Comparing Coping Styles adolescents under the supervision of well-being and ordinary adolescents
(Case Study of Tehran City)

*Elham Mohammadyar
Department of psychology, Islamic Azad University Central Tehran Branch, Iran
*Corresponding author

Mahmoud Jamali Firouzabadi
Department of psychology, Islamic Azad University Central Tehran Branch, Iran

Abstract

This research is the causal comparative or ex-post facto research type. The statistical society under research includes all girls' teenagers under supervision of well-being organization and ordinary girls' teenagers residing in Tehran City. Considering that the volume of sample in causal comparative researches is about 30 persons in any group, in this research, the volume of sample in any group is considered 90 persons. Therefore, totaling 180 persons in two groups, 90 ordinary girls' teenagers and 90 girls' teenagers under well-being organization are under studied. Sampling method in this research was simple and cluster accidental sampling. Data collection tools was standard questionnaire of Lazarus and
Folk man comparative strategies. Because the questionnaire was standard and it was not required to review its admissibility and its permanency is computed and confirmed only through Cronbach's alpha. In this research, data description is performed using descriptive statistics (abundance and percent tables) and T-Test inferential statistics is used in order to assess the theories. The findings showed that with 95 % confidence, the girls' teenagers under supervision of well-being organization have more excitement-oriented comparative strategy than ordinary girls' teenagers and but, ordinary girls' teenagers have more issue-oriented copying strategy with respect to girls' teenagers under supervision of well-being organization. Such findings showed that the competent authorities and institutions should pay more attention to this vulnerable society.

Keywords: Excitement-Oriented Coping Strategy and Issue-Oriented Coping Strategy and Students.

Introduction

All people experience stressful problems and factors in their life and should find the mechanisms for confronting with such difficulties. Such stressful factors may be observed usually or severely everyday and it is different that how people face with stress. As a special location may be changed, used strategies by a person can be changed. On the other hand, the adolescence is the period full of change and challenge which may be stressful and difficult for teenager and call all her potential sources. For teenagers who face with more changes in different aspects of their life are very difficult to face effectively. "Coping styles" is called to the set of behavioral and cognitive efforts that the person uses it for prevalence on internal and external claims and believes that it is energy consumer and out of available sources (Casta, 1990). Copying is one of the variables which were under studied widely within framework of health psychology.

Identification of effective forms of copying as moderate variable in stress-disease relation allocated itself the preference line of the researches in this area.

We live in the world with full of mental stresses and manner of facing and coming to an agreement with this mental stress for continuing the life and better living is very important. This century is called "age of stress and coming to an agreement with it" in which ability to control the unpleasant excitements in mental health has special importance. Coming to an agreement is called "personal efforts in control and administration of a stressful and challengeable location". Success of a person depends on not only intelligence and talent, but also person's mental capacity against defeat and disappointment, so those who fail to regulate their excitement activities will involve in internal conflict and this affair causes their non-concentration during thought and work and consequently, they are unable to solve the issues and make correct decision. (Ershadi, Afzali and Esmaeili, 2014).

Mental stress is physiological or psychological unpleasant mood which is created in reply to the stressful stimulus. Mental stress is created as result of force majeure or challengeable events in environment and stressful events impose the person to harmonize with environment (Cooper and Marshal, 29:2001).

Although, mental stresses are not always harmful and unpleasant, but their continuation and severity make the human life in risk, so it is required to have styles for coming to an agreement, decreasing or compatibility with permanent or provisional mental stress.

Totally, encounter is defined as efforts to increase the conformity of the person to the environment or efforts to prevent the negative aftermaths of stressful conditions.

In issue-oriented encounter, the persons make their effort to decrease inappropriate effects of metal stress by defining and assessing precisely the problem and reviewing the possibility to change or dominate on it and in excitement-oriented encounter, such steps are performed with works such as intellectual rumination and imaginary map with other cognitive activities related to emotions regulation. There are final evidences that non-application of active dimensions including issue solving in stressful locations is in relation with lower mental health and materials abuse problems (Sandler and Volchik, Mc kinon, Ayers, Roza, 1997) and issued-oriented strategy with lower behavioral and excitement problems (Seif-Kornak, 1990). On this basis, it is important effective confronting for the teenagers involving growth changes and plays the key role as intermediate among negative life, well-being and cognitive events (from Gopta and Dronski, 2001).

Effective confront may help decreasing the stress effects (Aldovin, 1994)

The adolescence is a period full of change and challenge which may be difficult and stressful for teenagers and call all potential sources. Effective confront is very important for teenagers confronting more changes in different life aspects.

