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**COMPARE PERFECTIONISM AND CONTROL EMOTIONS IN BETWEEN  
ADDICTS AND NON-ADDICTS IN ZAHEDAN**

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**ABSTRACT**

This study aimed at comparing Perfectionism and Effective Control among Addicts and Non-Addicts in Zahedan. Statistical population consisted of all under treatment addicts and non-addicts in the city of Zahedan. Sample included 180 participants (90 under treatment addicts and 90 under-treatment non-addicts) were selected through (convenience) cluster sample. Frost Multidimensional Perfectionism Scale (FMPS) and Affective Control Scale (ACS) were administered to collect data. Independent T-test and MANOVA (multivariate analysis of variance) were applied to analyze data. According to the results, there was a significant difference between addicts and non-addicts perfectionism and there was a significant difference between addicts and non-addicts affective control. Also, there was a difference between addicts and non-addicts regarding concern over mistakes, parental criticism, personal standards and organization. But there was no difference between addicts and non-addicts in relation to doubts about actions, parental expectations. In addition, a significant difference was observed between addicts and non-addicts in terms of anger, depression, and anxiety but no significant difference was seen concerning positive affection.

**Key words: Perfectionism, Affective Control, Addict**

**INTRODUCTION**

Nowadays, drug abuse and decreased quality of life, increased mortality,

reduction in the value of social, moral and criminal behaviors, is one of the most important health-related issues (Becker,

Sullivan, Tetra, Deci and Fryline, 2008). Psychiatric disorders including addiction, causes detrimental effects on physical health, psychological, social, family and social communication issues and the consequences of this disease is associated with very high costs to will leave for governments. In fact, drug dependence and abuse it as a personal problem, social, health and human resources that come from different countries and severely threatens the national capital (Zemestani, Sohrabi and Borjali, 2011). According to the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), The most important feature of drug dependence of cognitive symptoms, behavioral and psychological that person despite significant problems related to drug use continues. Among the variables that can influence drug abuse, perfectionism (Ranjbar Noshary, Lilo, SD, power and najarmobarky, 2013). Perfectionism as a very high set of criteria for evaluating their performance with negative criticism along the (Frost et al, 1990, quoted by the Savari, 2012). Perfectionism as a personality trait, multi-dimensional structures (Hovit and Felt, 1991, citing the Moghaddas, 2011) that by trying to set high standards for integrity and performance, along with tend to be quite

critical evaluations personal behavior and excessive sensitivity about mistakenly determined to be (Rice and Prosser, 2002). Frost, Martin, Lahart and Losne Balti (1990) distinguishes six dimensions of perfectionism: the personal norms, organization, worry about mistakes, doubts about actions, parental expectations, parental criticism and the Multidimensional Perfectionism Scale to measure this dimension were provided. Other important variables related to drug users control emotions (Bgyan Kole Marz, Narimani, Soltani, Mehrabi, 2014). Studies have shown that insufficient emotional development, difficulty in organizing behavior and the negative emotions of the characteristics of people who have drug dependence (Davos, Clark and Moss, 1999).

## **METHODS**

The research method is descriptive Ali - was comparable. The study population included all male addicts under treatment and their companions (which are evident in their lack of addiction) who have addiction treatment centers in Zahedan. The population of drug abusers in the age range 20 to 45, with And literacy have long dependence between 2 to 7 years. And a comparison group of people without any history of dependence or abuse material

Sample of this study consisted of two groups, the first group of substance abusers who are leaving are formed for the treatment of drug addiction treatment centers in Zahedan that they are 10 centers, were referred. Cluster sampling method was used, so that among the 10 centers in the city of Zahedan, 4 centers were selected randomly after coordination with the relevant institutions, for 90 people available that are willing to cooperate were selected. The second group included 90 men addicted individuals who were sampling. Groups of healthy results in terms of gender, age and

social and economic conditions were close to addicts, the majority of drug addicts were selected partners and Group of addicts and non-addicts that conditions were close to (in fact, were matched with addicts ) were servants and lower level government agencies also were used in this study. So that a total of 180 patients were selected.

**RESULTS**

In Tables 1 and 2 mean and standard deviation of perfectionism and control emotions and dimensions shown in Zahedan They are drug addicts and non-addicts.

Standard deviation	Average	Number	Group	Variables
17/42	112/23	90	Addict	Perfectionism
18/74	111/47	90	Unwonted	
5/54	28/53	90	Addict	Concerns about Ashtbah-Ha
7/05	24/71	90	Unwonted	
3/22	12/44	90	Addict	Doubts about actions
3/80	11/67	90	Unwonted	
4/50	16/92	90	Addict	Parental expectations
4/92	16/50	90	Unwonted	
10/89	13/57	90	Addict	Parental criticism
3/50	10/89	90	Unwonted	
5/55	20/62	90	Addict	Personal standards
4/98	24/57	90	Unwonted	
5/82	20/14	90	Addict	Organizing
4/49	23/13	90	Non-addictive	

Hypothesis one-of perfectionism (positive and negative) of addicts and non-addicts there is a significant difference in Zahedan.

