

## THE RELATIONSHIP OF COUPLES' STRESS AND PESSIMISM IN SHIRAZ, REGION-I

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### ABSTRACT

This study aimed to analyze the relationship of couples' stress and pessimism in Shiraz, Region-I. The corresponding of the study included hundred twenty (120) couples, sixty (60) women and sixty (60) men in Shiraz, Iran, Region I, who experience both stress and pessimism in family life situation. The research instruments consisted koochen, Kamark and Mermeltein's stress and Van's pessimism questionnaire. The couples asked to respond to the questioners carefully. The gather data was then statistically tested by pearson's coefficient of correlation and T-test. The findings of the study showed that: 1) There was a positive relationship between the women's stress and pessimism ( $R=0.944$ ,  $\theta=0.00<0.1$ ). 2) There was a positive relationship between the men's stress and pessimism ( $R=0.937$ ,  $\theta=0.00<0.1$ ). 3) There was a significant difference among the men and women's stress. Women had more stress than the men. ( $\bar{X}_w = 39.65 > \bar{X}_M = 31.3$ ,  $t = -3.16$ ). 4- There was a significant difference among the men and women's pessimism. Women obtusely showed more Feelings of pessimism ( $\bar{X}_w = 42.35 > \bar{X}_M = 34.2$ ,  $t = *4.165$ ).

**Keywords:** *Couples, Stress, Pessimism*

### INTRODUCTION

Couples' life condition in shirazis often accompanied by adverse psychological states, such as feelings of stress and pessimism.

The disciplines of psychiatry, clinical psychology and psychiatric social work traditionally have concerned themselves with these psychological conditions in Shiraz. By delineating some of the socio-environmental factors associated with such mental outlooks, the sociologists can contribute to the understanding of the etiology of adverse subjective states.

Couples' stress is a concept that plays important role in every family life situation and it threatens the stability and the strength of the couples' bond, Shahkarami (2013).

Couples' stress is a two way interaction and can be categorized in three different aspects Davarnia (2013).

1) Ways of Direct and In-direct effects on both wife and husband. 2) Sources of stress. Whether they are derived internally or externally from the couples. 3) Time order. This refers to the time or the moment that each couples stay in confronting process. It is a situation where couples experience communication problems and problem solving. They hardly accept each other differences while living together.

Pessimism, on the other hand is based on this belief that: man is inevitably involved in the risk of becoming a victim of an accident, incurable disease, or cataclysm Dolinski (2013). Individuals believe that such unfortunate events may happen.

According to popular beliefs, however, people tend to think they themselves are invulnerable: They expect others to be victims of misfortunate, Zawisza (2013). Weinstein offered the definition of pessimism bias as people believe that negative events are less likely to happen to events re more likely to happen to them than to others Weinstein (1980).

Pessimism in this study refers to negative feeling of couples in family life situation and the belief that some events may happen to them. Furthermore, it expresses the negative thoughts toward each other.

Although both stress and pessimism are well study in other countries but it is not much attended in Iran, particularly in family life situations among the couples. Thus, the researcher aimed to conduct this study in her hometown in Shiraz Region- I.

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### MATERIALS AND METHODS

This was a descriptive type of study. The correspondents of the study included hundred twenty (120) couples, sixty (60) men and sixty (60) women who experienced both stress and pessimism in family life situation. The research instruments consisted koohn, Kamark and Mermelstein's stress questionnaire and Van's defensive pessimism questionnaire. The questionnaires were distributed among the couples and they were asked to respond to the questions. Then, the gathered data was statistically tested by Pearson's coefficient of co-relation and T-test. S.P.S.S analytical tool was used to further analyze the data.

