individual and therefore his health (Mayes, 2000). Health means well-being of the state of complete physical, mental and social, and not merely the absence of disease or weakness (Sarafino, 2003). A person who does not have good mental and physical condition, in the performance of their duties will be in trouble. Insomnia, headache, depression, anxiety, and such problems focus on individual responsibilities, disrupted, causing herd is satisfaction with the situation; finally lose his motivation in doing tasks (Bogler, 2001).

Anxiety is one of the major problems of human society with its countless face (Fiorentino, 2009, Bennett and Wells, 2010). Anxiety, stress, and the necessary response when faced with danger, prepare to interact. In many cases, the answer is logical and even necessary, but it can cause abnormal state performance on a wide range of human ideas, influence (Kennerley, 1995). Statistics show that in 2020, 15 percent of mental disorders, and this means that there will be people depressed, anxious and hopeless will make difficulties for communities. This suggests that the international community for the improvement of human life and the

way the work is not a lot of forward (Ann lesion, 2007). Demographic situation in relation to such differentiation, are associated with the ability to reduce anxiety (Utne, 2011, Pineo, 2012).

According to Bowen, a kind of motivational system on family structure governing the inter generational transmission of ability and mental health depends on the resolution of this system is the separation (Roytburd, Friedlander, 2008).

The amalgamation of the family is more likely the greater the anxiety and instability and families tend to find a solution been in the war, more will be away and dysfunction. (Steinberg & Silverberg, 2012). Persons with low differentiation of self, to experience more anxiety and stress are in poor performance and mental and physical experience (Bowen, 1978 and Thorberg and Lyvers 2006). Maturity and self-actualization requires that an individual is emotional attachment to the family of origin, unopened escape (Marquardt, 2009). Bowen Therapy for the differentiation cannot only the process but also is a therapeutic technique (Yooya, 2007). Differentiation" which constituted the basis of Bowen Systems Theory (Goldenberg & Goldenberg, 2001), followed by persons independent of the target based on their character and not the other, control their emotions and thoughts

(Whiffen,2012). According to this theory, at least four factors, emotional reactivity, emotional faulting, mixing with others and the ability to earn my place, the forecasters are an individual level, differentiation c (De Cesare, 2008 & Glade, 2005). Distinguish process needs to learn to think independently of the pressure group thinks (Williamson, 2007).

Tuason and Friedlander (2000) in analyzing relationship between differentiations stress and psychological symptoms in a sample Philippines, reached the conclusion that differentiation is inversely associated with psychological distress. Papko (2004) in a research examines the relationship between social anxiety and symptoms of psychological differentiation con the 117 have been a student of psychology at the University of Northern Israel. Results indicated that family differentiation inversely with social anxiety (specifically, fear of negative evaluation) and psychological symptoms are associated with less differentiated and students may be more at risk of high levels of social anxiety symptoms. He emphasized that students who were less reactive, less disruptive or mixed with others and are better able to position themselves in relation to their personal brand, they have lower levels of psychological symptoms of social anxiety and the experience. He emphasized those students who were less reactive, less disruptive or mixed with others and are better able to position yourself in relation to your personal brand. They have lower levels of social anxiety and psychological symptoms experienced. Skowron results, Skowron ,Wester and Azen (2004) on a sample of 126 subjects show that the differentiation and chronic anxiety, there is an inverse relationship. Results of Skowron ,Wester and Azenon a sample of 126 subjects show that the differentiation and chronic anxiety, there is an inverse relationship. Skowron (1998) in a paper examines differentiation cand its relationship with the individual coping and problem solving deals with ethnic groups. In this study, cross-cultural validity of Bowen family system therapy, as people of color differentiation c will be reviewed.

In this study, men and women have distinctive color and test results of three different ethnic groups adapt to individual shows. High levels of differentiation c, greater physical health, better psychological adjustment and social problem solving skills than most people of color in the anticipated benefits of this research in intercultural Bowen family therapy were observed. Skowron and Friedlander (1998) The relationship

between self-differentiation of symptoms in 127 people were among those who found their differentiation subscales controlling for age and gender characteristics of the disease there is a significant negative relationship (42 /% Variance). In other words, higher differentiation scores significantly predicted fewer symptoms.

This study tries to answer the question whether differentiation c training on anxiety and physical characteristics of married women teachers in secondary school education has an effect.

