Study of Factors Affecting Mental Health Status of Young People Aged Over 18 Years Old Living in Ahvaz City, Iran

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Abstract: *This article aims to study factors affecting mental health of young people in Ahvaz City. These Factors are social adjustment, social intimacy and social support. This study is a survey and Questionnaire is used for data collection. Population was young people aged over 18 years old Living in Ahvaz city located in Iran and the method of sampling is multistage random sampling.in this research, using Cochran's formula, for The population of this study, with a error level of 5% and 95% confidence level, a sample size of 384 was calculated. To compensate for unusable and incomplete questionnaires, 400 questionnaires were distributed and 371 questionnaires were delivered. Inferential statistics results showed that the relationship between mental health and social adjustment was significant (Sig. =0.000, R=0.781). Also, between social support variable and mental health there was a significant relationship (Sig. =0.043, R=0.613) While a significant relationship was not found between mental health and social intimacy (Sig. =0.059, R=-0.00134). In continue, stepwise regression analysis was carried out by entering 2 variables in the equation, as a result, a total of 61.9% of the mental health level was explained.*

Keywords: *Social adjustment, social intimacy, social support, mental health, Ahvaz city, young people.*

Introduction

One of the key factors in mental health is coping with one's surroundings. Mental health has different aspects such as: physical Symptoms, Anxiety and sleep disorders, social function and depression symptom. Today we live in a world that requires flexibility (or social Adjustment) more than any other time. According to American Psychiatric Association in 1994, social adjustment is a behavior coordination to meet environmental requirements required to control emotions or attitudes (Hajjari, S. 2006). Everyday efforts of people revolve around this adjustment and every man is trying consciously or unconsciously to meet his diverse and sometimes conflicting demands in an environment where he lives. It is important to note that a person must use correct way to achieve adjustment. Social adjustment as a variety of compatibility means Compliance with the social requirements, Community rules, and performance in social communication (Abraham, A andverghase, A 1986). Adjustment is a continuous process in which the individuals change their behavior with the aim of creating an adequate and effective relationship with the environment, other people and themselves. Social adjustment based on creating a balance between their demands and expectations of society that can affect all aspects of life. (Dhingara, R., Manhas, S. and thakur, N. 2005)

Other major factor affecting mental health is a support that a person receives from his family. Social support refers to the help or assistance which others give to someone when he is encountering with stress and problems in life (Tausig, M., Michello, J. And Subedi, S. 2007). This assistance and support can take various Forms. Sometimes is performed in the form of emotion and excitement through expressing interest and respect and sometimes in the form of instrument by providing tangible assistance, such as money, influence, and information for individuals. According to Satrak, Social Support is feedbacks and information we receive from valuable loved ones and friends. In the opinion of Sarason, Social support is the perception of being loved and loves others; He is valuable to others, and people who are on his side, ready to help him in individual situations. (Doran, B. 2004)

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On the other hand, the ability to establish intimate relationships with others is one of the key factors in mental health and wellbeing of adults. Social intimacy is of one's willingness to participate in a supportive and loving relationship without losing himself/herself in that Relationship (Ryff, C. and singer, B. 1998). According to the World Health Organization (WHO), Health is a state that represents a complete physical, mental and social wellbeing and does not just implies the absence of disease or physically defective. Holistic view of health, in terms of psychological, Physical and social well-being is considered in relation to the environment. Mental health is a state of emotional and social health in which a person becomes aware of his abilities, capable of coping with the stress and common pressures of life, working usefully and productively and as part of society, to have partnership and cooperation with others. (Bani Jamal, Sh. And Vahedi, H. 1994)

At this stage of life (youth), individuals are facing with a variety of events and changes, such as completing education, employment, marriage, birth of children, etc. that That require significant adjustment so the emotional turmoil of young people is high. Considering that young people are active labor forces of society and play a crucial role in the reconstruction of the country, one of the issues raised in the study of young people is their mental health. In a preliminary study, it was found that about 43 percent of the respondents have poor mental health while only about 23 percent of the respondents have good mental health; therefore, factors affecting the rate of mental health, to strengthen health promotion factors, are important. In this research, we are going to answer this question that whether factors such as adjustment, intimacy, and social support have significant impact on the mental health of young people aged over 18 years old in Ahvaz City.

Theoretical Framework

Ghasemipour and Ganjeh (2009) have conducted a research entitled "The relationship between social support and mental health in Khorramabad city students". In this study it is stated that students in school may be faced with problems that affect their mental health. Social support is one of the factors that can influence the health of individuals. The purpose of this study was to examine the relationship between mental health and social support. The population was Lorestan University students that were enrolled in 2009. 150 cases were selected and data were collected by a questionnaire consisting of three parts: demographic properties, mental health, and social support. This study showed that there is a significant relationship between structural sources, functions of social support and mental health. Among the functions of social support, emotional support was significantly associated with mental health and among structural sources of social Support; group membership had a significant relationship with mental health. According to relationship between social support and mental health, it is recommended that authorities adopt some programs to promote receiving social support for students, and thus to be effective in Increasing students' mental health.