### RESULTS AND DISCUSSION

#### Result

Based on the importance and effects of stress and pessimism on family life situation and in order to determine the relationship of couple's stress and pessimism the researcher hypothesized the following four hypothesis. 1) There is a positive relationship between the women's stress and pessimism. 2) There is a positive relationship between the men's stress and pessimism. 3) There is a significant difference among the women and men's stress. 4) There is a significant difference among the women and men's pessimism. To verify these hypotheses both questionnaires were distributed among the couples. The gathered data were then tested by person's coefficient of correlation and T-test and further analyzed with S.P.S.S software statistical tool. Table-I, presents both descriptive and analytical findings of women's stress and pessimism relationship.

**Table I: Descriptive and Analytical Presentation of Women's Stress and Pessimism Relationship**

Variables	F	X	sd	R	$\theta$
women's stress	60	39.65	12.54	0.944	0.000
women's pessimism	60	42.35	13.28		

As it is shown in table I. There is a positive Relationship between the women's stress and pessimism ( $R = 0.944$   $\theta = 0.000 < 0.1$ ). Table – II, presents both descriptive and analytical finding of men's stress and pessimism relationship.

**Table II: Descriptive and Analytical Presentation of Men's Stress and Pessimism Relationship**

Variables	F	Sd	R	$\theta$
Men's stress	60	31.13	0.937	0.000
Men's pessimism	60	34.20		

As it is shown in table – II, there is a positive relationship between the men's stress and pessimism ( $R = 0.936$   $\theta = 0.000 < 0.1$ ) Table-III, presents the signify can't differences among the man and Women's stress.

**Table III: The Significant Differences of Men and Women's Stress by T- Test**

Variables	F	sd	df	R	$\theta$
Women's stress	60	39.66	118	0.013	-3.16
Men's stress	60	31.13			

As it is shown in table III, based on the differences of Men and Women's mean scores and t- value, there is a significant difference among the men and Women's stress. Obtusely, women had more stress than the men.

( $X_w = 39.61 > X_M = 31.13$   $t = -3.16$ ) Table IV, presents the significant differences among men and Women's pessimism.

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**Table IV: The Significant Differences of Men and Women's Pessimism by T-Test**

Variables	F	sd	df	R	$\theta$
Women's pessimism	60	42.35	1.28	118	0.00
Men's pessimism	60	34.20	12.51		-4.165

As it is shown in table IV, based on the differences of men and women's mean scores and t- value, there is a significant difference among the men and woman's pessimism. Obtusely, women show more feelings of pessimism than the men  $X_w = 42.5 > X_M = 374.2$   $t = -4.165$ ).

## Discussion

Both men and woman are among the most important elements in social development. They are the center of family health and play important roles in the family. Thus, they should possess perfect health Hydari (2012).

Based on the careful statistical analysis of the gathered data, it was found that: 1) There was a positive relationship between the woman's stress and pessimism ( $R = 0.944$   $\theta = 0.00 < 0.1$ ). 2) There was a positive relationship between the men's stress and pessimism ( $R = 0.937$   $\theta = 0.00 < 0.1$ ). 3) There was significant difference among the men and Women's stress. The women obtusely showed more stress than the men  $39.65 > X_M = 31.3$   $t = -3.16$ ). 4) There was a significant difference among the man and woman's pessimism. The Woman obtusely sure more feelings of pessimism  $X_w = 42.35 > X_M = 34.2$  ,  $t = -4.165$ ). The finding of this study was in parallel with a study conducted by Farber (1983). Farber discovered that there are at least three explanations for the woman subjects' tendency to make higher stress ratings than the men. Woman may use the scales differently than do the men due to gender related responses patterns. Women are in fact more stresses particularly by their own comfortable feelings English (1967).

Meier and Bell (1959) said that: the term pessimism does not necessarily imply "utter hopelessness and discouragement, but it indicates an unfavorable outlook which can be discovered in an interview. Furthermore, Youmans (1961) concluded that: it is recognized that responses to one statement, do not adequately reveal the full range of pessimism among older persons. It is also recognized that a subjective state such as pessimism is probably associated with other factors such as family and community relationships.

It is hoped that this study helps to specify and clarify the relationship of stress and pessimism among the couples. Future research is needed to expand on individual differences in stress and pessimism to identify strategies to cope with them.

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