



Well-being and Tolerance among MA University Students

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A B S T R A C T

The purpose of this study was to investigate the relationship between Well-being and tolerance among MA students at Azad University. This research is practical in nature and correlation method was used. The population was about 281, who had been MA students at Azad University. The sample was randomly selected and it was about 159. Two questionnaire were used in this research. One of them was Well-being questionnaire (CD-RIS), and consisted of 25 items. The other one was Tolerance questionnaire that had 15 items. Gathered data were analyzed by Pearson correlation and independent t-test in descriptive and inferential statistics. The result showed that there was a significant relationship between Well-being and tolerance variable. Furthermore, there was not a significant difference between females and males Well-being and their tolerance.

Keywords: Well-being, Tolerance, University students.

INTRODUCTION

In some psychologist viewpoints fundamental change are ongoing. The focus and new ways of this view point is called perfection psychology or health psychology. It was focused on human nature instead of unhealthy aspects. This approach which is called positive psychology oriented, enticed lots of researchers and therefore new movement which was called positive organizational behavior -oriented was created (Cummins, Eckersley, Pallant, van Vugt, & Misajon, 2003; Dodge, Daly, Huyton, & Sanders, 2012). One of these new concepts in positive psychology is Well-being concept. Well-being is individual ability to create psychological and biological balance in dangerous situation (Natale, Di Martino, Procentese, & Arcidiacono, 2015). In fact, Well-being is a phenomena that reached by human natural adaptive responses, and help individuals to reach his /her success and beliefs, despite of serious threat (enable overcoming treats) (Fox, 2007). Wallace and Shapiro (2006) and Ruini and Fava (2012) believed that Well-being was achieving the basic balance or reaching higher balance level in (threatening condition) and provided successful compliance in in life. In psychology, the positive Well-being of individual for coping with stress and disasters is called Well-being. In this definition, Well-being is one of the min base of characteristic for concepts to understanding motivation, emotion, and behavior (Extremera & Fernández-Berrocal, 2014).

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Black believed that Well-being was the ability to control the consistent with the level of control in terms of environmental conditions .As the result of this adaptive flexibility, probably people with high Well-being will experience positive emotion and will have higher confidence than people with low Well-being ,ad also they have better psychological adaptation , too(Wallace & Shapiro, 2006). Whenever , the disaster passes , and human first needs fulfill , Well-being will emerged .thus , Well-being process , remove or moderated and disappear disasters effects and keep health psychology(Scheier & Carver, 2003).

Lots of researchers found significant and negative relationship between Well-being and psychological problems .they indicated that this structure could be a moderated viable between psychological health and other variables. Improving individual Well-being can conquer stress condition and factors causing psychological problems (Reinboth & Duda, 2004; Souri & Hasanirad, 2011). Researchers called Well-being as health psychology predict outcome capacity, and social competence (Olsson, McGee, Nada-Raja, & Williams, 2013). Some research have been done on Well-being and life satisfaction(Wallace & Shapiro, 2006), spiritual growth(Hadi & Hadi, 2007), comprehending stress(Ferriss, 2002), Fatigue(Hooper, Craig, Janvrin, Wetsel, & Reimels, 2010), and self –efficacy(Lee & Loke, 2005). Distress tolerance is a phenomena that reached by adaptive responses. It helps people to reach their success despite of facing serious threat. Distress tolerance is not an active participation it builds its environments. Distress tolerance is an individual capability in making life balance, mental and spiritual in the perilous situation. Therefore, it can be the same as recovery. In recovery, individual experienced negative consequences and emotional problems(Campbell-Sills, Barlow, Brown, & Hofmann, 2006). Tsutsumi and Kawakami (2004) believed that distress tolerance was return to base balance or reached the higher level in threatening conditions. It had to provide compatibility that would be successful in life. Studies on distress tolerance were divided in to two categories. The first group was dealt with determination of distress tolerance. The second category was dealt with comprehending the process of distress tolerance (how Well-being provided causing effective adaptation with threatening opportunities). According to the mentioned information, the main purpose of this study is investigating the relationship between Well-being and tolerance among MA students at Azad University.