Lazerous and Folkman (1984) believe that the confronting is a set of cognitive and behavioral efforts to overcome internal and external claims which consume the energy and out of available sources in view of the person.

In view of Lazarous, confronting is an intermediate variable among negative events of life and mental health. There is overall agreement between specialists that sufficient confronting in this evolutionary period has positive results in future such as less behavioral problems, more self-esteem, less depression signals and positive compromise with adolescence (Stiner, Ericson and others, 2003).

Several studies showed that confronting in teenagers compromise has considerable role. Stiner, Ericson and Hernandez and Paoleski (2003) show that copying strategies have tendency to health problems and pathogenic behaviors with health have negative relation, but avoidance copying strategies with such subjects have positive relation. Adolescence is a period full of change and challenges which are stressful and difficult for the teenager and call all his potential sources.

Confronting is very important for teenagers facing with a lot of changes in different life aspects. There is common agreement among the specialists that sufficient confronting in this evolutionary period has positive results in future such as less behavioral problems and positive reconciliation.

Since existence of mental pressure and stressful events from whether pleasant or unpleasant is inseparable section of our life, using effective agreement methods in more compatibility with environment and accessibility to target seems necessary.

Since there is no study to pay attention to review on copy styles of teenagers, so main issue of this research is that is there any meaningful difference among copying styles among girls' teenagers under well-being supervision and ordinary girl teenagers?

Review on Sources and Research Background:

Yang and others (2010) reported in research that excitement-oriented copying strategies have meaningful and direct relations with mental disorders and problems among teenagers. In other words, they reported that whatever the teenagers have excitement-oriented copying strategies, it is possible to make more the mental disorders and problems in tem. Also, the results of this research showed that whatever the teenagers benefit the issue-oriented copying strategy, their automatically will increase. In other word, the research showed that by increasing the issue-oriented copying strategy in persons, their automatically will increase.

The results of Faramarz, Abedi and Karimi's study titled "Relation of copying styles with depression of boys and girls' teenagers showed that girls' depression are more than boys. In addition, it is observed the negative correlation among copy style of issue-oriented with depression in two sexes and among copying style of excitement-oriented with girls' depression. It finds the positive correlation among ineffective copying style with depression of participants. This research show that copying styles of issue-oriented and inefficient excitement oriented have meaningful foresight ability of the teenagers; so using copying styles of issue-oriented and excitement-oriented accompanies with decrease and use of inefficient copying style and increase in teenagers' depression.

Ghazanfari and Ghadampour (2008) involve in review on copying strategies relation and mental health in residents of Khorramabad City, the results show that there is meaningful relation among mental health and copying strategies and there is no meaningful relation among use of issue-oriented strategy and Coldberg test criteria. This affair show that whatever the person involves more with use of health and excitement-oriented strategy which causes to increase in physical, depression and disorder signals in social and depressive performance.

Also, the results show that the copying styles of issue-oriented and excitement-oriented determined meaningfully the depression variables, physical damage, depression and disorder in social performance.

Goudarzi and Moeini Roudbali (2006) in research of review of this important involve that until what the copying strategies used by teenagers may foresee their mental health. For this reason, 180 persons (80 boys and 100 girls) are selected from second high school students among the high schools of Sepidan. To assess the copying strategies, it is used from copying strategies questionnaire against problems and to assess the mental health, it is used from public health questionnaire.

The results show that the coping strategy of issue-oriented and logical may foresee the health indices and excited and inefficient copying strategy of disease indexes. On the other hand, boys with respect to girls enjoy more mental health, but in all copying strategy, average grades of the girls are more than the boys. The results show that promotion of inefficient and inevitable strategy may endanger the mental health of teenagers and in promoting the copying strategy of issue-logical oriented may have positive effect on their mental health.

Research Methodology:
This research is on comparative method and applied objective. The statistical society under review includes all girls' teenagers under supervision of well-being organization and ordinary girls' teenagers residing in Tehran City and 90 girls' teenagers under supervision of well-being organization and 90 ordinary girls' teenagers residing in Tehran city. Sampling method in this research is simple and cluster accidental sampling in such a manner that at first, with regard to economic and social base variable, Tehran is divided into three regions, north, center and south and regions 1 to 5 as northern regions, regions 6 to 12 plus Dist. 22 as central regions and regions 13 to 21 as southern regions are considered.

