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**PREDICTIVE ROLE OF DECISION MAKING AND PROBLEM SOLVING SKILLS,
COPING STRATEGIES, MARITAL ADJUSTMENT AND FAMILY SOCIAL
PRESTIGE IN PREDICTION OF MENTAL HEALTH**

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ABSTRACT

Undoubtedly health is the most important aspects of human life and various factors in person and family can have a key role in this issue. Hence the purpose of the present research is Predictive role of decision making and problem solving skills, coping strategies, marital adjustment and family social prestige in prediction of mental health. Research method was descriptive and from correlation type. The statistical population were all married teachers of elementary schools in Karaj city in the academic year 2014-2015 that by using random cluster sampling 358 person were selected based on Morgan table. To collect information was used from Dyadic Adjustment Scale of Spanier [DAS, 1976] Samani questionnaire family process [2005] and Samani questionnaire family content [2008]. The data were analyzed through Pearson correlation and stepwise regression. Pearson correlation results showed that there is a significant relationship between research variables and also stepwise regression results showed that decision making and problem solving skills, coping strategies, marital adjustment and family social prestige explain together%30/9 of variance mental health. Hence can be concluded that decision making and problem solving skills, coping strategies, marital adjustment and family social prestige can be predict the mental health and with increasing of this associated factors with person and family can see increasing and improve physical and mental health in family members.

**Keywords: Mental Health, Decision Making and Problem Solving Skills, Coping Strategies,
Marital Adjustment, Family Social Prestige**

INTRODUCTION

Sometimes humans forget that health is a precious gem and its maintaining is responsibility for them [1]. Undoubtedly, health is one of the most important aspects of humans' life issues [2]. About the concept of health, the most accepted definition is from WHO [World Health Organization]: "a state of complete physical, mental and social health and not merely the absence of disease or infirmity". Also mental health is described by WHO as: "... a state of health in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community" [2]. The researchers believe that health and disease are as a process that factors of cultural, social and psychological impress on its formation. Problems of physical and mental problems have reciprocal effects on each other, and in fact psychological problems can cause physical disease and vice versa [3]. In dimension marriage and family, mental health is considered one of the factors that influence satisfaction that have reciprocal impact on each other. Researches have shown that the mutual relationship is between physical and mental health with marital quality and marital satisfaction [4].

From the factors that affect the mental health is a problem-solving and decision-making skills. Problem solving consists of a complex set of subcategories of cognition, behavioral and attitude. Mayer [1983] has defined decision-making problem-solving as a multi-step process that one must understand the relationship between past experience and current issues and with regard to it adopt appropriate solution. He has defined three features for problem solving: problem solving is a cognitive process but is inferred from behavior. The result of process of problem solving is a presenting solutions and problem solving involves decision making and manipulation or act base on previous knowledge [5]. Researches have shown that increasing problem-solving and decision-making skills decreased marital or family problems [5,6]. Other studies have shown that the significant relationship between decision-making and problem-solving skills with physical and mental health [7, 8].

Other influence factors on psychological health is coping strategies. According to Lazarus and Folkman, coping strategies is a set of cognitive and behavioral efforts that applies in order to translate, interpretation and modify a stressful situation and lead to reduction of its suffering and are effective in overcoming life's challenges [9]. Generally, in dealing with stressful situations the

people used two types of coping: effective coping and ineffective coping. What is introduced as effective coping strategies the same procedures coping with problems that by individuals are designed and runs consciously that its result is successful problem solving or resolving of crisis. Ineffective coping are efforts that although they are used to cope with difficult situations but typically leads to worsening of the situation, hence ineffective coping cannot be interpreted as skills [10]. In research focused on the couples coping strategies, have confirmed its effectiveness in improving the quality of couples life [11]. Researchers have shown that education of coping strategy can promote physical and mental health and is effective in reducing behavioral and social problems [12, 13]. Other researches have shown that teaching coping strategies reduce pain, pain-related behaviors and psychological problems of patients with pain [14]. Marriages and families in addition to providing satisfy needs emotional, psychological, sexual, etc., can be grown healthy generations. Obviously, a maladjusted relationship will lead to a standstill health and development member [15]. What in family and unity of husband and wife has important role is adjustment couple together [16]. Marital adjustment concept was presented by Spanier and

Cole, which can be considered as a permanent process [17]. Lewis and Spanier defined this process as events, circumstances and interactions that couple's life moves forward in during adjustment. Hence marriage of high quality has relationship with good adjustment, suitable relationship, high levels of their happiness, unity and a high level of satisfaction of relationships [18]. Marital adjustment is externalizing husband and wife together at any point of time [19]. Adjustment Couples are wife and husbands that have great agreement with each other and accomplish good management on time and their own financial issues [20]. Marital relationship is one of the most stable interpersonal relationships and its impact on individuals is more than any other relationship. Researches show that positive marital quality and their relations affect health directly and indirectly [21]. Other researches show that the marital adjustment has a significant relationship with physical and mental health in couples and children [22, 23].