METHODOLOGY

This research had quantitative nature and was field work. The control variables showed experimental research. Moreover, the relationship between variables was not manipulated. This research was descriptive –correlation and the relationship between variables were predicted according to research purpose. According to research purpose, the population was all MA students at Azad University in Bandar Abbas. (n=281). Cochran formula was used to calculate the sample. Thus the sample was about 162, which was selected according to available materials. 159 questionnaires were filled out by MA university students. All the samples were insured about ethical observance, stay anonymous, privacy, and confidential information. Well-being was independent variable and tolerance was dependent variables. Data were analyzed by descriptive statistics and Pearson Correlation, regression analysis. Instruments were:

Well-being questionnaire (CD-RIS): this questionnaire was made by Conner and Davidson (2003), review of research references since (1979-1997) in Well-being area. It had 25 items in five –point likert test from zero (completely wrong) to four (always correct). The maximum score in this test was about 100 and the minimum score was about zero. Each test

score was equal to total score or total values in each item. Well-being score in each test was equal to the raw score divided to 100 and multiply to 100. The reliability was demonstrated by general analysis method, calculating each score with total score. Except three items, the other questions reliability was between .14 to .64 .

Distress tolerance scale: to investigate distress tolerance score, 15 distress tolerance on the base of individual capability tolerance, emotional turmoil, subjective evaluation chaos, given the amount of negative emotions, and measures designed to alleviate the chaos was used. It was 5 likert scale test .the result showed one main factor and four factors. The first was tolerance (I can check my sense of chaos), absorption (Whenever I distracted and confused , I always think about how bad feel) evaluation (tolerating distracting an confusing is always hard for me) ,setting (I will do everything to prevent my emotions). Reliability coefficient for all scale as calculated by open draw and it was about .81 and for tolerance, absorption, evaluation, setting were about .71 ,.69 , .77 , .73 .

RESULTS

Table1. Normality test statistics and Kolmogorov Smirnov normality

The reminder	Kolmogorov Simonov		
	The amount of circumstantial evidence	freedom	Sig.
Well-being	0.074	159	0.34
tolerance	0.065	159	0.092

Analyzing table (1) illustrated significant of each variables which is bigger than 0.05>p. thus, these variables followed normal distributions. Therefore, Pearson correlation and independent t-test was used.

Table2. Research variables correlations

Independent variable	Dependent variable	Correlation coefficient	Sig.
Well-being	Tolerance	.7392	./0001

Result in tale (2) showed that there was a significant relationship between Well-being and tolerance on MA university students at Azad university in Bandar Abbas (r=.392, 0.01>p).

Table3. T-test analyzed of two variables for female and males

	variables	min	SD	Min	Max	Amount of t	Freedom	Sig.
Well-being	male	71/48	14/55	45/00	98/00	.7422	157	./07
	Female	72/55	16/74	42/00	98/00			
Tolerance	Female	13/500	2/53	10/00	22/300	3/226	157	./002
	Male	14/98	0/107	10/00	22/300			

Table (3) analyses showed that male Well-being was about 2.55 and female Well-being was about .71. T-test showed that there was no significant difference between Well-being and tolerance among MA female and male university students. The mean of female Well-being was

about 14.98 and in female was about 13.5. t-test showed that there was significant relationship between female and male tolerance and male were more significantly tolerant than female.

CONCLUSION

This study tried to investigate the relationship between Well-being and tolerance among MA students at Azad University in Bandar Abbas. Research results showed that there was a significant relationship between Well-being and tolerance. Decrease in Well-being in life's events associated with feeling stress, anxiety or depression. Well-being will improve with self-esteem, successful confidence with negative experiences by increasing the level of positive emotions in positive adaptation and tolerance. Individual with higher psychological well-being or tolerance will have more ability to cope with problems than people who don't have these characteristics. On the other hand, the results showed the significant difference in tolerance variable among females and males MA university students. Well-being is not facing with disasters and terrible events, but it is flexible response to life's pressures. It can be decrease or increased during times. Researchers found out that most of people, who were exposed to it, could pass it healthy. Furthermore, they could achieve more growth and help others to control the situation. Control means people believe in their abilities that can be effective in events, that result in people's well-being.

In conclusion, it can say that research results both had theoretical and practical themes. In the practical view, the suggested method can be expanding and studying. It can entice who involved in education, parents to teach Well-being to improve emotional, cognition and emotional growth. The limitation of this study was lack of controlling individual characteristics. It suggested that future studies focus on these interactive variables and study on Well-being and life satisfaction.

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