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The relationship between psychological hardiness and attachment styles with the university student's creativity

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ABSTRACT

The Personality characteristics can be served as the most fundamental topic in psychology. Because the central axis in personality discussion is in courses such as perception, thinking, creativity, attachment and so on. Accordingly, the present study has been performed to examine the relationship between psychological hardiness and attachment styles with the students creativity from payame Noor university. The statistical society in this research induces all the Lorestan Payame Noor university students who have been studied in 2011-2012 academic year. The sample includes 380 students was selected using branch random methods. The measurement tools were Kiamarsy et al psychological hardiness questionnaires, Hazan & Shaver adult attachment styles and Abedi creativity questionnaire. This study used correlation method, also to analyze data the results from Pearson correlation coefficient and multi-variant regression were used. Results showed that there a significant relationship between safe attachment and hardiness scores with creativity. Also there is a significant negative relationship between unsafe attachment (avoiding) unsafe (mutualism- anxious) with creativity. If the defect in social skills such as requesting needs stabilizes, it will exposes person to some long-term difficulties such as rejection by peers, unachievement in school and accommodation problems in adultery.

Key words: Psychological hardiness, attachment styles, creativity, students.

INTRODUCTION

Personality characteristics usually find their growth and perfect shapes by transmitting from long process of psychological growth and transformation and various elements affect them. Psychological hardiness and attachment styles are two personality characteristics which can relate to the creativity. Personality can be the most basic topic in psychology. Because its central discussion is in courses such as perception, thinking, emotions, learning, motivation, creativity and so on. The characteristics recognition and how to form personality and effective factors in shaping it follows by issues like satisfying the feeling of curiosity and will to find the reality. As this recognition is a kind of self – recognition and person compares those understandings with himself and adjust them -that is places himself in one of the personality types or attachment styles or imagine him self creative with particular features [1].

Psychologists define the need as feeling a shortage along with trying to remove it and also a tension to satisfy disaccord ...and achieving a mental balance. But sociologists less consider needs as an inherent and natural phenomena and give more emphasize on its social aspect.

They also know needs that aren't biological such as need to association, need to respect, need to creativity and need to feel self –esteem; psychological hardiness is one of the elements that plays a basic role in man life quality and generating balance among its various dimensions[2].

People with low hardiness or hardiness are more vulnerable to the harmful factors in long-term / while people with high hardiness have natural security against stressful factors .

Hardiness is the ability to perceive external conditions and desirable decision – making quality about self [3]. Kobasa defines hardiness as a complex personal characteristic which has been formed by three constituents, challenge, control and commitment . Commitment, control and challenge are assumed as a set that mediates the stress effects by changing situation perception and reducing the pressure of stressful life events [4]. Hardiness is merely adjustment and constitutive correlation encountering difficulties [5]. Researchers consider hardiness and vulnerability as two opposite poles of a continuum [6]. Bowlby believes that attachment in child – parent relationship transforms to a loving relationship in adulthood and it can affect cognition / excitements and behavior . Any error in attachment relationship leads to subsequent risks. Accordingly security can be defined as the core of attachment system in relations . A secure relationship occurs with a person to which there is an attachment feeling [7]. Hazan & Shaver (1987) , planned adult attachment based on Bowlby attachment theory [8].

These researchers define adult attachment in two forms:

- 1) Internal representations or models conducting interpersonal behavior and information processing .
- 2) Approaches and personal methods people use to maintain their security . Generally according to the obtained results of the conducted studies about infant attachment styles [9].

Hazan & Shaver (1987) [8] classify adult attachment styles in three classes:

1- Secure: the secure people make intimate relations easily . they tend to receive support and depend on others and be sure that others love them. They describe their own attachment faces as warm people . They have a positive image of themselves and expect others .

2- Anxious and violent: These people have extreme tendency to make close relations but they are worry about being rejected.

They consider acceptance by others as an essential condition to have a good sense .

These people have a negative picture of themselves but they have a positive attitudes towards others .