Family social prestige is a factor on the rise and decline mental health in family members. Social prestige is rank or position that a family receive at social structure in terms of the assessment of society. Social prestige is amount of access to society valuable resources. This definition includes

three attributes: 1- Each social actor has its own prestige. 2- Reference prestige is amount or scale of subjective and levels valuation society. 3- Prestige is not fixed and variable [24]. The researchers concluded that couple's social prestige is one of the reasons tendency to divorce [25]. Another research showed that between family's high social prestige and physical and mental health there is a significant relationship [26].

According to the importance of health in individual and family life and also sublime role of the divine blessing in society that its existence leads to the development of society and it is reduce led to the slow progress and imposed costs on society and government, also unmatched role the family has in mental health of its members and the other hand existence high mental health in teachers that will lead to nurtures discerning and educated students, hence the purpose of the present research is Predictive role of decision making and problem solving skills, coping strategies, marital adjustment and family social prestige in prediction of mental health in teachers.

MATERIALS AND METHODS

Research method is descriptive and from correlation type. The statistical population was include all married teachers of elementary schools in Karaj city [Iran] at

academic years 2014-2015 that by using random cluster sampling, among the 4 areas of education, from the 4 area 358 people were selected based on Morgan table. The data analyzed through Pearson correlation and stepwise regression. To collect information was used from Dyadic Adjustment Scale of Spanier [DAS, 1976], Samani questionnaire family process [2005] and Samani questionnaire family content [2009].

Dyadic Adjustment Scale: This scale is used to measure marital adjustment .This scale with 32 items by Spanier in 1976 was developed to assess the marital adjustment .This scale measures the four dimensions satisfaction, solidarity, agreement and expression of love among husband and wife .This scale has substantial internal consistency with Cronbach's alpha 0/96. In IRAN, Mollah Zadeh reported Test-retest reliability of this scale with 0/86 and 0/89 with Cronbach's alpha and reported 0/90 amount of concurrent validity with Dyadic Adjustment Scale Locke – Wallace [27].

Samani questionnaire family process: in order to measure decision making and problem solving skills and coping strategies were used from this questionnaire that by Samani [28] constructed based on a theoretical model of the family process and have 43 items with five-degree [5 = completely agree to completely disagree =

1] which measures five scope [29]. In order to determine the reliability of the scale, Samani used Cronbach alpha's calculation method. The alpha coefficient for the decision making and problem solving and coping strategies reported respectively with 0/86 and 0/88[29]. The validity of this scale by Samani were evaluated in the two studies by using factor analysis that results of these two studies indicate that this scale has psychometric adequate [30].

Samani questionnaire family content: in order to measure mental health and family social prestige was used from this scale. That by Samani [2008] constructed based on a theoretical model of the family process and have 38 items with five-degree [5 = completely agree to completely disagree = 1] which measures seven scope [29]. The

alpha coefficient for mental health and family social prestige reported respectively with 0/79 and 0/83. The validity of this scale were evaluated by using factor analysis that results of these two studies indicate that this scale has psychometric adequate [29, 30]. Also Jafri [2010] reported Cronbach's alpha for the scale factors from 0/65 to 0/86[31].

RESULTS

The sample consisted of 230 women and 128 men and a total were 358 people that they have formed most of the sample in terms of bachelor's degree [%53/4], period marriage from 13 to 18 years [%27/7] and having two children [%46/4]. Parameters of descriptive variables and correlation analysis and regression are as follows:

Table 1: Descriptive indicators research variables

Variables	Mean	Standard deviation
mental health	19/38	4/39
decision making and problem solving skills	38/01	7/03
coping skills	47/24	8/35
marital adjustment	129/03	20/70
family social prestige	15/19	2/79

Table 2: Matrix of correlations between research variables

Variables	1	2	3	4	5
mental health	1				
decision making and problem solving skills	0/485	1			
coping skills	0/469	0/633	1		
marital adjustment	0/428	0/579	0/606	1	
family social prestige	0/386	0/488	0/446	0/328	1

$P < 0/01$

The table 2 above shows the results matrix of Pearson correlations between research variables that based on the relationship

between mental health with decision making and problem solving skills, coping skills, marital adjustment and family social

prestige is respectively 0/485, 0/469, 0/428 and 0/386 That all these relationships are significant at $P < 0/01$.

In order to investigation amount was used predictions stepwise multiple regression, which results are in the table below.

