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STUDY OF THE RELATIONSHIPS BETWEEN THE IDEAL AND THE INDEPENDENCE OF PEOPLE WITH SPINAL CORD INJURIES IN ILAM

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ABSTRACT

The ideal is undoubtedly one of the personality traits that could be constructive, beneficial and a neurotic and floss action. Motivating force each individual to grow and flourish. All people need to develop his or her potential to the maximum extent possible and to grow beyond their current growth. In this regard, this study was also performed to investigate the relationship between the ideal and the lives of the independence of spinal cord injuries in Ilam province.

METHODS: The study of the time is retrospective, regarding is the control variables, the previous studies and correlation studies. The population for this study included all patients with spinal cord injuries, which refer to the welfare of Ilam. According to statistics provided by the Welfare Organization, the numbers of people with spinal cord injuries are equal to 108. The research sample consisted of 20 persons, that the population of people with spinal cord injuries, to qualify for participation in the study was invited and in the control group and the experimental group were analyzed and categorized. Software for data analysis in SPSS / win 21 copies were made; And descriptive statistics and inferential statistics were used.

Findings: The results showed that between the ideal and the life of independence, there was a significant positive correlation. Similarly, the mean of the dependent variable and independent of your ideal life after rehabilitation intervention and the control group, the experimental group increased. In other words, the impact of the implementation of the rehabilitation of the sample and could increase the value of this variable.

Conclusion: The ideal, is a phenomenon common debilitating And ideals, are susceptible to negative emotional states such as feelings of guilt, feelings of failure, low self-esteem and negligence. All people need to develop his or her potential to the maximum extent possible and to grow beyond their current growth. The natural tendency of people to move from track to achieve its potential, although it is possible in this way, they face a number of environmental and social barriers. The blossoming of talents and abilities to the fullest potential latent in it is very valuable In this field, your goal is something positive and good But what has been mentioned, is negative aspects or the radical ideal.

Key words: The Independence, Self, The Ideal, People With Spinal Cord Injuries, Ilam

INTRODUCTION

Among the various issues and events that have a profound impact on human life and behavior, attitude towards their own. As we have perceptions and attitudes towards things and other people and on past experience, we understand them in comparison with the other person, we have our own interpretations. These perceptions may be positive, negative, false or true. Sometimes people have a certain ability to cause random failures and lack of success in the past, they find themselves powerless. Some think it is beyond your ability or lower. In any form or in any case, the assumption and realization of it has a great influence on subsequent successes and failures in their lives. Many experts believe that Self Concept is learned and this is for the individual and for those who are responsible for raising her life, is important. Thus, the Self Concept can change a person's whole life changed by changing the individual can achieve an ideal society (Asgari and Mazloomi, 2011).

It is obvious that for each role, we have a different behavior and those who are successful in the Community who can afford to take different roles and For each role, define specific behavior. Cultural level: the concept of a cultural level is the answer to the question "Why live?" Or "What is the purpose of life?" To draw their exact beliefs, it is better to use positive and negative

adjectives, descriptive phrases and use behavior (emotional, 2012).

Kelly Ink (1998)[1], defines an idealized self-belief and feeling full of anxiety and stress and fear that fails to live up to your expectations Who fails to live up to expectations. According to Yeet[2] (1984), the ideal is a common debilitating phenomenon and they are sensitive to negative emotional states like guilt, feelings of failure, low self-esteem and negligence.

Most theories believe that self-esteem, enduring is personality characteristics and refers to the overall level of perceived self-assessment and self-esteem. In other words, it is the understanding of oneself, but this perception is associated with value judgments and involves a degree of dignity and self-esteem of the (Eslaminasab, 1994). Some researchers consider the relationship between self-esteem and self-induced social comparisons, this means that aspects of theself-forms through comparison with other important for persons. According to the researchers, Perfectionism is a close relationship with his ideal could be, the result of social with people. The concept overlaps with the ideal circuit theory Hyoyt[3] and colleagues (1991). Misildin[4] (1963) also

observed that low self-esteem and unhappiness are their key elements of ideal.

