

The Relationship Between Sense of Coherence, Theists and Mental Tension in Physical Education Department City of Ilam

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Abstract: Sense of coherence, feeling that the whole person orientation and continuous and pervasive sense of confidence and dynamism in their lives and the world around him shows. In the most general sense theism believe there are one God and Goddess and mental tension and pressure means and the driving force of the tension. The research is an applied descriptive and correlational scrolling. The study population consisted of employees city of Ilam Physical Education Department, the number 60 was chosen as samples. To collect data, questionnaires affinity, theists and mental tension were used. Statistical analysis was performed using SPSS 21 Software. Finally, the research hypotheses were examined by Spearman test and regression. The findings suggest that there is no significant relationship between sense of coherence and psychological tension but there is a significant positive relationship between sense of coherence and theism. It can be concluded that feel understood and felt being managed can increase a person's sense of theism and thus have a positive and significant relationship between sense of coherence and theism together.

Key words: Sense of coherence, theism, mental, tension, Iran

INTRODUCTION

Normal growth processes in place from birth to death is full of stressful situations (Thomas and Segal, 2006). How does this that anyone in such circumstances, depends on different variables such beliefs, personality traits, he is (Antonovsky, 1996). Accordingly, Antonovsky (1996), a view called pathological origin of health announced that instead focuses on health in stressful situations, so that a person's health status has two poles on a continuum that health and lack of health, knows (Vastamaki, 2009). In this view complex information processing by the human sense of coherence is the core of the conflict is resolved and tolerable stress (Savolainen, 2005).

He also believed that the sense of coherence causing a generalized source of resistance to the effects of stress on health action. So that, beneficial ways of dealing with the stressors at one's disposal, thus enabling the individual to show more resistance against the stresses of life (Zahrakar, 2009). Structural continuity is felt by

Antonovsky (1996) to show successful fight against the stressors of life is expressed. Also, sense of coherence is defined as the general direction of structural and persistent and pervasive sense of confidence and dynamism in their lives and the world around him shows. Makes a person feel the continuity of internal and external stimuli received in life more organized, more predictable and more understand the explanation. In its simplest sense, sense of coherence refers to a person's perception that life for him understandable, controllable and meaningful (Vastamaki, 2009).

Antonovsky (1996) maintains that feeling of continuity throughout childhood and adolescence to 30 years of age, grow and this growth (Schnyder *et al.*, 2000) or after it has been faced with OCD and examinations because basically build this ecstatic over the human suffering and evil in this world cannot be without Imam Ali (AS) and said: "the world is telling Bella it is complex and difficult and no one can escape from it." So, what are the inevitable trials and difficulties of life that must be faced but they must be dealt with wisely. Hence,

situations in man's, man's ability to withstand loss resulting lack of patience in the face of adversity is one. Hence, such an individual is his inability to compensate it requires patience and the ability to strengthen him. Imam Ali (AS) about human responsibility as one of theism says: what's servant in the night and day to bring here, is not unknown to God. The smallest deeds to their work and to the wise and the environment.

You can adjust your witnesses and members of the army and obedience and thought Hatan, Watch him and your secret is revealed to him (Nahj al-Balagha) stress, psychological stress or common interpretation of the physical reactions of stress, mentally and emotionally as a result of lifestyle changes and needs, ranging from job or non job occur. These changes can be large, small, positive or negative. However, the response of the people to change their different life. Positive stress can be a motivator while negative stress can be overwhelming when these changes are to be constructed.

Although, situations of severe stress with negative results but moderate levels of stress and tension resulting from it any person may be useful. Moderate level of stress helps us vigilant against environmental stimuli (possible risks) and more motivated to obtain (Mohammadzadeh and Mehrouzhan, 1997). Hans Selye stress of an uncertain reaction of the body to any demand entered into it. After living creature received a stressful event, like each recipient, a sequence in the nervous system provides the answer. The most important responses in the brain called the hypothalamus very important part of the show. Apply various control many of the body's hypothalamic centers, these centers are stimulated in different ways and as a result, a series of physiological reactions occur in the body. The sum of all these answers general symptoms consistent Selye called. Stress, including failure means a condition in which a person is inclined to follow a certain route to work but i prevented from doing so which may be internal or external and also can include stress, anxiety/anxiety is a perception of inability to deal with injuries. On the other hand, internal conflicts/conflict means that when selecting or deciding whether to send the case arises, the stress is one of the modes.

Evidence to show that sense of coherence and quality of life (Gibson and Parker, 2002) positive relationships and life satisfaction (Eriksson and Lindstrom, 2005) and the levels of depression, anxiety and stress and negatively correlated (Gibson and Parker, 2002).

Suominen *et al.* (2001) conclusion research sense of coherence that the strongest predictor of physical condition and health of men and women (Suominen *et al.*, 2001).

Pallant and Lae (2002) found that the sense of coherence with psychological well-being and physical and personality factors such as optimism, self-esteem and sense of mastery is negatively correlated. Moons and Norekval (2006) concluded that sense of coherence to improve the quality of life and health of chronic patients is important.

Nazarzadeh *et al.* (2013) in a research entitled causal relationship between cohesion, psychological hardness, coping with stress and mental health showed that sense of coherence and hard work play a decisive role in maintaining mental health.

