



# An Evaluation of the Factors Affecting Social Vitality between Students of Isfahan University

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**ABSTRACT:** In recent years, one of the models it is drawing the attention of the researchers of social deviance, social capital theory. This study aimed to determine the relationship between social capital, such as components of social trust, norms of reciprocity and social participation (low and high) students' jubilation. This cross-sectional study was cross checked. In this study, data from 262 students is collected with the sampling method. Answer the answer, the Oxford happiness scale (0) and social capital questionnaire. The respondents obtained results based on the difference between the upper and lower levels of happiness in terms of social trust reciprocity ( $0.5 > P$ ) and community involvement ( $P > 0.001$ ) was Consider the community's health.

**Key words:** Health and Social Welfare, Happiness

Received 04 Nov. 2012  
Accepted 20 Jan. 2013

ORIGINAL ARTICLE

## INTRODUCTION

According to researchers, happiness or vitality is variable figure which has a biological basis. Positive emotions, life satisfaction, absence of negative emotions, positive relations with others, purpose of life, personal growth, love and nature, as well as other necessary conditions to achieve happiness. Happy people, the world will be a safer place, making it easier to decide, post your favorite, they have a sense of cooperation and helping others, and the data are processed and interpreted in a manner that leads to their happiness (Zohour et al., 2003).

The mobility greatly reduced the abundance of joyful and legitimate anxiety, depression and grief in the community depends, as some studies have shown, social status, poor, boring and full of anxiety are major factors stopping talents and Fertility wisdom and ideas in a society which can impair relations with the community, gradually weakens human, intellectual and physical powers prepare to take their toll and human weakness which is inconsistent with the development and excellence (Rabbani et al., 2009). It should be noted that the rapid progress of science and technology, despite a lot of advantages, it also creates vacuities for the contemporary man. Growing wave of depression, suicidal lower age (using the double happiness is temporary and artificial), the increase in divorce and crime and a lot of mental problems - social, undeniable facts that show the vitality decamp from the community (Argyle, 2004; Rabbani et al., 2008). Hence the

importance of addressing to upbeat and lively sense of social issues arising from the development of any society, which now depends on the optimal use of force, the society, especially students. So the very few studies in joyous student status and related variables were performed. According to the students involved with the construction and development of any society and its future vitality of their physical and mental health has a considerable impact on them. This study seemed necessary.

Today it means happiness within broader concepts such as quality of life is happiness. Social scientists interested in the subject of happiness, especially when you look at the quality of life of individuals, most have moved on. One of the concepts is very close to the vitality of Subjective Well-Being (SWB). Diener celebrate the fact that the researchers in this field, it is what is called mental happiness (Diener, 2000). According to Veenhoven (1988) happiness, to judge a person's quality of life refers to the degree or extent of compliance. In other words, how much of their happiness means that the person enjoys. Eysenck (1990) the total happiness, pleasure, pain, or a combination of the maximum minus the minimum negative plus positive affects is introduced. In his opinion, people who score high on measures of happiness are generally a happy person, optimistic and healthy and are satisfied that they understand the value of life and the world are at peace. On the contrary, those who score low in terms of personality are cynical,



sad and disappointed, and are at odds with the world. People are happy, they feel more secure, easier to make decisions, and are more collaborative spirit than those who live with them, they feel more satisfied (Keshavarz et al. 2008). On one hand, people seem happy to live better and more ready to return, on the other hand, because of its contagious character, person with the interests of the environment. The feeling of vitality is the opposite of depression.

### **Background Investigations**

Anasori (2007) in a study entitled "The relationship between mental health and happiness of students," was to show that there is a significant relationship between mental health and happiness. The happiness of the subjects in the two groups did not differ significantly between male and female students. In a study of Keshavarz et al. (2008) as "the relationship between demographic characteristics of the vitality and prosperity of the city" did. Results: The happiness of married people, men and women, there was no significant difference.