Given the importance of independence and self-ideal in life Individual and community mental health To examine the cause, and the independence of the lives of people with spinal cord injuries, after a period of rehabilitation under the Ilam welfare organization, has been of great importance. Great deal of research has been done on the subject that some of them are mentioned below:

Asgari and Mazloomi, (2011), "Measuring the impact of training initiatives as learning math self-concept and development of female students in the third year of Arak were examined. The results of the analysis of multivariate data analysis, a differential score, showed that Training component of the assessment as learning, self-concept, and development of female students in the eighth grade math has increased and this increase is statistically significant at a significance level of less than 0/01.

Zahdyan et al. (2001), who studied the role of attachment styles, parental bonding and self-concept of sex addiction. The purpose of this study was to investigate the role of attachment, parental bonding and self-concept of sexual addiction to achieve the best predictive factors, the findings showed

that sex addicts and healthy subjects were significantly different in terms of ambivalent attachment style, parents and self-protection too. Differential analysis showed that To protect the mother and father too ambivalent attachment style, sexual addiction is best to differentiate and prediction And the 72/90% of sexual abusers are indistinguishable from normal people. In the treatment of sexual addiction, attachment disorders should be considered in interventions.

Shahgholian, (2003) in a study entitled Comparison of self-concept in patients undergoing hemodialysis and peritoneal dialysis showed that Mean scores on the three dimensions of your physical self-concept, self-psychological and social self-Hemodialysis and peritoneal dialysis groups with the control group, there was a statistically significant difference. The ANOVA test showed that between Mean score of self-concept in its spiritual dimension, in both hemodialysis and peritoneal dialysis with the control group, the difference was not statistically significant. Danken also, showed no significant differences in the dimensions between hemodialysis and peritoneal dialysis.

Nejati(2001), in a research in the title role of domestic factors in high school students' self-concept family Showed that parental conflict, gender, parental divorce, employment, maternal and paternal education were significant correlations between students' self-concept family. Between number of children and maternal education were significantly associated with the concept of family. Multivariate regression analysis showed that Parents and education are obvious differences between the two variables in the prediction of students' self-concept family explain most of the differences between parents. This result suggests that family disputes under the impact of self-concept, sure.

In recent years, many studies on the cause and its relationship with other variables such as identity, sexuality, self-esteem, success and achievement and merit in doing so, has been implemented. Many studies focus on the formation and self-concept is ideal, but rarely role in the formation of autonomy, which in the future will lead to the development of personality disorders, is reviewed. Therefore, the research on the relationship and impact of these variables on individual adaptation, Gap in the field of research on the cause and extent of autonomy and related issues, partially filled and will open a new way to research these areas. The issues related to the field of psychology of

people with spinal cord injuries, is very important. Research done in this area will help to promote greater knowledge of the area. And creation of appropriate solutions to the problems will be associated with it (Manavi shad, 2010).

 Methods

Research, applied research that is of the essence in terms of time, a retrospective of the control variables, and previous studies are correlational and experimental. The population for this study included all patients with spinal cord injuries and 108 people. That the available sample of 84 subjects Study sample size is 20 people that the population of people with spinal cord injuries to qualify for participation in the study and invited the two experimental groups and the control group were analyzed and categorized. The study sample (n = 10 groups) participated in 12 sessions of one hour each session of rehabilitation activities, including psychology, physiotherapy and occupational therapy, respectively. Software for data analysis in SPSS / win 21 copies was made. To analyze the data, correlation, analysis of variance with repeated measures was used. The study included two questionnaires measuring their ideal Charles S., Carver and Michael F. object Meyer (1996) and self-image questionnaire cache, Janda and Vinstd [5], respectively.

RESULTS

A: descriptive findings

Results showed that in the control group, the frequency of single and married, are equal to each other (50% single, 50% married), but in the test group, the number of single people was more than married people **(Table 1)**.

In terms of age also showed that in the control group, the most of frequency is for the people who are younger than 30 years **but** in the experimental group, 80% of the subjects are equal in the two groups of less than 30 years and are 31 to 40 years **(Table 2)**.

In terms of the area of the lesion can be said that in both control and experimental groups are uniformly distributed and the most frequent lesion was observed in both groups at the waist **(Table 3)**.