Considering the importance of theism and resort and adherence to God's infinite power and the role it plays in coping with the hardships of life, the researchers in this study sought to establish the relationship between cohesion, mental tension theism and the study was.

MATERIALS AND METHODS

The research method applied but based on the way it is done and data collection, descriptive and correlational study that describes and explains what the status quo and focus on the present. The study consisted of all the employees of the Department of Physical Education in Ilam. To take samples from random sampling method is used when the sample size was estimated Cochran alpha 60. The sample data of the population using the following questionnaires were used. Psychological stress questionnaire: a questionnaire made mental stress (2015) consists of 8 questions that according to Likert scale (very high, 5; high, 4; too little, 3; low, 2 and I-1) is classified the stress and mental stress is examined. Cronbach's alpha coefficient of reliability of the questionnaire was 0/87 mental stress. Theism inventory: inventory sense of theism Fayoritou and Ryan (1996) consists of 10 questions that according to Likert scale (very high, 5; high, 4; too little, 3; low, 2 and I-1) is classified and question 2 and 9 are scored in reverse. Cronbach's alpha coefficient to measure theism questionnaire was 0/73. Questionnaire affinity: Sense of Coherence Questionnaire Antonovsky (1996) consists of 21 articles which have been prepared by Antonovsky.

The 5 point Likert scoring for from 1-5. The questions 1-7 components of comprehensibility, questions 8-13 significant component of the management and questions 14-21 significant component is being examined.

Cronbach's alpha coefficient of reliability of the questionnaire was a sense of continuity 0/81. To analyze the data, Pearson correlation and regression analysis using the statistical software used.

RESULTS AND DISCUSSION

Result shown in Table 1 and 2 in this study, it became clear sample of 60 employees of the Department of Physical Education, 45% of men and 55% of group sex group sex is female, 10% associate degree, 70% are undergraduate and 20% postgraduate as well as the this number 60% are under 30 years and 40% between 50-30.

Table 1: Spearman test for the relationship between variables

Variables	Sense of coherence		Statistical results
	r-values	p-values	
Theism	0/618	0/000	Confirm
Mental tension	0/290	0/086	Rejection

Table 2: Spearman test for the relationship between the research components

Variables	Theism		Statistical results
	r-values	p-values	
Understandable feeling	0/616	0/000	Confirm
feeling of being managed	0/307	0/034	Confirm
Sense of meaning	0/177	0/244	Rejection
Mental tension			
Understandable feeling	0/504	0/001	Confirm
feeling of being managed	0/553	0/000	Confirm
Sense of meaning	0/073	0/659	Rejection

Table 3: Results of regression relationship between sense of coherence and tension

Input variables (simultaneously)	Method = inter
Multiple correlation coefficient	0/642
The coefficient of determination	0/412
Adjusted coefficient of determination	0/366
standard error	3/419
p-value	0/000

Table 4 :Result of variables

Variables	Standardized coefficients		Unstandardized coefficients		
	B	SE	Beta	t-values	p-values
Variable (constant)	23.638	3/566	-	6/629	0/000
Understandable	421/0	0/099	0/664	4/264	0/000
feeling of emotional	-8.75 E-02	0/165	0	-0/531	0/599
Director of sense of meaning	118/0	0/121	0/130	0/975	0/336

Table 5: Results of regression relationship between sense of coherence and mental tension

Input variables (simultaneously)	Method = inter
Multiple correlation coefficient	0/519
The coefficient of determination	0/269
Adjusted coefficient of determination	0/201
standard error	5/944
p-value	0/000

Table 6: Result of constant variable

Variables	Standardized coefficients		Unstandardized coefficients		
	B	SE	Beta	t-values	p-values
Variable (constant)	14/168	7/162	-	1/978	0/057
Understandable	0/306	0/236	0/217	1/297	0/204
Feeling of emotional	0/863	0/345	0/497	2/500	0/018
Director of Sense of meaning	-0/415	0/239	-0/323	-1/739	0/092

Among employees, the highest frequency of service with 24 (40%) for those who are under 5 years of service, employees with 10 years of service 5 years is approximately 25% (n = 15) accounted and employees with 15 years of service 10 years 20% (n = 12) answered a broadly-are included.

According to Table 3, multiple correlation coefficient equal to R = 0/642, the coefficient of determination equal to 0/412 and 0/366 of the modified determination coefficient is calculated and also the standard error amount equal to 3/419 and a significant level of equal to Sig. = 0/000, respectively. Therefore, it can be stated with a view to determine the coefficient, the variables alone explained 41% of variance in the dependent variable.

According to Table 4 and 5, multiple correlation coefficient equal to R = 0/519, the coefficient of determination equal to 0/269 and 0/201 of the modified determination coefficient is calculated and also the standard error amount equal to 5/944 and a significant level it is equal to Sig. = 0/000, respectively. Therefore, it can be stated with a view to determine the coefficient, the variables alone explained 26% of variance in the dependent variable (Table 6).

CONCLUSION

The aim of this study was to investigate the relationship between sense of coherence, theists and psychological stress among employees of the Department of Physical Education is the city of Ilam.

A positive impact on psychological stress and they feel it can be concluded that there is no significant relationship between sense of coherence and psychological stress that the results of this study (Drageset *et al.*, 2009) is that are predictable and accountable a person with a sense of continuity of resources and capabilities to deal with a set of stimuli to which self-worth dealing with them to follow.

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