Between happiness and exuberance, there was a significant positive correlation. In a study of Fallah et al. (2009) as "the religious teachings and Secretions in its effect on increasing happiness" did. Results showed significant increases attending Secretions be happy. Resulting in an intervention program that is Secretions create conditions that will increase spiritual happiness levels. In a Study of Mir Shah Jafari et al. (2007) entitled "Happiness and its influencing factors" did. The results showed that: the character, self-esteem, faith, leisure activity among the factors that have a significant impact on the phenomenon of happiness. Holman et al. (1987) conducted the research in this area have concluded that religious activities such as attending church on their happiness adds.

They explained that due to the social support of their participation in collective activities. Caldor (1994) argues that the religious people of his closest friends among religious people choose and in addition to having felt closer to God than people who have a positive view of all these factors on their happiness adds (Jafari et al., 2004). Self-esteem is one of the factors that have a significant impact on people's happiness. Wart, the most basic self-esteem and happiness, as Wilson (1967) reported that self-esteem is one of the most important predictors of happiness. The importance of self-esteem is vitality to the extent that some scholars and researchers in the psychology of happiness, including Argyle (2001) it is considered an integral part of happiness. Diener (1984), citing 11 studies, there is a

correlation between happiness and self-esteem refers. According to some experts in psychology, despite considerable discomfort and lack of happiness, self-esteem individuals are reduced. In other words, there is a mutual causal relationship between happiness and self-esteem, but Argyle et al. (1990) also disagreed with the view that self-esteem, happiness increases, but its absence does not cause low self-esteem (Jafari et al, 2004). Happiness in marriage is a relationship between adults.

Lupri, et al. (2002) and its relationship to the marital happiness of the people think that the U form. Diener et al (1999) believe that married people than those who had never married or are divorced or have lost their spouse, they feel more vitality and happiness. Gender has also been the subject of much research on happiness. Diener et al. (1999) believe that the happiness of men and women are equal, but when we consider that depression is rather complicated. Thus, men and women alike with vitality, a depression in women than in men, Diener and colleagues explain this by the fact that more women than men in both negative affect and more positive affect and the resultant experience these emotions, happiness, women and men to the same (the same as 56). Fujita et al. (1991) also believe. Inglehart (1990) study which includes about 170,000 respondents from 16 different countries, were slight differences between women and men showed happiness. Benefit from the mass media, as well as the factors that affect the amount of happiness and vitality. Social scientists have conducted research on how TV affects how happy people. There is consistent with the literature on happiness, Frey et al (2007) found a negative relationship between TV watching and happiness. Brunei et al. (2008) argue that excessive consumption of media such as watching TV; have a negative impact on the welfare of individuals. Mitesh et al. (2011) in their study concluded that the negative relationship between the means of communication, such as television viewing and enjoyment and happiness, and may be misleading a general claim. Thus, according to this analysis is considerable heterogeneity across countries. The research involves a variety of countries, as they may even be a positive association between TV watching and happiness realized. The reason is that people in poorer countries (less developed than) entertainment and entertainment through watching television are cheaper than other more expensive than entertainment and entertainment can be provided in other ways (Mitesh, 2011).

Brunei et al. (2006) argue that watching television leads to the creation of "rising expectations of material"

is material that demands increasingly capitalist societies are the property occupied by a person who may Visibility Media and hence the expectations set by the mass of material expected to be increasingly decisive phenomenon can be different in other countries. So it seems that the use and benefit of media including TV production growing expectations that influenced people's happiness. They maintain communication activities such as interacting with parents, relatives, friends and church attendance, etc., and the amount of time spent on these activities can have a positive impact on people's happiness and life satisfaction. They replace watching TV with relationships and reduce their negative impact can influence people's happiness. Internal studies have shown that "a high percentage of students who suffer from depression, for example, about 29 percent of the students at Sabzevar University, 33 percent of students at Tehran University of Medical Sciences, Zanjan University of Medical Sciences, 49% of students, 42% of medical students in Iran, 43% of students at Medical Sciences, Kerman University of Medical Sciences, Bandar Abbas, 32 percent of students suffer from this disease» (Zohour and Fekri, 2003).