Study of condition of education suggests that, in both groups, the level of education was less than high school diploma. The lowest frequency was observed in the control group as well, for those who have had a bachelor's degree (10%). But the group of degree diploma had the lowest prevalence (10%) **(Table 4)**.

(B) The analytical results

At this stage, in addition to the normal test data, the average value of variables between groups of subjects compares before and after the rehabilitation period, which the t-test was used for this purpose. The Spearman correlation test was used to assess the correlation between variables which are described in the following results.

• test the normal distribution of the data

Before the test, t, to assess the normal distribution of data among groups of test subjects KS 6 is used. The results will follow. Table (5), given that more than 5% level of significance (sig> 0.05), it can be concluded that all the data are normal.

In this part of the analytical data obtained from correlation analysis (7, 8 Spearman's rank correlation coefficient) is used (**Table 6**).

Hypothesis: There is a relationship between the ideal and the independence of the lives of people with spinal cord injuries.

The correlation coefficient was calculated to determine the correlation between the ideal and the independence of living in the sample, is r= 0/503, which is significant at 0/ 05 (P= 0/000). So that it can be judged by 95 percent that there is a significant positive relationship between the ideal and the life of independence. The independent variable life

by increasing its variable rate will increase and vice versa ideal (Table 6).

•Comparison of the dependent variables before and after the rehabilitation period in the control group.

Since there is not any practice controls and data collected during the test time is like the first phase, Thus it can be predicted that, according to the same constant for all conditions, except of course for the two groups of variables in the control group remained unchanged before and after the rehabilitation period And does not change. But in order to ensure this, the dependent variables before and after the study period, by group, using the t-test, is studied the results will follow. Table 7 summarizes the descriptive statistics, the two time periods before and after rehabilitation. It should be noted That in the control group, no rehabilitation program on patients with damage has been done. As seen in the table, the mean scores of the two time periods before and after the control group differed significantly did not work.

Table (8) The results of the Pearson correlation coefficient between pairs of variables are examined in the control group. The paired t-test, should be relatively strong and significant correlation coefficient between the two variables is less than 5%, to

be true and accurate test results arrived. But if the correlation coefficient between the two variables is weak and significant levels greater than 5%, then the t-test for two independent samples t-test relative to the preferred with two pairs. The table below shows a fairly strong correlation between variables at two time points before and after rehabilitation (99%) and the error is less than one percent.

But in relation to the interpretation of the test result t, based on the mean of the parameters before and after the rehabilitation period, should the results table (9) can be used. According to the t-test and statistical significance was obtained for two independent variables and their ideal life, That was higher than 5%, it can be said That the average value of the parameters before and after the rehabilitation period, the experimental group, the control group had no significant difference.

•The dependent variables before and after the rehabilitation period in the test group and test hypotheses related.

Hypothesis: the ideal of people with spinal cord injuries before and after the rehabilitation period there was a significant difference. Table 10 summarizes the descriptive statistics for the two time periods before and after rehabilitation. Based on the

contents of this table, it can be said that the ideal average of the dependent variable in the sample, the time before the rehabilitation period, equal to 33/27 and 34/77 is the time after the rehabilitation period.

But in relation to the interpretation of the test result t, based on the mean of variables in the time before and after the rehabilitation period, should the results table (11) can be used. According to the test, t (2/963) and achieved a significant level (0/016) in this table, the average variable ideal sample, both before and after the rehabilitation period, no significant differences with 95% confidence there. Thus, assuming H_0 implies that people do not mean to cause injury, at the time, he passes in front of it, assuming H_1 is accepted. The interpretation of this is that difference between the mean values of the variables studied, both before and after the rehabilitation period how, Should be considered to mean obtained at the time. Average variable ideal time before the implementation of the rehabilitation period, 33/27, in the time after the rehabilitation period, the sample size on the average, rose to 34/77. In other words, the implementation of the rehabilitation of the affected subjects and could increase the value of this variable.

Hypothesis: the independence of the lives of people with spinal cord injuries before and

after the rehabilitation period there was a significant difference.

Table 12 summarizes the descriptive statistics for the two time periods before and after rehabilitation. Based on the contents of this table it can be said That his ideal mean of the dependent variable, the sample before the rehabilitation period, equal to 27/33 and 77/34 is the time after the rehabilitation period.