After that, using simple accidental sampling method from northern region (Dist. 2), in center (Dist. 10) and in south (Dist. 17) are selected as sample and in next stage, by using statistical organization blocks' drawing as cluster, it is taken steps to select the areas in internal of each of the regions. It means that in any region, five areas will be selected. In any area, two blocks are selected accidentally and beginning point in any block, northeastern side of that block is considered and at first, by using list of total plates, units of each block are determined based on systematic sampling method, sample families are selected and in any house, the qualified persons took opinion. But, to select the girls under coverage of well-being, two centers of Tehran north and Shahid Navab Safazi centers are selected as sample and after that, in any center with respect to number of girls residing in that center, the questionnaire is completed accidentally.

Information collection tools were Bilingz and Mouse (1981) copying strategy questionnaire which assessed two types of issue and excitement-oriented copying styles. Final coefficient of the questionnaire is reported in two halves method, 78 % (Bakhshipour Roudsari, Peiravi, Abedian,

2004), Ander and Parker (1990) estimated the validity coefficients for issue-oriented style (0.92), excitement-oriented (0.82), avoidance (0.85), compatibility with society and other persons (0.78), performing other activities (0.79). Each of phrases is graded in a four-level spectrum:

1- I don't merely use it, 2- I use it sometimes, 3- I use it usually, 4- I use it more

In this research, it is used from virtual validity for using questionnaire and for finalization, it is used from Cronbach's alpha   that validity coefficients are obtained for issue-oriented style (0.872), excitement-oriented (0.861), compatibility with society and other persons (0.798), performing other activities (0.808).

Analysis is performed with SPSS software. To review the data normalization, it is used from Kolmogorov–Smirnov test and to review the difference among the statistical society, it is used from averages' difference test.

Table 1: Description of Research Samples in view of supervision status:

Supervision Status	Abundance	Percent	Collective Abundance
Girls' Teenagers under well-being supervision	90	50 %	50 %
Ordinary girls' teenagers	90	50 %	100.0 %
Total	180	100.0 %	

Table 2: Description of Grade of copying strategy of issue-oriented among girls' teenagers under well-being supervision with ordinary girls' teenagers.

	Sample	Number	Average	Criteria Deviation
Issue-Oriented Copying Strategy	Girls' teenagers under well-being supervision	90	47.20	11.690
	Ordinary girls' teenagers	90	59.57	8.614

As shown in contents of table 2, average grade of issue-oriented copying strategy among girls' teenagers under supervision of well-being of 47.20 and average grade of issue-oriented copying strategy is among ordinary girls' teenagers is 59.57.

Table 3: Description of excitement-oriented copying strategy among girls teenagers under well-being supervision with ordinary girl teenagers

	Sample	Number	Average	Criteria Deviation
Excitement-Oriented Copying Strategy	Girls' teenagers under well-being supervision	90	52.73	9.791
	Ordinary girls' teenagers	90	42.47	8.756

As shown in contents of table 3, average grade of excitement-oriented copying strategy among girls' teenagers under supervision of well-being of 52.73 and average grade of excitement-oriented copying strategy is among ordinary girls' teenagers is 42.47.

Inferential Statistics:
T-Test: To review on difference of any of variables under review among girls teenagers under well-being supervision and ordinary girls teenagers, we use T-test. In this test, initial theory is defined as follows:

$$\begin{cases} H_0: \mu_1 = \mu_2 \\ H_1: \mu_1 \neq \mu_2 \end{cases}$$

In μ_1, average group of girls under well-being supervision and μ_2 average of ordinary girls' group.
It is used from inferential statistics for theories' test.

Theory: There is difference among use of copying styles among girls teenagers under well-being supervision and ordinary girl teenagers.
To compare the average grades of girls' teenager copying strategies' styles under well-being supervision with ordinary girl teenagers, it is used from T-test.

Table No. 4: Difference of girl teenagers copying styles in view of supervision status:

Supervision Status		Number	Average	Criteria Deviation	T Statistics	Meaningful level
Issue-oriented copying strategies	Girl teenagers under well-being supervision	90	47.20	11.690	2.928	0.001
	Ordinary girl teenagers	90	59.57	8.614		
Excitement-oriented copying	Girl teenagers under well-being supervision	90	52.73	9.791	2.824	0.000

strategies	Ordinary girl teenagers	90	42.47	8.756		

As shown in contents of table 4, average meaningful level of issue-oriented and excitement-oriented copying strategies in girls' teenagers under supervision of well-being is less than 0.05, so this theory is confirmed and there is difference among using the copying styles among girl teenagers under well-being supervision and ordinary girl teenagers. Average grade of issue-oriented copying strategy among girl teenagers under well-being supervision is 47.20 and average grade of issue-oriented copying strategy among ordinary girl teenagers is 59.57.