Table 3: summarizes the results of the regression equation

Variables entered	Multiple correlation [R]	Coefficient of determination [R ²]	Coefficient of determination modified	F change	.Sig
problem solving skills	0/485	0/235	0/233	102/36	0/001
problem solving skills and coping skills	0/528	0/279	0/275	20/27	0/001
problem solving skills and coping skills and social prestige	0/544	0/296	0/290	8/08	0/005
problem solving skills, coping skills, social prestige and marital adjustment	0/555	0/309	0/300	5/82	0/016

According to Table 3 the first stage decision making and problem solving component inserted into equation and the correlation with criterion variable [mental health] is 0/485 that explained %23.5 from the variation of psychological health. In the second stage component of coping skills entered into the equation and the multiple correlation coefficient increased to 0/528. These two factors together explained % 27.9 from the variance of mental health. In third stage component of family social prestige inserted into equation and multiple correlation coefficient increase to 0/544 and these three components together explained % 29.6 from the variance of mental health. And in final stage component of marital adjustment inserted into equation and multiple correlation coefficient increase to 0/555 and a total this

components explained % 30.9 from the variance of mental health.

F change and its significance in the above table responds to this question that whether the amount variance of explained by the prediction variables is significant or not that according to its value is significant for the first stage [F = 102/36] in $P < 0/001$. Therefore decision making and problem solving skills can predict mental health. F change is significant according to the level of significance in the second stage, third stage and fourth stage and hence variables of decision making and problem solving skills, coping strategies, marital adjustment and family social prestige can predict mental health.

DISCUSSION

The purpose of the present research was Predictive role of decision making and

problem solving skills, coping strategies, marital adjustment and family social prestige in prediction of mental health in teachers. The data analyzed through Pearson correlation and stepwise regression. Pearson correlation results showed that there is a significant relationship between mental health decision making and decision making and problem solving skills, coping strategies, marital adjustment and family social prestige and stepwise regression results showed that decision making and problem solving skills, coping strategies, marital adjustment and family social prestige can predict the mental health.

In relationship between decision-making and problem-solving with mental health, researches have shown that increasing problem-solving and decision-making skills decreased marital or family problems [5, 6]. Other studies have shown that the significant relationship between decision-making and problem-solving skills with physical and mental health [7, 8]. Factors and conditions that clearly explain this finding have roots in the theories and findings that the one hand, consider the mental health as a product of problem-based thinking, and the other hand, consider significant the effect of therapeutic interventions based problem solving as an appropriate method to repair and enhance functioning of mental, social and occupational

[8]. In fact, individuals confronted at their life with a variety of challenging situations that become ill and suffering from physical and emotional distress. When, they found a good way to solve the problem by using decision-making and problem-solving skills and it can run they prevent from the creation of such physical and mental problems.

In relationship between mental health and coping strategies, researchers have shown that education of coping strategies can promote mental health and is effective in reducing behavioral and social problems [12, 13]. Other research has shown that teaching coping strategies reduce pain, pain-related behaviors and psychological problems of patients with pain [14]. People who have low health and suffering from mental disorders such as anxiety and depression, people are who have not familiar enough with these disorders and do not know coping strategies with it. However, when they use the coping strategies such as problem solving, expressing emotions, setting goals, decision making and planning, identification and registration of negative thoughts and its replacing with positive thoughts, mental relaxation, positive image, support systems and different methods, typically they learn some ways to coping with the challenges of life that makes them less exposed physical and mental disorders and problems.

About relationship between mental health with marital adjustment, researches have shown that the mutual relationship is between mental health with marital quality and marital satisfaction [4] and another research showed that positive marital quality and their relations affect health directly and indirectly [21]. Other researches show that the marital adjustment has a significant relationship with physical and mental health in couples and children [22]. There is conflict in marriage between husband and wife, which confounds couples of mental relaxation. However, when the adjustment between the husband and wife is high, this means that they can coping with these conflicts and in front problems are flexible and, avoidance from conflicts will lead to greater physical and mental health in couples. In relationship between mental health and family social prestige, one research showed that between high social prestige of family and mental health there is a significant relationship [26]. The high social prestige its means that families have society valuable resources such as respect, wealth or power. When family have this resources by using these resources can solve and reduce their problems. For example, when a family is high in terms of wealth in comparison with family that is the lower level in this case, can provide easier facilities that avoid from occurrence of physical and emotional distress and or when suffer from

physical and psychological problems by using modern medical equipment and medical specialists can improve the created problems.

CONCLUSION

According to these research findings we can conclude that decision making and problem solving skills, coping strategies, marital adjustment and family social prestige can predict mental health and to increase this components and stability other factors can partly be prevented from creating mental distress and improve mental health in people. Therefore, according to our research results recommend to physicians, psychologists, counselors and other experts at family welfare with aware from impact of these variables on the mental health of individuals and families when working with individuals and families, teach the influence of these factors and enhance these factors in individuals and families.

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