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Predicting Resilience Based on Social Anxiety Among Women Heads of Households and Violence Against Women

Farzaneh Rahimpour[1], Soolmaz Panahi[1], Tahereh Nazari[1], Mohammad Taghipour[2]*

[1] Department of Psychology, Saveh Branch, Islamic Azad University, Saveh, Iran
[2] Young Researchers and Elites Club, Science and Research Branch, Islamic Azad University, Tehran, Iran

Email Address

Mohamad.taghipour@srbiau.ac.ir (Mohammad Taghipour)
*Correspondence: Mohamad.taghipour@srbiau.ac.ir

Abstract:

The purpose of this research is to predict resilience based on the social anxiety of female heads of households. The current research is practical in terms of the type of goal. The statistical population of this research consists of female heads of households between 18 and 50 years old. Related research using 26SPSS software and The statistical models of multivariate regression analysis were analyzed by algebraic method and simple regression analysis. The results showed that the variable "social anxiety" is a significant predictor of "resilience"

1. Introduction

Women are one of the members of the society whose mental health is very important to pay attention to. Having a spirit of hope, vitality and cheerfulness can have a great effect on the way they work and work and in turn provide happiness for the next generation. Divorce is a stressful phenomenon that will double the vulnerability of people, especially women, to physical and mental illnesses. Divorced women are exposed to serious behavioral, social and cognitive damage due to the physical, mental and economic absence of their husbands. One of the consequences of divorce for women (or being a housewife) is loneliness and not having a firm place of support. The feeling of loneliness, isolation and shame. In addition to being an annoying feeling, the feeling of loneliness can lead to other psychological problems such as depression, increased risk of suicide, social anxiety, etc. Meanwhile, social anxiety has a complex intensity. Resilience is an individual, family and social ability to deal with and avoid incompatible situations or life stresses that are not immediately effective. Rather, it leads to an increase in the ability to deal with misfortunes and hardships in the future. Due to the fact that resilience is considered an important issue and has an impact on many problems, and also because it is seen a lot among female

guardians. And it affects their social damage.This research seeks to predict the level of resilience of female heads of households based on social anxiety.

2. Problem Statement

In recent years, we have seen the growing trend of women who take responsibility for their lives alone and are introduced as the heads of households in the society. The phenomenon of the female head of the household is a social reality that exists in all societies for various reasons such as: death, divorce, imprisonment or absconding of the spouse, addiction, single girls without parents. Today, 60% of women in the world are breadwinners and 37.5% of households in the world are headed by women. Since World War II, the number of single-parent households has been steadily increasing in the Western world. In Ireland 40% and in Canada 50% and in developing countries 20-50% of all families are headed by women. In Iran, statistical indicators show that the growth of female heads of households is increasing. So that in the years 1355, 1365, 1375 and 1385, female-headed households constituted 7.3, 1.7, 4.8 and 9.5 of all Iranian households, respectively. And this ratio reached 1.21 percent in 2010. At the same time, there is a decrease in male-headed households (7/92 in 1355 to 9/87 in 1990) Dropped. Women heads of households are one of the most vulnerable social groups And psychologists believe that female heads of the household have problems both materially and psychologically and emotionally and experience more anxiety. Resilience is one of the most important human abilities that can adapt to risk factors. Resilience as one of the main components in adapting to life conditions and striving to empower these women has become very important. Resilience can play an effective role in adapting and getting out of this situation.

3. The Purpose of the Research

Predicting resilience of female heads of household based on social anxiety and violence against women.

4. Research hypothesis

Social anxiety predicts the resilience of female heads of household.

5. A review of Research History

Taghipour et al.[1], studied Risk analysis in the management of urban constructrelationship from the perspective of the employer and the contractor.

Haj Abukahaki et al.[2], studied Identificaion and prioritization of effective indicators on optimal implementation of customer reiationship management in the insurance industry(including case study).

Mahboobi et al.[3], discussed Assessing Ergonomic Risk Factors Using Combined Data Envelopment Analysis and Conventional Methods for an Auto Parts Manufacturer. occupational injuries are currently a major contributor to job loss around the world.

Khalilpour et al.[4], studied The Impact of Accountant's Ethical Approaches on the Disclosure Quality of Corporate Social Responsibility Information an Islamic in Iran.

Mirzaie et al.[5], studied The Relationship Between Social Bearing Capacities with Conflict as a result, of the Perception of Visiting Historical Sites.

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Taghipour et al.[6], studied A Survey of BPL Technology and Feasibility of Its Application in Iran (Gilan Province).

Seddigh Marvasti et al.[7], studied Assessing the Effect of the FRP System on Compressive and Shear Bending Strength of Concrete Elements.

Jalili et al.[8], studied Utopia is considered to be the physical form of an ideal human society where the goals are met.

Taghipour et al.[9], studied Insurance Performance Evaluation Using Bsc-Ahp Combined Technique.

Rezvani Befrouie A et al. [12], discussed the design of high-rise building with ecological approach in Iran (Alborz Province).

Taghipour et al.[10], studied The identification and prioritization of effective indices on optimal implementation of customer relationship management using TOPSIS, AHP methods.