Zohour and Fekri (2003) in a study entitled, "freshness students at the School of Management and Medical Information Sciences, Iran University of Medical Sciences" did. Results showed that students with average happiness scores were not significantly different freshness developed countries. The freshness of the student's age, gender, profession, and residence of course, there was no significant relationship, happiness and students with an interest in the field of education and future career a significant correlation exists. In a study Rabbani et al. (2009) entitled "Culture and vitality: a theoretical and empirical approach to the everyday life of households in the city" did. The results showed that the level of heads of households in the City of Vitality is 23.56. Also a significant relationship between religiosity and happy households is straightforward.

### Hypotheses

There is a difference between single and married students in terms of social vitality.

### Methods

According to the study, study of controlled research conditions, a review of the Survey. The purpose of a survey applied, and of the extensive scope of an investigation is cross-sectional. This study documents the implementation of the research and survey has been used. Method for preparation of the

documents referred to in the research framework valid studies and expert opinions that have addressed this issue. And to conduct exploratory research and obtain indices of experts who were interviewed in relation to the research topic and according to the results of theoretical research and interviews, survey questionnaires as data collection instruments were prepared. Unit of analysis and the scope of the present study is the second half of 2012. The validity of several current researches is based on Table 1 of Cronbach's alpha, which seems all too appropriate narrative structures are studied.

**Table 1.** Cronbach's alpha to assess reliability variables.

Structures and Dimensions	Number of items	Cronbach's alpha rate
Happiness	29	0.93
Benefit from media	6	0.56
Self-esteem	10	0.86
Religiosity	10	0.75

### Population and sampling

The research population included all general education students are included in one of the five liberal humanities and literature, Faculty of science, mathematics and statistics, engineering, natural resources students of University of Isfahan. For sampling required for sub-groups, the Department Five students, the percent of the total imports are Sample of stratified sampling was used, after a preliminary test before the 30 students and obtain the variance of the trait Proportions of trait variance (two-tenths and eight-tenths) using the software. Pass Sampling, ninety-five percent confidence levels and a measurement error of five percent, and the two domains, 264 were selected.

### Research findings

Independent two-sample T-test results showed that gender and feel vitality (gladness), there is no significant relationship. Average happily married rather than single people, but this error at 0.05 is not significant. This result is probably due to the generally low frequency of student-student class married people, single people are. Also, the educational levels and feelings of euphoria (happiness) a significant relationship between the level of error 0.05 does not exist ( $\text{sig}=0.467$ ). In other words, the amount depending on the degree of social endeavor, there is no difference (Table 2).

**Table 2.** t-test for comparison of gender, marital status, course of education According to vitality status students

Variable	Mean difference	Standard error	T-statistics	Degrees of freedom	Significant level
Gender	0.646	1.721	0.375	262	0.707 N.S <sup>a</sup>
Mitral status	-3.268	2.806	-1.164	260	0.245 N.S
Education level (BA & MA students)	-1.473	2.023	-0.728	262	0.467 N.S

\* a is not significant.

**Table 3.** ANOVA output for testing the relationship between field of study and the degrees of vitality

Variable	Levels	Mean	Mean-square		F	Significant level
			Between Groups	Within Groups		
Field of Study	Literature and Humanities	39.493	4685.817	45159.431	6.718	0.000*
	Science	42.419				
	Engineering	41.205				
	Mathematics and Statistics	45.077				
	Natural resources	56.535				

The results of one-way ANOVA revealed a significant relationship between the degrees of fatigue failure in 0.05 is (sig=0.000). In other words, the amount of social vitality of the field of study, there are significant differences. To be more precise, at least the vitality of one group (courses) is other significant differences.

