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**THE RELATIONSHIP BETWEEN SENSE OF COHERENCE AND ALEXITHYMIA
WITH HAPPINESS**

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ABSTRACT

The aim of present research was to investigate the relationship between sense of coherence and Alexithymia with well being. The sample of this study were selected from 1080 male and female high school students in Doroodzan in 2013-2014. These students completed Oxford happiness questioner, sense of coherence Questioner Antonovsky and Alexithymia questioner. Pearson correlation test and multiple Regression were used to analyze data. The results showed that there is a positive relationship between the sense of coherence and happiness and there is a negative relationship between the Alexithymia and disability in statements of the sense. Also, the results of the research showed that sense of coherence estimates the happiness positively and Alexithymia estimates the happiness negatively, and between the dimensions of the sense of coherence, comprehensibility, manageability has a positive and powerful effect on happiness and between the dimensions the Alexithymia, disability in statement of the sense has a negative relationship with happiness. Also the results of present research shows that the sense of coherence is more powerful than alexithymia for happiness. Totally findings show that high sense of coherence cases happiness for people.

Keyword: Sense of coherence, Alexithymia, Happiness

INTRODUCTION

Happiness of the human psychological needs that have a major impact on the formation of personality and mental health. Growth, vitality and mental vitality of life because a considerable impact on all aspects of human personality manifestation of various behaviors Finally, the way he has always been of interest to researchers. Happiness, joy and server mode (positive emotions), being satisfied with life and lack of depression and anxiety (negative emotions) is (Argyle, 2001). Rojas (2007) as a set of emotions and happiness of life defines a cognitive assessment. He knows the degree of quality of life in general is positive. Happiness as a positive affect can facilitate interpersonal relationships and positive impact on a wide range of knowledge, social activity and health (Alipur, et al., 2010). Given the importance of the welfare impact on different areas of life, discussing ways to create and increase happiness is essential. Much research has been done on the detection characteristics of upbeat that some traits such as sociability, self-control, self-esteem and happy people are diagnosed. Lazarous (1985) believes that the experience of stress, reduce feelings of happiness It means that the person will experience more stress and mental health of the happiness she becomes threatened. In recent years, it is believed that in mind,

happiness and design programs to happiness, happiness is increased Happiness often associated with mental health and optimal function and is associated with Sens of coherence Dragest, Eide, Nygaard, Bondevik, Nortvedt & Natvig Structural cohesion is felt by Antonovsky (1993) to demonstrate the successful fight against the stressors of life is expressed. Antonosky (1993) sense of coherence is defined as structural The general direction of the persistent and pervasive feeling of confidence and dynamism in their lives and the world around her show. Sense of coherence makes the internal and external stimuli received In life more organized, more predictable and more understand explanation. In addition, a sense of continuity to select the appropriate coping strategies for dealing with stressful stimuli in life provides (Tomotsune et al., 2009). This helps to mental health and vitality of the community. As Sherifi and Aghayousefi (2010), in which the title of the relationship between sense of coherence and psychological well-being in 400 male and female students of Islamic Azad University, Tehran did The results show that sense of coherence plays an important role in the psychological well-being. With a sense of continuity students feel more happiness and life satisfaction experience.

Sabri Nazarzadeh et al., (2011), in which the relationship between scientific research and hard work of psychological sense of coherence, coping strategies, and mental health of 405 women living in the city of Ahwaz. The results showed that the sense of continuity and hard decisive role in mental health. Research **Planetvaly (2002)**, conducted in conjunction with the conclusion that the feeling of well-being and physical Rvanshnakhtgy personality factors such as optimism, self-esteem and sense of mastery is related positively. Alexithymia is a variable associated with happiness, **Palmer, Donaldson, Stough (2002)**, alexithymia construct a character who lack imagination, low capacity for symbolic thought and expression and the inability to experience positive emotions characterized. Alexithymia refers to a condition in which a person has difficulty in understanding and processing their emotions (**Sifneos, 1973**). The main features of alexithymia include: inability to recognize the emotional and verbal descriptions of a person, the extreme poverty of symbolic thinking that reveal attitudes, feelings, desires and drives limits, Public health is linked below. Yi, Luo and **Zhong (2007)** also showed that those with high scores on alexithymia scale than individuals with low scores on this scale counter the negative aspects of using. Also showed that alexithymia with maladaptive