Average grade of excitement-oriented copying strategy among girl teenagers under well-being supervision is 52.73 and average grade of excitement-oriented copying strategy among ordinary girl juveniles is 42.47 that this finding showed that girl teenagers under well-being supervision used more than excitement-oriented strategy from ordinary girl teenagers and ordinary girl teenagers used issue-oriented copying strategy style more than girl teenagers under well-being supervision.

Discussion and Conclusion:

The results of this research show that girl teenagers under well-being supervision use excitement-oriented copying strategy style with respect to ordinary girl teenagers that ordinary girl teenagers use issue-oriented copying strategy style more than girl teenagers under well-being supervision. The findings of this research show that girl teenagers under well-being supervision keep more emotional and excitement balance through control of excitements arising from stressful status, although ordinary girl teenagers have constructive steps in relation with stressful conditions to omit or change the tension source (Ghazanfari and Ghadampour, 2008) and this important note may receive the protections of family on behalf of the family members or through educations considered by parent in family for them or patterning the teenagers are materialized from parent, although vulnerable girls such as girls under well-being supervision are normal as result of not having parent and their natural protections and it is possible to promote the excitement-oriented copying strategies as result of stresses and non education of the copying strategy.

The results of the research, Geston Johnson and others (2013) and Alart and others (2013) show that improvement of life quality sources from issue-oriented copying strategies strengthening and such findings are parallel with results of this research and it seems that ordinary girl teenagers promote more because of living besides family members and use of monetary and spiritual protections of families in life, so issue-oriented copying strategies of ordinary girl teenagers are explainable with respect to girl teenagers under well-being supervision.

Yong and others (2010) reported that excitement-oriented copying strategies have meaningful and direct relation with mental disorders and problems in such a manner that whatever the teenagers have excitement-oriented copying strategies, it is more possible to have mental disorders and problems in them.

Ghazanfari and Ghadampour (2008) in their research concluded that whatever the issue-oriented copying strategy enjoys more health and excitement-oriented strategy cause increase in physical signals, depression and disorder in social and depression performance and with regard to labels

and type of negative and mistake look in society on girl teenagers under well-being supervision that their depression is more from society. The results of Petask and colleagues' research (1922 in trop 1994) show that the persons use issue-oriented copying strategies with respect to the persons use conditions from excitement-oriented copying strategies, suffer less from disease and stress and the results of this research showed that ordinary teenagers ordinary teenagers use more issue-oriented copying strategies and suffer less the physical and spiritual problems and it said that the results of this research are compatible with this research findings.

The results of Akbari and colleagues' research (2012), Faramarzi, Abedi and Karimi (2013) show that using issue-oriented copying strategies cause improvement in teenagers health and result in decrease of stress and depression and sleepless and disorder in social performance in them. So we can interpret that the person has less depression and stress, avoids presence in society. Finally, it shall be showed that the constructive effects of copying strategies on life quality (Getson Johnson and others, 2013), self-autonomy (Yang and others, 2010), depression decrease (Faramarzi and colleagues, 2013) are pointed in different researches. In other word, using issue-oriented copying strategies may enjoy high life quality and such persons confront with using issue-oriented copying strategies, they follow the issue solving and this affair causes less stress and depression and it causes that such persons avoid in confronting quarrel with different issues and shall find the best way to solve the issue. It seems that the vulnerable girl teenagers are under well-being supervision and this institute make its effort to protect them, but non-presence of the parents in their life make feel and looking method on them cause to experience more mental disorders and use excitement-oriented strategies in stressful locations and such findings attract special attention of protective institutions in making full of life vacancies of this vulnerable crust and need planning and procurement of suitable cognitive educations form them. In other word, the adolescence is propounded as stressful period of life. The results of this research (Yonker, Eschlenbloranch and Dihan, 2012) show that outstanding number of teenagers experience more stressful factors per day and use inefficient copying strategies for decreasing the major stressful factors and make negative effect on mental health of teenagers and involving in stressful behaviors.

Inefficient copying strategies increase the stressful effects on compatibility, so the teenagers will experience more stress and make in risk for decreasing the stress. It forms a cancel round and will result in risking behaviors. But, issue-oriented copying strategies are in relation with more positive growth aftermaths such as self-reliance and positive autonomous in different areas (Gopta and Drenski, 2001), so using issue-oriented strategy makes possible to create obstruction and protective factors against negative potential effects.