3- Avoiding : To this class of people ,the valuable issue is self –confidence. If it is possible that will be rejected by others try to deny the need to attachment to keep a positive picture of themselves. These people have negative expectations of others. The creativity measurement and applying it accurately in addition to supply mental needs cause to capability productivity and using resources optimally. Measuring people creativity the individual talents and capabilities can be discovered . Then develops society by planning [10]. Psychological hardiness and attachment style are the individual personality characteristics which can relate to the creativity. According for the experts psychological hardiness emphasize internal experience and mans cognitive perception. Considering personality as a composition of acts thinking excitement and personal motives the personality constitutive elements might be different in various persons. One of these elements is hardiness. The hardiness conceptual roots derive from a set of attitudes about man behavior that Maddi and Kobasa (1994) involve them in the evolution theory [11]. Kobasa et al (1982), using existence theories in personality defines hardiness as a combination of beliefs about self and the world that forms by commitment control and challenging . From Kobasa view a hard person has three general characteristics : A) Faith in controlling and affecting events, B) The ability to feel deeply and commitment about individual activities .C) Expecting that change along with existing challenge is more effective for man growth and consider it as an usual aspect of life [12]. Hard people are characterized by considerable curiosity feeling tendency to have interaction .

Experience faith in the efficacy of what is the cognitive imagination. Psychology is a personality feature in people who are capable of solving challenges and interpersonal stresses. This characteristic was first considered by Kobasa and it was defined as a set of personal features which act as a source of resistances against life's stressful events .

After planning psychological hardiness concept by Kobasa, researchers have studied it broadly. Most of them consider it as an effective variable [3].

Besharat (2003), showed that a couple with secure attachment style have more a dependency confidence commitment and marriage relations[13]. Nisi and shahni (2001), in a study on Abadan students concluded that there is a positive relationship among self-esteem variables[14]. Perceived social support psychological hardiness and social anxiety. senchek 8 leonard (1992) showed that couple with secure attachment showed better evidence of marriage adjustment [15]. In this research the relationship between psychological hardiness and attachment style with creativity among Lorestan payame Noor university students in the academic year of 2011-2012 has been investigated. Some recommendations are present ed based on studies on parents students / university authorities to aware them from the relationship between psychological hardiness and attachment style with creativity to be able to form actions and behaviors intelligently and make a basin to reduce some problems in education systems and help people towards a healthier life and take a step to train talents and an effective workforce to set a clear and successful future.

MATERIALS AND METHODS

In this research the relationship between psychological hardiness and attachment style with creativity investigates based on Kiamarsi et al psychological hardiness questionnaire, Hazan, & Shaver adult attachment and Abedi creativity. Tools used in psychological hardiness questionnaire by kiamarsi et al (1998), calculated the questionnaire stability coefficients in two kronbakh Alpha and reexamination methods[16]. To measure attachment the Hazan and Shaver (1987) adult attachment questionnaire was used[8]. The correlation coefficient between examiners scores in two sections of questionnaire for girls and boys were 87% and 85% respectively [13]. To measure creativity Abedi (1992), creativity 60-questions questionnaire was used. By which the stability / fluid sections stability coefficients, creativity , reflection and expansion by reexamination to implement original form of Abedi were 85%, 82% , 84% and 80% respectively [17].

This study is descriptive in the degree of controlling studies purpose .Participants in this research were selected using branch sampling method and Kerjcis and Morgan (1970) [18], and the validity of 95% . It is worth noting that all questionnaires were completed. To analyze data the descriptive statistics (mean/standard deviation / variance) and inferred, Statistics (T test and pearson correlation coefficient and multi- variant regression) were used.

RESULTS

Table 1. Averages and standard deviations, hardiness, attachment styles and creativity

Variable	Mean	SD
Secure	38/27	6/74
Unsafe(Avoidant)	21/04	5/52
Unsafe(ambivalent -anxious-ambivalent)	17/35	4/2
hardiness	51	12/98
creativity	74/72	17/47

Table 2. The Correlation of hardiness and attachment styles with creativity

Variable	1	2	3	4	5	Sig
hardiness	1	0/22	-0/139	-0/183	0/337	0/001
Secure	0/22	1	-0/191	-0/17	0/208	0/001
Unsafe(Avoidant)	-0/139	-0/191	1	-0/23	-0/117	0/001
Unsafe(ambivalent -anxious-ambivalent)	-0/183	-0/17	-0/23	1	-0/181	0/001
creativity	0/337	0/208	-0/117	-0/181	1	0/001

*** $P < 0/05$. $N = 380$

Table1 represents averages statistical indexes and mean deviations of hardiness, attachment styles and creativity scores .