To investigate the hypothesis of multivariate analysis of variance (MANOVA) was used.

Standard deviation	Average	Number	Group	Variables
19/21	180/13	90	Addict	Control emotions
30/06	159/57	90	Non-addictive	
5/70	36/43	90	Addict	Anger

7/19	31/23	90	Non-addictive	
5/92	35/19	90	Addict	Depression
7/17	29/63	90	Non-addictive	
9/35	55/50	90	Addict	Anxiety
9/44	47/57	90	Non-addictive	
8/98	53/01	90	Addict	Affection
12/18	50/82	90	Non-addictive	

Two hypotheses between addicts and non-addicts emotional control Zahedan there is a significant difference.

The default equality of variances was evaluated. As for emotional control  $p\text{-level} > 0/05$

**Table 3 compares the drug addicts and non-addicts perfectionism Zahedan**

Chi Eta	p	Test	Mean square	Degree of freedom	sum of squares	Dimension	Source Distribution
0/07	0/001	13/89	2668/05	1	2668/05	Negative perfectionism	Group
0/12	0/001	23/43	2163/20	1	2163/20	Positive perfectionism	

Levine test, so emotional control variance equality assumption addicts and non-addicts in Zahedan confirmed at the level of five percent,

The third hypothesis - the dimensions of perfectionism addicts and non-addicts there is a significant difference in

**Table 4 compares the emotional control of addicts and non-addicts in Zahedan**

P	df	t	p-level	F-level	Standard deviation	Average	Number	Group	Variable
0/001	149/35	5/44	0/14	1/09	19/21	180/13	90	Addict	Control emotions
					30/06	159/57	89	Non-addictive	

Zahedan.

To test this hypothesis, MANOVA were used.

The fourth hypothesis: the dimensions of emotional control addicts and non-addicts there is a significant difference in

**Table 5. Dimensions of perfectionism and drug addicts in Zahedan**

Chi Eta	p	Test	Mean square	Degree of freedom	sum of squares	Dimension	Source Distribution
0/084	0/001	16/32	657/42	1	657/42	Concerns about wrongly-on	Group
0/012	0/140	2/20	27/22	1	27/22	Doubts about actions	
0/002	0/549	0/36	8/02	1	8/02	Parental expectations	
0/141	0/001	29/14	322/67	1	322/67	Parental criticism	
0/124	0/001	25/17	700/14	1	700/14	Personal standards	
0/077	0/001	14/87	402/01	1	402/01	Organizing	

Zahedan.

To test this hypothesis, MANOVA were used.

**Table 6 compares the emotions Abadkntnl addicts and non-addicts in Zahedan**

Chi Eta	p	Test	Mean square	Degrees of freedom	sum of squares	Dimension	Source Distribution Group
0/135	0/001	27/62	1136/72	1	1136/72	Anger	
0/149	0/001	31/07	1344/32	1	1344/32	Depression	
0/150	0/001	31/16	2756/34	1	2756/34	Anxiety	
0/011	0/172	1/88	214/79	1	214/79	Affection	

**DISCUSSION AND CONCLUSION**

Results Table 3 shows that between perfectionism among addicts and non-addicts there is a significant difference in Zahedan. This finding is consistent with research Ranjbarnoshary and colleagues (2013), Abolghasemi et al (2007) are in line. But with this Nazemi and colleagues (2014) showed that no significant relationship between perfectionism and addiction, are contradictory The model drug dependence is the result of a process in which multiple factors that interact together, the behavior of drug use and the loss of flexibility in the decision to use a certain material impact . However, the effects of each drug identified in this process is important, but all those who are related to a matter not experience the same effects as . And motivational factors are different for everyone. According to Bandura, strict criteria for evaluation of abnormal reflexes and extreme forms and feelings of worthlessness and end use of the drug leads which can allow a person (Sarajeh tried Lu, 2010) . perfectionism as one of the possible

causes of the drug is intended. perfectionism negative shaping unrealistic expectations and standards and evaluate their criticism of the individuals in the field of interpersonal relationships makes it difficult. The unfavorable situation makes that person perfectionist ideal opportunity to engage with others and lose its original position in the eyes of others. This vicious cycle of continuing and intensifying its processing and psychological problems. Perfectionism, both positive and negative, is higher than those Ghyrkmalgra specific criteria. Others are of great importance to evaluation and approval by others not to worry. Perfectionist standards are high, so are prone to experience unpleasant. Negative perfectionism, their flexibility and therefore, their performance is commendable though the eyes of others, are not satisfied. They are always influenced by the fear of failure and thus threatening the environment and Ghyrhmaytgr know. These positive correlation with the consent of both the successes and failures of the show (Stauber and Yang, 2010). And they