Research hypotheses

1. Training differentiation c, decreases physical signs of secondary school teachers are married.
2. Training differentiation c reduces anxiety and high school teachers are married.

Research methods, population and sample

In this research, experimental research design using pre-test, post-test, and follow-up controls are used. Experimental and control groups were equivalent prior to randomization in the experimental intervention and control groups, pre-test was conducted on them. The test was conducted after the intervention. The difference between pre-test and post-test of both groups were analyzed for statistical significance. One month later, follow-up tests were conducted. Thus, the effectiveness of their training as independent variables was applied to distinguish the impact on high school female teachers physical characteristics of Khorramshahr anxiety as the dependent variable should be defined.

The research population consisted of all secondary school teachers Khorramshahr married woman who had taught in the school year to 91 in 1390, respectively. The sample consisted of 50 subjects (25 patients and 25 control group) of the society is the simple random sampling was used to select them.

Method and analyze

At this stage cluster random sampling from the entire city of Khorramshahr Girls High School, three schools were selected. Then Test and advance public health, GHQ-28 among teachers was implemented at the end of the session participants were selected randomly assigned to two experimental and control groups of 25. Based on this classification, the experimental group was offered weekly training group differentiation cwho received the control group received no intervention. The

number of weekly sessions, 10 sessions were considered and each session was 90 minutes per week. Immediately after the intervention sessions, so the test can be performed on both control and experimental groups. After one month of follow-up tests were conducted to examine the lasting effects of training.

At the end of the study, data analysis using Spss software version, eighteenth, and descriptive statistics of mean and standard deviation to describe the data and the assumptions comparative analysis of covariance (normal distribution and homogeneity of variance of scores) were analyzed.

The assessment tool

The instrument used in this study was the General Health Questionnaire GHQ-28. The purpose of this questionnaire is to obtain a specific diagnosis of mental illness in the hierarchy, but its main purpose making a distinction between illness and health. Form 28 general health has the advantage that the whole society is

developed. The questionnaire as a screening tool can be used to determine a person's risk of mental illness and has four subscales: somatic symptoms (1-7), anxiety and insomnia (8-14), psychosocial functioning (15-21) and depression (22-28), respectively. This questionnaire is based on Likert scale graded and the score of each individual will vary from zero to84. The low score on this scale is a sign of mental health, high contrast, high scores and mental health symptoms is low. Validity study of the GHQ28 questions Piety (2001) in three ways, concurrent validity of the questionnaire subscales correlated with the total score and factor analysis was performed. In this study, two methods for determining the general health questionnaire and Cronbach's alpha was used for total inventory, respectively, 82/0, 65/0, which is generally indicated acceptable reliability coefficient.

RESULTS

Some of the characteristics of the sample members are provided in Table 1.

Table 1: Demographic characteristics of the experimental group and the control group

Total		The control group		The experimental group		The group membership variable levels	
Percent	Frequency	Percent	Frequency	Percent	Frequency		
14	7	20	5	0.8	2	21-30	Age
74	37	64	16	84	21	31-40	
12	6	16.8	4	8.0	2	41-50	
14.0	7	12.0	3	16.0	4	Associate Degree	Education
76.0	38	72.0	18	80.0	20	License	
10.0	5	16.0	4	4.0	1	MA	
8.0	4	12.0	3	4.0	1	1-5	Experience
28.0	14	28.0	7	28.0	7	6-10	
36.0	18	48.0	12	24.0	6	11-15	
20.0	10	0	0	40.0	10	16-20	
8.0	4	12.0	3	4.0	1	21-25	

Table 2: Mean and standard deviation adopted physical symptoms and anxiety, post-test and follow-up

Number	standard deviation	Mean	Group	Stages of the research group	Variables
25	2.74	13.44	Experiment	Pretest	Physical symptoms
25	2.87	12.12	Control		
25	2.14	10.80	Experiment	Posttest	
25	1.96	12.44	Control		
25	1.63	10.64	Experiment	Follow-up	
25	2.30	11.93	Control		
25	3.14	13.84	Experiment	Pretest	Anxiety
25	2.63	12.28	Control		
25	1.61	9.24	Experiment	Posttest	
25	2.21	13.40	Control		
25	2.05	11.36	Experiment	Follow-up	
25	2.49	12.64	Control		

The findings of this study included descriptive statistics such as mean, standard deviation and number of

samples of subjects for all variables in this study are presented in Table 2.