Identification of such time factors shall consider in preventive and medical planning. By setting the objective for effective growth as factors against stress and minimizing the mental health and behavioral problems can help the teenagers and society. Politicians and planners may benefit the findings of this research in parallel with strength of issue-oriented copying strategies in teenagers. With regard to this important note, the copying strategies may train to persons at first of childhood and shall pay attention to this note in education system and institutes are responsible for girl teenagers without family and it seems that continuous attendance of expert psychologists in such protective centers may be step in parallel with this objective.

It is proposed that the training courses are provided for teachers to strength the best such skills in students to make healthier the field of society presence in future.

Since girl teenagers under well-being supervision may not live with their parent and it is proposed that the trainings are procured for instructors present in well-being through medias and managers and directors of education system that type of their confronting is amended with such teenagers.

References

Akbari, B., Teimouri, Z., Abolghasemi, S., Khorshidian, H., (2012). Review on effect of copying method with stress in less-hearing students, Edology magazine, course 22, No. 1, pages 41-49.

Aldwin, C. (1994). Stress, coping and development: An integrative perspective. New York: Guilford.

Allart, P., Soubeyran, P., & Cousson-Gelie, F. (2013). Are psychosocial factors associated with quality of life in patients with haematological cancer? A critical review of the literature. Psychooncology., 22(2), 241-249.

Cloninger RC, Zohar AH.(2011). Personality and the the perception of healthand happiness. Journal of Affective Disorder; 128: 24-32.

Faramarzi, Salar, Abedi, Mohammadreza, Karimi, Mohammad (2013), relation of contrastive styles with girl and boy teenagers depression.
Scientific-research magazine of cognitive and behavioral researches, third year, No. 2 (5)

Ershadi, Mahmoud, Afzali, Leila, Esmaeili, Leila (2014), study of relation among intelligence-excitement with copying styles among students of Islamic University, Roudehen Branch, consultation and psychology periodical.

Faramarzi, S., Abedi, M., Karimi, M., (2013), relation of contrastive styles with girl and boy teenagers depression. Scientific-research magazine of cognitive and behavioral researches, third year, No. 2 (5) .

Gaston-Johansson   F., Fall-Dickson Jane M. , Nanda   Joy P. Sarenmalm E. K. Browall M., Goldstein N. (2013). Long-term effect of the self-management comprehensive coping strategy program on quality of life in patients with breast cancer treated with high-dose chemotherapy. Psycho-Oncology. Volume 22, Issue 3, p.p.:530–539.

Ghazanfari, F., Ghadampour, E.(2008), review on relation of copying strategies and mental health in residents residing in Khorramabad city, Mental health principles periodical, tenth year, No. 37, pages 47-54.

Goudarzi, M., Moeini Roudbali, Z. (2006), review on relation of copying styles and mental health in high school students, Daneshvar Raftar, course 7, pages 23-32.

Gupta, R., & Derevensky, J. L. (2001). Adolescents with gambling problems: From research to treatment. Journal of Gambling Studies, 16, 315-342.

Koenig, H. G. (2010). Spirituality and Mental Health. Journal of Applied Psychoanalytic Studies. 7(2): 116– 122.

Rio John Marshal (2009), motivation and excitement, thirteen printing, translated by Seyed Mohammadi, Tehran; 569 .

Sandler, I. N., Wolchik, S. A., MacKinnon, D., Ayers, T. S., & Roosa, M. W. (1997). Developing linkages between theory and intervention in stress and coping processes. In S. A. Wolchik & I. N. Sandler, et al. (Eds.), Handbook of children's coping: Linking theory and intervention. Issues in clinical and child psychology (pp. 3-40). New York: Plenum.

Seiffge -Krenke, I. (1990). Developmental processes in self -concept and coping behavior. In H. Bosma and S. Jackson (Eds.), Coping and self-concept in adolescence (pp. 51-68). Berlin: Springer-Verlag.

Steiner, H. Erickson, M. S. J. Hernandez, N. L. Pavelski, R. (2003) Coping styles as correlates of health in high school students. Journal of Adolescent Health, 30, 326- 335.

yang, Jun; Yang, Yebing; Liu, Xufeng; Tian, Jianquan; Zhu, Xia; Miao, Danmin. (2010). Self-Efficacy, Social Support, and Coping Strategies of Adolescent Earthquake Survivors in China.. Social Behavior and Personality. an international journal, Volume 38, Number 9, pp. 1219-1228.

Yonker, J. E., Schnabelrauch, Ch. A., & DeHaan, L. G. (2012). The relationship between spirituality and religiosity on psychological outcomes in adolescents and emergi ng adults: A meta-analytic review. Journal of Adolescence, 35 (2), 299–314.