However, further analysis cannot be conducted based on the output of the Scheffe test was used to show differences between groups. Scheffe test to determine which groups are different from the rest of the output of the test results in Table 4 (ie, post-test) shows Scheffe.

**Table 4.** Summary of analysis models

Models	Correlation coefficient	Coefficient of determination	Adjusted coefficient of determination	ANOVA test	P value
1	0.653	0.426	0.424	187.003	0.000
2	0.667	0.445	0.441	100.485	0.000
3	0.676	0.457	0.451	70.006	0.000
4	0.683	0.466	0.458	54.256	0.000

**Multivariate analysis**

Multivariate analysis in this study is comprised of multiple regression analysis. In order to measure and analyze the determinants of social vitality (happiness) and achieve the optimum combination of factors that

influence social vitality Stepwise multiple regression method was used. Based on the results of this analysis at different stages of regression analysis, four models were identified, which displays the summary statistics associated with the four models offers.

Number of models: 1) self-esteem, 2) self-esteem, religious; 3) self-esteem, religious, benefit of mass media 4) self-esteem, religious, benefit of mass media, and field of major (humanities& literature) as mentioned, the linear regression analysis with stepwise and gradual entry of variables in the regression equation was significant. So we can say that the four components of self-esteem, religious, benefit of mass media and filed of major of humanities have 45.8 percent of the variance (ANOVA) to explain social vitality. F-statistic is significant at the 99% level, which shows the regression is significant.

In order to understand more precisely the intensity and direction of the relationship between independent variables and social vitality of the influence coefficients are used. More detailed study of the standard impact factor (Beta) indicates the direction and intensity of specific variables on the social vitality of individuals. Greatest impact on variables related to self-esteem and social vitality that has a beta equal to 0.610 is. This number is a strong and direct impact on self-esteem and social vitality of the show. People who have high self-esteem had higher levels of social vitality.

The second effect, the variable named religiosity, having a beta equal to 0.154 of the respondents indicates that The higher religiosity, happiness is also higher level of exhilaration, the third level impact, the Utilization of mass media variable that has a beta equal to 0.116 of the direct effect on welfare, What is the use of social media more likely to have more joy.

**DISCUSSION AND CONCLUSIONS**

One of the basic emotions of happiness or a sense of social vitality of its great impact on social life, while the scientific world is a serious consideration, "As far as in the opinion of many scholars in the field of quality of life and even in some cases, the term quality of life happily consider" (Rabbani et al., 2009). Conceptual definitions and theoretical studies of landscape diversity in terms of happiness and vitality , has led to a major approaches that such psychological approaches (genetic traits), social psychology (cognitive processes), cultural (cultural forms and textures and general cultural capital) and social (micro and macro social context, or in other words, social capital and citizenship rights) can be named (ibid. 74).

Many researchers support of social and religious attitudes of factors have introduced fresh Zohour and Fekri (2003). The results of the bivariate analysis showed that there was no significant relationship between gender and the social vitality. Thus, the finding of no significant relationship between women and men Foujita et al (1991) and Diener et al (1999) is consistent. Diener et al (1999) argue that the happiness of men and women are equal, but when we consider that depression is rather complicated.

### Suggestions

In summary, the findings of this study make it possible for the task of identifying which factors are responsible for providing students with the social vitality of the precise all the variables management informed mirthfulness better the planning even more provide students and happiness . Factors that influence the social vitality of the national and regional level in the set of variables including personal, social and situational factors are. Select any one of these factors alone make us vulnerable than to be myopic. The results show that students who participate in voluntary groups and activities have had a greater sense of happiness. Student participation in the reconstruction of their country and believe it can be as creative forces many benefits including increased energy and joy be with them (ibid: 68 ) . Considering that many scholars of religion as a force for human support in reducing psychological pressure , the feeling of hope , life satisfaction and happiness have effective social , educational assistants to planners , and recommended to the application more students should consider strengthening faith .

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