Table3-Test results of Levin, the assumption of equal variances in the two groups

Significant level	DF(2)	DF(1)	F	F subscale
0.805	48	1	0.061	Physical symptoms
0.313	48	1	1.03	Anxiety

In Table 3, A scan be seen, the null hypothesis of equal variances for the two group is confirmed Drmtghyrhay research. The assumption of equal variances

in both the experimental and control groups were confirmed.

Table 4: Kolmogorov-Smirnov test the assumption of normal distribution of scores

Kolmogorov-Smirnov			Groups	Kolmogorov-Smirnov			Groups	Normal distribution of scores
Significant	DF	Statistics		Significant	DF	Statistics		
0.200	25	0.140	Control	0.118	25	0.156	experiment	Physical symptoms
0.073	25	0.166	Control	0.076	25	0.65	experiment	Anxiety

Table 5: Summary of results in the context of one-way ANOVA in Manova

exponent	Square	Level Significant p	F	Mean square	DF	Square	Source of variation	Variable
0.859	10	0	000	0000	1	0000	Pretest	Physical symptoms
001	00	1	1000	0001	1	0001	Group	
				10000	00	10000	False	
000	10	0	000	0000	1	0000	Pretest	Anxiety
1	00	1	000	00100	1	00100	Group	
				000	00	10000	False	

According to Table5it can be seen that, with the control of pre-school female teachers in the experimental groups and the control group, there were significant differences in physical symptoms, thus It is confirming the first hypothesis. In other words, distinguish their education, according to the mean somatization school female teachers in the experimental group compared to the average high school female teachers in the control group; the experimental group has reduced the physical symptoms. In addition, Control pre-school female teachers between the experimental groups and the control group, there were significant differences in terms of anxiety (p<0.0001, F=85.57).The second hypothesis is

confirmed. In other words, their learning differentiation with respect to the mean anxiety school female teachers in the experimental group compared to the average high school female teachers in the control group, the experimental group is to reduce anxiety.

DISCUSSION

Our results provide training differentiation c, between the two groups in the post-test and follow-up of physical symptoms, there is a significant difference of 0.23 is equal to the difference between the results obtained with Papko Research (2004), Skowron (1998) is consistent. Findings from this study also showed that the

performance of both experimental and control groups at post-test and follow-up anxiety variable, significant differences exist. The amount of deference is 0.66. The research results Skowron, Wester, Azen showed that there is an inverse relationship between differentiation and chronic anxiety is consistent.

In analyzing these results, we can say that When the husbands have a mixture of both, to maintain harmony in your family who makes false exhibit physical or emotional dysfunction to be troubled families "morbid symptoms" that are exchanged between family members frequently traded due to "false self" or performance that occurs between couples. Within the families involved and focused on the challenges of being together and differentiation of anxiety takes place, if the resolution is low, the mixing occurs between individuals who are coping decreased; people also can impair physical and mental health chronic stress is a byproduct of decreased differentiation (Kerr ME, Bowen, 1988). Differentiated individuals are better able to cope with stress and Have less mental health problems and have more satisfying relationships with others and rely more on others (Skowron & Dendy, 2004; Peleg & Halaby & Whaby, 2006). Also Peleg-Popko (2002) found that differentiated performance, and better able to understand their own position in relationship to the brand, they have lower levels of anxiety and psychological symptoms are experienced Skowron and Friedlander (2004, quoted Bartle- haring, 2005) also found that people who have achieved differentiation c, a greater ability to adopt a "position" I have. This ability to adopt "my position" along with chronic anxiety, Low and high psychological adjustment. These findings, in conjunction with the separation hypothesis Bowen confirmed. Fischer (2006) suggests that other issues do not easily affect individuals sharing distinctive findings in anxiety; problems, failure, or signup do not show damage. However, a clear understanding of its partners, addictive, and emotional processes which are available disease, demoralization, disgrace and ruin to them is the only antidote to anxiety is to move towards differentiation of distinct couples through emotional system can be used to treat anxiety and, morbid symptoms in these families decreased.

Process and the way in which the individual learns to live her life without constantly engaged drawing guidance from family or others.

The limitations of this study can be noted that this study was conducted only for teachers that considering the social, economic and generalize the results to all women should be given adequate attention. Therefore, it is suggested to do a larger study samples and in other geographic areas. It is offered according to differentiation with respect to efficiency, service centers and counseling psychology, marriage and family from the findings of this study provide appropriate solutions to clients to use.

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