But in relation to the interpretation of the test result t, based on the mean of variables in the time before and after the rehabilitation period, should the results table (13) can be used. According to the test, t (-3/536) and achieved a significant level (0/006) in this table, the average variable life independent of the sample, both before and after the rehabilitation period, no significant differences 99 percent. Thus, assuming That H_0 implies not mean life of a lesion at the time of independence passes in front of it, assuming H_1 is accepted. To interpret this, how is the average difference between the two variables studied before and after the rehabilitation period should be considered to mean obtained at the time. Average variable independent life at 30/93 before the

implementation of the rehabilitation period, when after the rehabilitation period, the sample size was increased by an average of 35/07. In other words, the implementation of the rehabilitation of the sample, and has contributed to increase the value of this variable.

• Comparison of the dependent variables before and after the rehabilitation period, in both control and experimental groups

Research to assess the mean scores of the dependent variables in the control and experimental groups, both before and after the rehabilitation of the t-tests were used that results are as follows.

Table (14) also observed, studied variables, the time before the rehabilitation period, in both control and experimental groups did not show a statistically significant difference. But the other side and do the rehabilitation period, the experimental group, the mean scores of the two groups was statistically significant at the one percent level error is obtained. In other words, one can say with 99% confidence that with the rehabilitation period, the average of the variable life to the cause of independence in the experimental group increased.

Table 1: The distribution of the marital status of the sample

group		frequency	Percent
control group	single	5	50
	married	5	50
	Total	10	100

test group	single	6	60
	married	4	40
	Total	10	100

Table 2: Distribution of the age of the sample

Age (years)		frequency	Percent	Cumulative percentage
control group	Under 30	6	60	60
	31 to 40	2	20	80
	41 to 50	2	20	100
	Total	10	100	
test group	Under 30	4	40	40
	31 to 40	4	40	80
	41 to 50	2	20	100
	Total	10	100	

Table 3: Distribution of the area of the sample

Lesion area		frequency	percentage
control group	neck	2	20
	chest	1	10
	waist	7	70
	Total	10	100
test group	neck	1	10
	chest	2	20
	waist	7	70
	Total	10	100

Table 4: Distribution of educational level of the sample

Level of Education		frequency	percentage	Cumulative percentage
control group	Less than high school diploma	4	40	40
	diploma	3	30	70
	Advanced Diploma	2	20	90
	License	1	10	100
	Total	10	100	
test group	Less than Diploma	6	60	60
	diploma	1	10	70
	Advanced Diploma	1	10	80
	License	2	20	100
	Total	10	10	

Table 5: The results of the KS test, at the subject groups

group	Variables	Before undergoing rehabilitation period	After a period of rehabilitation
		Significant level	Significant level
control group	ideal	0/225	0/225
	Independent living	0/321	0/321
test group	ideal	0/938	854/0
	Independent living	0/809	0/956

• test results about the assumptions of correlation

Table 6: Correlation matrix of variables by Spearman correlation test

Variables		ideal
Independence	The correlation	0/503[*]
	Significant level	0/024

Table 7: Summarizes the descriptive statistics for the dependent variables in the control group before and after the rehabilitation period

Variable	Mean	Count	Standard deviation
Ideal himself before rehabilitation	34/17	10	2/739
Ideal himself after rehabilitation	34/95	10	2/748
Independent living before rehabilitation	34/75	10	5/178
Independent life after rehabilitation	35/15	10	5/191

Table 8: Results of the Pearson correlation coefficient between pairs of variables studied in the control group

Variable	number	The correlation	Significant level
ideal	10	0/909	0/000
Independence	10	0/970	0/000

Table 9: Comparison of mean independent variables in the control group using the t-test

Variable	Mean difference	Standard deviation	Deviation of the mean	t	Significant level
ideal	0/780	1/171	0/370	-2/105	0/065
Independence	-0/4000	1/264	0/400	-1	0/343

Table 10: Summarizes the descriptive statistics for the dependent variable of the ideal in the experimental group before and after the rehabilitation period

Variable	Average	number	Standard deviation	Deviation of the mean
Ideal himself before rehabilitation	33/27	10	6/666	2/107
Ideal himself after rehabilitation	34/77	10	6/047	1/912