styles of emotional regulation (voraciously eating, drinking) positive correlation with compromised behavior (thinking about understanding distressing feelings) was negative (**Dubey and et al., 2010**). Since the joy of elements in the evolution and development of the inner man and society Gives joy to people, can grow well in our country due to the fact that a significant proportion Young people a few years of his life in the hope of gaining a better future in education spend And according to the material presented in this study seeks to explain the relationship between sense of coherence and emotional disorders among high school students is happiness, The present study sought to answer the question of whether the sense of continuity and alexithymia with happiness there?

METHODOLOGY

Scientific research has been used to implement the correlation method. The study sample consisted of all male and female high school students daily routine Dorudzan the 2013-2014 school year is a total of 1080 people. Using Table Morgan 283 students as the sample size of the study was estimated using This sampling method chosen.

Data

1) Oxford Happiness Scale

Oxford Happiness Scale (OHI) is one of the most famous self-

assessment tool for the study of happiness and also used in the present study. The scale has 29 articles and on Argyl perspective, **Martin and Kraslnd (1989 quoting Rgyl, 2001)** about the feelings of happiness and also appeared on the Beck depression.

- 2) Inventory sense of continuity Antonosky sense of coherence **questionnaire (1987)** contains 29 questions with 5 options that are graded from 1 to 5. Likert scoring method to the 13 questions in reverse. Completing the questionnaire felt the continuity of their agreement with each of the confirmation of the 5th grade, makes clear.
- 3) **Alexithymia questionnaire** Toronto Alexithymia Questionnaire for Children and Young Adults alexithymia questionnaire taken from the original version by **Reef, Estrvald and Nezoget (2005)** was made. This questionnaire has 20 questions with Likert scale of three degrees (fully, partially or not at all) to be answered by three factors: the

inability to identify emotions and ability to describe emotions and thinking objectively evaluate the .

Statistical analysis method

For data analysis, Pearson correlation coefficient and multiple regression analysis method is used simultaneously.

RESULTS

First research hypothesis: the size and dimensions of alexithymia sense of continuity with pupils there is happiness.

To investigate this hypothesis is used to test the correlation matrix.

Second hypothesis: a sense of continuity is able to predict students' happiness.

To investigate this hypothesis, regression analysis is used.

The third hypothesis: the dimensions of alexithymia students are able to predict happiness. To investigate this hypothesis, regression analysis is used.

Research Question: Which of the variables predicting a stronger sense of continuity and alexithymia are happy?

To investigate this hypothesis, regression analysis is used in concurrent mode.

Table 1: Matrix of correlation between sense of coherence and emotional failure of Happiness

7	6	5	4	3	2	1	Variables
						1	1. comprehensibility
					1	0/33**	2. Control of
				1	0/45**	0/36**	3. Significant
			1	-0/16	-0/06	-0/14	4. Failure to recognize emotions
		1	0/014	-0/07	0/05	-0/01	5. inability to express emotions
	1	0/001	0/053	-0/06	0/03	0/09	6-thinking objectively
1	0/15	-0/18*	-0/41**	0/19*	0/29**	0/24*	7. Happiness

**P≤0/05 *P≤0/05

Table 2: Results of regression feeling of continuity of Happiness

sig	t	Beta	B	p	df	F	² R	R	Statistical Indicators
0/041	2/098	0/297	0/392	0/011	280	3/918	0/11	0/33	Variable was
0/032	2/178	0/245	0/633						Comprehensibility
0/122	1/023	0/99	0/120						Controllability