Khodayarifard et al in 2011 in an article "The effectiveness of teaching the components of emotional intelligence on social adjustment and social intimacy" concluded that there is a significant difference between both experimental groups in social adjustment. In relation to the Effect of teaching components of emotional intelligence on social adjustment, some investigations have conducted that is consistent with these findings, for example, Pascarella and Terenzini (1995) believed that University compatibility requires the abandonment of values, traits and beliefs that individuals bring them to college and does not work in current position. Parker et al (2004) in their research wanted to determine the relationship between emotional intelligence and academic adjustment; Brackett et al (2004) sought to determine the relationship between emotional intelligence and social maladjustment; Engelberg and Sjoberg (2004) aimed to determine the relationship of emotional intelligence with evaluating the behaviors of other people; and Marquez et al (2006) wanted to determine the relationship of emotional intelligence with social competence and academic achievement.

Hosseini and D. Firuz Salari (2010) presented a research entitled "The role of social support on the mental health of young employees of Tehran municipality". The research Method was a combination of library and field methods. In the field study, 320 young employees of Tehran municipality, using the Social Support Questionnaire of Russell and Cutrona and the General Health Questionnaire of Goldberg Moore were studied by Cluster sampling method. Hypotheses about the positive relationship between social support and mental health of young people were confirmed. Findings also confirmed a negative and reverse correlation between the dimensions of social support, depression, anxiety, and sleep disorders and social functions of young people and rejected the relationship between social support and physical symptoms of mental health in young people. Also, research hypothesis about the significant difference of the rate of the mental health in youth people from different economic and social bases, was confirmed. The findings showed that between the rate of mental health and the rate of social support for young people in terms of Marital Status, there is no significant difference.

Peyrovi and Abedian (2011) conducted a study entitled "Mental health and social support". This study examined the relationship between coping style and social support with mental health in new incoming students of Tehran University. The study subjects were 2776 students (1156 males and 1620 females) that were examined with demographic characteristics questionnaire, a roster to deal with stressful situations, and with social support and general health questionnaires. The result obtained from this study is the positive correlation between social support and mental health. Other research evidence states that non-adaptive ways of thinking and behavior occur in people with low social support and social support of the person plays a role in his both vulnerability and coping.

Research Methodology

The current study is a survey. In order to collect the data, the library method (using books, thesis, articles and related materials available on the Internet) was used for gathering secondary data in order to develop theoretical and research literature and questionnaires was used to collect primary data. In this research in order to evaluate social support variable, the Social Support Questionnaire of Russell and Cutrona, to assess social adjustment variable, California Test of Personality, to examine social intimacy variable, Miller Social Intimacy Scale and for evaluation of mental health variable, the General Health Questionnaire of Goldberg Moore were used.

The study population was young people aged over 18 year's old living in Ahvaz city. In this study, the data analysis is based on inferential method. To test study hypotheses, commensurate with the scale of the variables, inferential tests (Pearson correlation, bivariate regression and multiple regression analysis (Enter method) have been carried out. In this regard, the SPSS software was used. In this research, using Cochran's formula, for the population of this study, with an error level of 5% and 95% confidence level, a sample size of 384 was calculated.

To compensate for unusable and incomplete questionnaires, 400 questionnaires were distributed and 371 questionnaires were delivered. Sampling method to access the studied samples, given Heterogeneous population of Ahvaz, was Stratified random sampling. Ahvaz has seven regions that Based on the population of each region and the relative areas of these regions, the sample size was determined.

To determine the validity of questionnaires, a pre-test was conducted in which 50 preliminary questionnaires were distributed among some sampling people to be answered. During implementation and completion, accuracy of some items was identified and improvements were taken in that, and some items were removed. To determine the validity of each scale, construct validity method was applied using factor analysis method and reliability for each variable, was measured by Cronbach's alpha. Adequacy of sample size was determined by using Bartlett's and KMO test (table 2). Since KMO, in all cases, is greater than 0.7, then the correlation between the data is suitable for factor analysis.