Table 11: Comparison of mean ideal variable in the experimental group using the t-test

Variable	mean	Standard deviation	Deviation of the mean	T +	Degrees of freedom	Significant level
ideal	-1/50	1/600	0/506	-2/963	9	0/016

Table 12 summarizes the descriptive statistics for the dependent variable, independent living, in the experimental group before and after the rehabilitation period

Variable	Average	number	Standard deviation	Deviation of the mean
Independent living before rehabilitation	30/93	10	3/253	1/028
Independent life after rehabilitation	35/07	10	1/388	0/439

Table 13: Comparison of mean life independent variable, in groups, using the t-test

Variable	mean	Standard deviation	Deviation of the mean	t	Degrees of freedom	Significant level
Independence	-4/14	3/702	1/170	-3/536	9	0/006

Table 14: Comparison of variables related to research in experimental and control groups before and after the course of rehabilitation, using a t-test

The time	Variable	T-statistics	Degrees of freedom	Significant level
Before rehabilitation	Ideal	0/395	18	0/698
	Independence	1/973	18	0/064
After a period of rehabilitation	ideal	0/086	18	0/010
	Independence	0/047	18	0/010

CONCLUSION

Spinal diseases characterized by debilitating, chronic and unpredictable challenges of life in patients create. Patients are forced to live in the family and work is revised Vmvajh recurrence and lack of autonomy, which causes a lot of anxiety and worry are. The prevalence of depression in these patients usually associated with poor quality of life. With the assessment of patients with neurological injury, depression crucial role they play in improving the quality of life. Interventions that increase personal development, sense of control, and to find meaning in life, they are effective in improving the quality of life and depression in these patients. Soats In their study, the self-concept and personality and behavioral characteristics, achieved a significant relationship. And found that teens who have low self-esteem, self-expression that aggressive behavior, destructive and psychological symptoms. HOkansOn and colleagues (1989) in their study, the authors concluded that depressed patients compared with normal subjects had lower self-esteem. The results Alfeld and Sygmn (1998) suggests a negative correlation between self-concept scores and depressive symptoms. In another study it was shown that people who has low self-esteem, guilt and despair experienced greater. Studies Coopersmith (1967) also suggests that the emotional states in relation to self-esteem, depression, which leads to feelings of inferiority and worthlessness, incapability and inferiority feelings. Krnys et al (2000) with emphasis on the impact and sustainability of the health and happiness of their self-esteem, self-aware stability compared to its level, a more decisive factor.

Also in line with the results of this study, Partridge and Robertson (2011) study concluded that the disturbance of body image for women and men participants treated with dialysis, significantly higher than the software community (29). The Escape (2011) found 56% of patients treated with hemodialysis code, an extremely negative image of his appearance and physiological activities, 57/3% of the daily activities in the face of extremely negative body image, social and personal motives (such do chores and work activity), 70/7% of their body image rather negative reaction to his family and to the community and 20% of them, quite negative body image of communication and participation in society (19). The findings from the research Jorjnsn et al (2006) also suggests that patients treated with peritoneal dialysis, satisfaction with body image, social and family life in hemodialysis patients were compared, but only in satisfaction with family life, significant differences were observed between the two groups.

Shahgholian findings (2013) showed that the mean score of self-concept in three dimensions "physical self", "self-psychological" and "social self" differed in three hemodialysis, peritoneal dialysis and control but in "spiritual self" are statistically significant. In other words, the mean score of self-concept in three dimensions "physical self", "self-psychological" and "social self" in both hemodialysis and peritoneal dialysis, significantly less than the control group. The mean score of self-concept, with no significant difference in all three dimensions in both hemodialysis and peritoneal dialysis statistically.

RECOMMENDATIONS

It seems that the following suggestions when considering the results, provided, it is able to increase the quality and quantity of future research related to the topic of this paper is effective. Since in addition to the theoretical achievements of the objectives of this research is to provide application areas is therefore the following recommendations are offered:

1. Check the model in other aspects such as trust, suicide, etc. and compared with the results of this research.
2. Check the model by other communities due to cultural differences.
3. The population of this study is different in terms of culture and compares them with each other.

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