Table 3: Regression results of alexithymia with happiness

sig	t	Beta	B	p	df	F	² R	R	Statistical Indicators
0/001	-4/616	-0/427	-0/437	0/001	280	8/350	0/21	0/46	Variable was
0/055	-2/610	-0/210	-0/282						Inability to recognize emotions
0/057	1/930	0/179	0/135						Inability to express emotions

Table 4: Shows the results of the stepwise regression to predict happiness of the sense of coherence and alexithymia

P<	t	β	P<	R ²	df	F	Variable	Phase
0/001	5/69	0/330	0/001	0/15	280	10/401	Sense of continuity	1
0/001	3/166	0/307	0/001	0/13	280	7/063	Sense of continuity	2
0/004	-2/740	-0/298					Alexithymia	

DISCUSSION AND CONCLUSION

First research hypothesis: a sense of continuity between the size and dimensions of alexithymia with pupils there is happiness.

Based on **Table 1**, the dimensions of the sense of coherence (comprehensibility, handling and meaningful) There is a

significant positive correlation with happiness students, as well as the inability to identify the dimensions of alexithymia and emotional disabilities there is a significant negative correlation between the expression of emotion and happiness. But there was no relationship between learning styles objective happiness. Based on **Table**

1, the dimensions of the sense of coherence (comprehensibility, handling and meaningful) There is a significant positive correlation with happiness students, as well as the inability to identify the dimensions of alexithymia and emotional disabilities there is a significant negative correlation between the expression of emotion and happiness. But there was no relationship between learning styles objective happiness. And more flexibility in dealing with the problems of his own will, therefore, in the process of life will experience less stress and anxiety, when tension is less harmful to life More relaxed person will experience the peace and joy and happiness in life is a school and mental health. Why would dominate the evolution of life and peace, vitality and mental vitality will increase positive emotions in people. As **Monzo Norkoal (2006)** Concluded that the sense of continuity to improve the quality of life, health, happiness, peace, contributed to this interpretation, we can say that To understand and control the dimensions of the welfare of the students there was a significant positive correlation. Also explain the negative correlation between the inability to identify emotions and inability to express emotions and happiness can be said to understand and control the dimensions of the welfare of the students there was a significant positive correlation.

Also explain the negative correlation between the inability to identify emotions and inability to express emotions and happiness can be said Inability to recognize the emotional and verbal descriptions of extreme poverty symbolic thinking that the detection feedback, emotions, desires and drives limits and reduces dream recall, lack of emotional expression, limited capacity for empathy and self-awareness (**Fvkvnysy 1997**), the aim of the cause Disorder and confusion in the formation of the (**il Begay Castle Kyamrsy and Ney, 2011**) and reduces a person's thoughts, symbolic and positive emotions. Decrease due to the formation of positive emotions in students will create Fsrhdh (**Bolte et al., 2003**) and² thus reduces the vitality and happiness.

Second hypothesis: a sense of continuity is able to predict students' happiness.

As can be seen in **Table 2** multiple correlation coefficient equal to $33/0 = R$ and the coefficient of determination obtained with the $R^2 = 0/11$ is. This indicates that approximately 11% of the happiness of sense of coherence to predict. Also, due to the significant level of beta can be realized and understood the dimensions of controllability at $p \leq 0/05$ positively have significant predictive power for happiness is variable. This indicates that approximately 11% of the happiness of sense of coherence

to predict. Also, due to the significant level of beta can be realized and understood the dimensions of controllability at $05/0 p \leq$ positively have significant predictive power for happiness is variable. This finding is consistent with research findings **Goldman (1995), Plant and Lee (2002) and a Sharifi, and Aghayousefi (2010)** is relatively consistent. The explanation for this finding could be argued that control appetite, feeling of having the resources needed to solve the problem and combat stress reflects And also shows the processes of control and mastery over life and causes the person to live a good, reasonable and consistent with the expected imagine, In this case, one of life's pleasant feeling of comfort and confidence to undertake activities deals And have positive feelings towards life. So in this case the person will live more vigorously, so we can say that the control of the student's happiness cannot predict. The explanation for this finding is also understood that anticipates happiness, it can be said, a good sense of ability to understand He grew up in the notion that future events are interpreted And anticipated events or as a disciplined and organized and explained knows even when they are unpredictable (**Antonosky, 1987**). In other words, a person with a strong sense of ability to understand the world around us is able to make sense of events and thus the