In addition, Cronbach's alpha is greater than 0.6 for all variables, so reliability is acceptable. Chi square index of Bartlett's test of sphericity for all constructs is 0.000 (p<0.001) which is statistically significant. Study of Factors Affecting Mental Health Status of Young People Aged Over 18 Years Old Living in Ahvaz City, Iran

Table (1): Population of regions of Ahvaz and the number of questionnaires related to each region

Regions	Regions Population in 2006 (based on municipal services)	Estimated population in 2011	Number of distributed questionnaires in each region	Number of delivered questionnaires from each region
Region1	104887	119604	46	39
Region2	21274	85590	33	31
Region3	147468	166819	64	61
Region4	164594	185810	72	67
Region 5	193479	194384	74	72
Region6	148240	167676	63	54
Region7	108925	124081	48	47
Total population	941805	1043963	400	371

Table (2): Results of factor analysis and Cronbach's alpha coefficient of the variables

	Social support	Social adjustment	Social intimacy	Mental health
KMO	0.918	0.892	0.781	0.953
Chi square	0.000	0.000	0.000	0.000
Explained variance	34.235	67.543	45.457	30.152

Table (3): Results Cronbach's alpha coefficient of the variables

Dependent variable	Cronbach's alpha
social support	0.682
Social adjustment	0.951
Social intimacy	0.782
Mental health	0.873

Research Hypotheses

To investigate the relationship of social support, social adjustment, and social intimacy with mental health, the following hypotheses were tested:

a. There is a significant relationship between social support and mental health.
b. There is a significant relationship between social intimacy and mental health.
c. There is a significant relationship between social adjustment and mental health.

Results and Discussion

Testing hypothesis a

The correlation between social support and mental health variables was calculated by Pearson correlation coefficient method using SPSS software. The result is shown in table 4.

Table (4): Pearson's correlation test results of hypothesis a.

Variables	Pearson correlation coefficient (R)	Sig.	Result
Dependent: social support *Independent:* Mental health	0.613	0.043	Accepted

A 0.91 confidence level and significance level of less than 0.05 shows a significant relationship. According to the above table, Pearson correlation coefficient is 0.613 and sig is 0.043.The correlation coefficient is positive; so we can conclude that there is a direct relationship between these two variables; therefore, the above hypothesis, from the statistical viewpoint, is accepted.

Testing hypothesis b

The relationship between social intimacy and mental health variables was calculated by Pearson correlation coefficient method using SPSS software. Table 5 shows the result.

Table (5): Pearson's correlation test results of hypothesis b.

Variables	Pearson correlation coefficient (R)	Sig.	Result
Dependent: social intimacy *Independent:* Mental health	-0.00134	0.059	Rejected

As seen in table 5, Pearson correlation coefficient is -0.00134 and sig is 0.059. .since it was more than 0.05, the hypothesis is rejected.

Testing hypothesis c.

The association between social adjustment and mental health variables was calculated by Pearson correlation coefficient method using SPSS software. Table 6 shows the result.

Table (6): Pearson's correlation test results of hypothesis c.

Variables	Pearson correlation coefficient (R)	Sig.	Result
Dependent: social adjustment Independent: Mental health	0.781	0.000	Accepted

A 0.99 confidence level and significance level of less than 0.01 shows a significant relationship. According to table 6, Pearson correlation coefficient is 0.781 and sig. is 0.000.The correlation coefficient is Zero and is positive; so we can conclude that there is a direct and weak relationship between these two variables; therefore, the hypothesis is accepted.

Other Tests

Multiple regression analysis (Enter method)

To study the simultaneous effect of independent variables on the dependent variable, stepwise multiple regression analysis was used. The results showed that among independent variables, three variables of social support, social adjustments were entered in the equation.

Table (7): Stepwise multiple regression

Predictable variables	R^2.adj	β	T	Sig. T	F	Sig. F
Social adjustment	0.523	0.823	45.54	0.000	3.544	0.000
Social support	0.619	0.693	27.093	0.000	5.176	0.000

Step 1: according to table 7, the first predictor variable that was entered into the regression equation was social adjustment. This variable explained 52.3% of the variance of the dependent variable.

Step 2: in this step, social support was entered into the regression equation and explained 61.9% of the dependent variable. By entering this variable, 9.6 % of the predictive power of the model is added.

Conclusion

According to the study, nearly 32/7 percent of respondents suffer from poor mental health. These statistics show seriousness of the problem and the need for further research. One of the variables that were significant in this study is social support. The Pearson correlation between social support and mental health, was equal to 0.613 (Sig. =0.043). This study proved that people who have high social support, have better Study of Factors Affecting Mental Health Status of Young People Aged Over 18 Years Old Living in Ahvaz City, Iran mental health, and while the young people who suffer from poor mental health, have not received so much support from society. Another variable in this study whose effect was significant is social adjustment. About 29 percent of the respondents had lower social adjustment. That is a threat to society. The Pearson correlation between social adjustment and mental health, was equal to 0.781 (Sig=0.000). This means that young people, who are very compatible with the surrounding community, have better mental health but young people who suffer from poor mental health, were not consistent with their surrounding community. The Pearson correlation between social intimacy and mental health was equal to -0.00134 and significant level was 0.059. In this regard, a significant relationship was not found between mental health and social intimacy. By using stepwise multivariate regression

analysis, social support and adjustment explained 61.9% of the variance of mental health level (Adj. R2=0/619). In this study, 61.9% of variance of the dependent variable was not explained because In addition to social support and adjustment, there are other factors that can affect mental health.

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