Table 2 is obtained by emphasizing correlation coefficient rates it can be said that there is a positive relationship between hardiness scores and secure attachment with creativity . Also there is a negative relationship between hardiness and unsecure attachment with creativity .

Table 3. Determination of the attachment styles effects on psychological hardiness

Statistical indicators	multiple correlation coefficient	determination coefficient	Estimated standard error
Values	0/28	0/08	12/48

According to the multi-variant regression test in (enter) method and to tables 3 to determine psychological hardiness from total independent variables it is observed that multiple correlation coefficient ($R=0/28$) and determination coefficient ($R^2=0/08$) obtained. It means that from significant independent variables in the model about 8/3 percent psychological hardiness variance can be determined.

Table 4. Psychological hardiness multi-variant regression variance analysis

Source of Changes	d.f	Sum of squares	Mean square	F	Sig
Regression of left	3	5319/613	1773/204	11/38	0/001
	376	58587/36	155/817		
total	379	63906/98			

Also in table 4 the reports relate to multi-variant regression variance analysis of psychological stubbornness variable are presented. The table 4 reveals the model total variance analysis. In general, if the statistical level off is less than %50 the independent variables determine dependant variable variations easily. If this value is higher than %50 the independent variables can't determine dependant variable variations. As the above table shows F value is equals 11/380 and its significance level equals 0/001 so, because its significance is less than %5 the model is meaningful.

Table 5. Coefficients or betas

Method	Non-standardized coefficients.		Standardized coefficients	T	Sig
	B	standard error	Beta		
stable	40/551	3/342	-0/111	7/591	0/001
Unsafe(Avoidant)	-0/586	0/241	-0/249	-2/427	0/016
Unsafe(ambivalent -anxious-ambivalent)	-0/474	0/155	-0/154	-3/058	0/002
Secure	0/81	0/204	0/409	3/981	0/001

Table 5 relates to another output of multi-variant regression and it called coefficient table. It reports Betas. Beta are standardized coefficients. The higher the Beta and T the independent variable has more effect on the dependent variable. In the following table the Beta value for a voiding attachment style is -R49. considering the expressed results from the above table it is predicted that the secure attachment style variable has a direct effect on psychological hardiness.

RESULTS AND DISCUSSION

The purpose of the present study was to examine the relationship between psychological hardiness and attachment styles with creativity in Lorestan payame Noor university students. The study results showed that there is a positive relationship between hardiness and secure attachment scores with creativity and there is a negative relationship between secure attachment and hardiness with creativity. This is in agreement with studies by Nisi and shahni (2001) [14], Besharat et al (2007) [13], shokrskon et al (2006) [15]. To confirm findings it can be said that if the attachment styles be examined solely it predicts creativity positively but probably in comparison to other variables such as students hardiness it accounts for a weak predictor. One of the man's life aspects are their social personalities. Each person in society is always reacting to the society to get a social growth.

Socialism is a flow in which excitements, skills, motives beliefs and behaviors form to characterize his present and future role properly. The personality features such as psychological hardiness, attachment styles and creativity transform individuals.

Hardiness constitutive as a set of personality characteristics is able to increase individual resistance against life difficulties and reduce tensions.

Person with high hardiness has also a high level of self-confidence and creativity.

Also attachment styles determine cognitive and emotional principles and approaches which lead the exciting reactions within individuals. The attachment style affects individuals via the mechanism to regulate emotions seeking interests and other psychological aspects. The attachment style types can relate to many personal features such as the individual creativity. The creativity measurement in addition to supply internal needs cause to capability productivity and optimal use of resources. Also it can discover individuals talents and abilities. Then by planning extend it to develop society. The main limitations in this research were: The lack of cooperation from some of the students to return questionnaire and defecting them, the lack of access to

questionnaires. Based on the results it is recommended that more samples will be used to reduce errors in generalizing results.

The present research results can be applicable for clinical psychologists, consulting environments psychologist, students universities students affairs assistant, The student assistant of the ministry of science.

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