better the challenges Before turning to face and overcome them, from the point of view of health and mental health of the people are great mood and emotional stability And will be more relaxed, according to the definitions and basic concepts of happiness that people merry negative emotions, such as depression and anxiety away and seek positive and cordial relations with others (**Argyl, 2001**) justified stating that foster a sense of understanding of the students will predict their happiness. And will be more relaxed, according to the definitions and basic concepts of happiness that people merry negative emotions, such as depression and anxiety away and seek positive and cordial relations with others (**Argyl, 2001**) justified stating that foster a sense of understanding of the students will predict their happiness. This finding is consistent with research findings and **Palmer (2002), Salmynen et al (2005)** is relatively consistent. The explanation for this finding may be unable to identify emotions as a sign of emotional problems, think abstractly and to reduce barriers to recall dreams, difficulty in distinguishing between emotional states and physical sensation, loss of emotional facial expressions, the limited capacity of empathy, and self-awareness (see **Taylor and Begby, 2000**) and causes the person to have difficulty recognizing emotions and describe their feelings and the power of

visualization is limited. In these circumstances it is possible that a person suffering from psychological problems, as the study of Lee *et al* (2007) showed that the inability to identify emotional and psychiatric problems, there is a positive relationship. When a person comes to psychological problems, the positive value of an individual to be their own, making the reduction. Freshness and vitality to the devaluation of the positive spirit will pale in person, so is justifiable According to the inability to identify emotions, happiness negatively predicts. Also explain the finding that alexithymia, happiness negatively predicted, we can say that alexithymia causes confusion in affective and cognitive functions, and that people with alexithymia in recognition, detection, Processing and emotion regulation difficulties to be faced with the problem of identifying and regulating emotions cause The person to be faced in terms of mood and behavioral stress that Shahgholian Hmchnanchh *et al.*, (2007) showed a positive relationship between alexithymia and low public health. So the field of mental disorders, emotional disorders, Negative emotions and creates anxiety in person, if the basic components of happiness are positive emotions, life satisfaction and the lack of negative emotions such as depression and anxiety (Omidian, 2007). In other words we can

say that alexithymia negatively predicts happiness.

Research Question: Which of the variables predicting a stronger sense of continuity and alexithymia are happy?

As can be seen in Table 4, the multiple correlation coefficient equal to $R=0/36$ and the coefficient of determination obtained with the $R^2=0/13$ is. This indicates that approximately 13% of the sense of coherence and emotional failure to predict happiness. Also, due to the significant level of beta, we can know that feeling of continuity positive predictive power than alexithymia variable enjoys happiness. This finding is consistent with research findings and Palmer (2002), Salmynn (2005), Sharifi and Aghayousefi (2010) are consistent. The explanation for this finding could be due to a person's sense of coherence of internal and external stimuli received in the life more data, more predictable and more understand explanation. Sense of coherence makes the one to bear the emotions and events that make life better understand and they accept. The sense of coherence leads to confidence in the people and so happy and relaxed raise them. Even if the evidence suggests that those who have more sense of coherence, Physically healthier and experience less stress and greater happiness in life. The strong sense of continuity can be predicted

happiness. Also, people with a sense of continuity of life in terms of emotional sense and they have a positive view of the problems and needs of life, so in this case, the challenges of life rather than a burden on the individual prefers a more pleasant person to deal with them. In other words, someone with a sense of purpose will be eager to grapple with the challenges Events and experiences in the search for meaning and purpose, and to dominate them with grace and magnanimity will do the best job (Antonovsky 1987), so in this case the person will enjoy life As a result, positive values and will experience greater vitality. Failure means emotional distress and emotion regulation and thereby hinders successful adaptation to difficult; So much of life is faced with stress, so the forecast is less happy.

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