Taghipour et al.[11], studied Investiged the Relationship between Competitive Strategies and Corporates Performance. Seismic Analysis (Non-Linear Static Analysis (Pushover) and Nonlinear Dynamic) on Cable-Stayed Bridge.

Taghipour & Moosavi.[12], studied A look at Gas Turbine Vibration Condition Monitoring in Region 3 of Gas Transmission Operation.

Rezvani Befrouie A et al. [13], discussed the design of high-rise building with ecological approach in Iran (Alborz Province).

Changiz Delivand et al.[14], studied Investigating the effective factors in measuring customers' credibility with a combined approach of data mining and multidisciplinary decision making.

Alamdar khoolaki et al.[15], studied Effect of integrated marketing communication on brand value with the role of agency's reputation .

Ghadamzan Jalali et al.[16], studied Explain the Relationship Between Intellectual Capital, Organizational Learning and Employee Performance of Parsian Bank Branches in Gilan province.

Mohammadi et al.[17], studied Investigating the role and impact of using ICT tools on evaluating the performance of service organizations.

Taghipour et al.[18], studied Investigating the Relationship between Competitive Strategies and Corporates Performance(Case Study: Parsian Banks of Tehran).

Rahimpour et al. [19], studied Comparison of enthusiasm for education, perception of class atmosphere and students' hope for employment Public and free universities of Tehran.

Tarverdizadeh. et al.[20], studied Predicting students' academic achievement based on emotional intelligence, personality and demographic characteristics, attitudes toward education and career prospects through the mediation of academic resilience.

Nezamivand. et al.[21], studied Compare Effectiveness of Teaching Rational Emotive Therapy on Flexability and Mental Health Women with Sexual High risk and Substance Abuse Behaviours(Including Case-Study).

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Taghipour et al.[22], studied iuithe effect of personal factors on increasing the productivity of low-level employees in the general welfare department of tehran municipality.

Taghipoor et al.[23], studied Identify the key Factors in the Implementation of Six Sigma Projects, Using Multi-Criteria (Including Case-Study).

Safdarpour et al.[24], studied The Effect of Communication on Learning Ability (Including a Case Study).

Nazari & Taghipour.[25], studied The Role of Emotion Regulation Strategies and Self-Compassion in Predicting Test Anxiety (Including Case Study).

Ghaed Amini Harouni et al.[26], studied Effectiveness of Self-control and Aggression Reduction Skill Training of Male Juvenile Delinquents Correction and Rehabilitation Center (Including Case-Study).

6. Describing Demographic Characteristics

In this section, the characteristics of age of female heads of household and violence against women were investigated using descriptive statistics.

It can be checked in a similar way for other features.

Age

Table 1. Statistical characteristics related to the age of the subjects.

Maximum	Minimal	Deviation	Frequent	Average	Number
46	22	6/3	38	36/43	99

As can be seen in the table above, the age range of the women participating in the present study is between 22 and 46 years with an average of 36.43 years.

So that the highest frequency is related to 38-year-old women.

The standard deviation of the distribution is reported as 3.6.

7. Inferential Statistics

Research hypothesis

Social anxiety predicts the resilience of female heads of household.

Table 2. Regression test to predict resilience based on social anxiety.

P	t	B	R^2	R	Variable
0/01	28/2	71/8 -0.822	0.274	0.524	Mess

Criterion variable: Resilience

The results of the table show that approximately 27.4% of the changes in "resilience" of female heads of household are explained by their "social avoidance and confusion" and "fear of negative evaluation" (R=0.274). However, the analysis of regression coefficients (B) indicates that the variable "social avoidance and disturbance" can have a valid prediction of "resilience". Therefore, the regression equation can be written as below

 (Avoidance and social disturbance) (Y) Predicted resilience = 0.822-71.8

That is, an increase of one unit in "social avoidance and disturbance" of female heads of the household causes a decrease of 0.822 units in their "resilience".

8. Discussion and Conclusion

This research was conducted to predict resilience based on social anxiety among female heads of households and violence against women between 1396 and 1399 between the ages of 18 and 50. The results of the hypothesis showed that the variable "social anxiety" can well explain the resilience of female guardians. In addition, in recent years, we have witnessed the growing trend of women who take responsibility for their lives alone and are introduced as heads of households in the society. The phenomenon of the female head of the household is a social reality that exists in all societies for various reasons such as: death, divorce, imprisonment or absconding of the spouse, addiction, single girls without parents.

Today, 60% of women in the world are breadwinners and 37.5% of households in the world are headed by women. Female heads of the household are exposed to serious behavioral, social and cognitive damages in various forms due to the physical, mental and economic absence of their husbands. (One of the consequences of being the head of the household for these women is loneliness and not having a firm place of support). The feeling of loneliness, isolation and shame. In addition to being an annoying feeling, loneliness can lead to other psychological problems such as depression, increased risk of suicide, social anxiety, etc. Due to the fact that the higher a person's sense of control over stressful and anxiety-provoking events and the greater his resistance and resilience, the field of anxiety will decrease, especially in social situations.

It can be concluded that resilience has an effect on the level of social anxiety.

Conflicts of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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