compensate for this unpleasant feelings on their substance. In contrast, positive perfectionism flexible and of their efforts to achieve their satisfaction. However, their personal standards are not met. Therefore, relatively non-threatening and supportive environment they (Belt, 2001). So negative perfectionism is in addicts than non-addicts. In contrast, people who are capable of understanding your feelings and your emotions so effectively expressed they can better face the problems of life and adaptation, and others more successful as a result, these individuals will have greater mental health (mutant and Jankoz, 2007). The non-addicted people expressing their emotions and to communicate more effectively act . The non-addicted than expressing their emotions and to communicate more effectively act.

The results in Table 5 show that the dimensions of perfectionism concern Ashtbah-Ha, parental criticism, personal standards and organization between addicts and non-addicts there is a significant difference in Zahedan. The difference according to Chi Eta column 8,14,12 and 8 percent, respectively. This finding is consistent with research Ranjbarnoshary and colleagues (2013), Hoseynian Sarajeh Le (2010), Abolghasemi et al (2007) are in

line. Normal people having unrealistic expectations of their abilities, and others with perfectionism are more positive. These people are less concerned about their mistakes when setting personal standards to their ability to focus and perform their assigned tasks are organized, on the other hand, people with Despite having unrealistic expectations of themselves and inability to accept restrictions on his personal and to hide the full description they feel valuable, others are idealization And from this point of view because of the self are less than what they believe , with positive perfectionism are lower. People perfectionist, the experience of failure, rather than Use self-control activities through self-blame are looking completeness. Therefore, these individuals are at greater risk of drug abuse. Therefore, people with substance use disorder due to unrealistic expectations and over the extent of their abilities, able to adapt and resolve conflict and stressful life events are, In these circumstances and because of the demands and expectations of idealistic to materials driving May be considered. Another possible explanation could be raised in relation to this issue is that perfection orientation as an irrational beliefs is that things are always going well. Person

under the influence of drugs expects everything must be in accordance with the smallest obstacle facing Mrdash be irritable and agitated, and other methods to achieve the goal ignore take place in such conditions difficult person to deal with stress and substance abuse action the. The formation of negative perfectionism and unrealistic expectations and criteria for evaluation of his criticism, Even in the difficult context of interpersonal relationships. This situation causes undesirable person perfectionist ideal opportunity to establish a proper relationship, On the other hand, lose its original position in the eyes of others. This vicious cycle of continuing and intensifying its processing and psychological problems, a process that to some a significant negative correlation between perfectionism and psychological consequences explained. On the other hand the normal perfectionism readiness and capabilities of the individual to realism, optimism and the success of individual mobilization and provision Suitable areas of a person's mental health, failures, fears and anxieties, and taking refuge in the method avoidant coping strategies (such as the use of drugs...) it away. The difference between addicts and non-addicts in subscale after questioning the actions it can be said that this subscale to

the confidence people have in doing connoting. And people with addiction problems and lack of confidence in the people's trust and support of those around reduced. In addition, according to the region's ethnic families often have unrealistic expectations of their children. And on the other, the region has its own cultural and educational expectations that parents have about their children independence and self-sufficiency. So that makes people addicted and non-addicted parent's expectations component is significant. Table 6 shows the results of univariate analysis of all aspects of emotional control addicts and non-addicts in Zahedan, but then there are significant differences, and these differences affect the ETA square columns, respectively, for the dimensions of anger, depression and anxiety almost 13, 15 and 15 percent. This research Talebi and et al (2013), Sinha (2011), Begyan Kolemarz and colleagues (2014), Bayat (2013), have shown consistent giving the emotions in people addicted trouble. In order to decrease drug addiction centers and counseling services to workers proposed psychological interventions are important in your perfectionism and control emotions addicts to pay attention. Important implications of this study indicate the

importance of the development of new interventions and methods that abusers Materials must learn to cope with Vattfshan. The treatments, which particularly affects the development of adaptive control for the effects of drug abuse are spent Knndn may reduce the negative clinical outcomes in this group will help. In addition, this research in the form of Case studies, longitudinal and experimental be done to achieve more accurate results. Can use basic programs, teaching methods of breeding true to the family, the use of strategies to improve the control of emotions in education, rehabilitation centers and centers for the treatment and prevention of drug addiction in some way to improve or prevent the recurrence of these social problems should be taken.

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