

Study the Relationship Between Yung Schema, Quality of Sleep and Addiction Talent among Students from Payam Noor University, Zahedan Branch, 2015

¹Hamzeh Chapati Gorgij, ¹Mahdieh Adroom, ¹Shahin Mohana, ¹Maryam Okati and ²Zahra Sharafi

¹Department of Psychology, Zahedan University of Medical Sciences, Zahedan, Iran

²Department of Psychology, Zabol University of Medical Sciences, Zabol, Iran

Abstract: Factors and there are many fields in the formation of addiction is one of the most important individual Anharamadgy. Mkhddr addiction often afflicts people who are ready to develop. This study aimed to investigate the relationship between sleep quality Schema and addiction in students' talent. A total of 200 students of Payam Noor University of Zahedan were selected by sampling and research questionnaires were completed. The instruments of Trh.arh Yang, sleep quality and talent addiction. There was a significant relationship between sleep quality and Dard.byn Schema Schema and PS Dard. byn significant relationship between sleep quality and PS There is a significant relationship. It seems that early maladaptive schemas can have a significant role in the rise to drug addiction. Should pay special attention to this issue by the relevant institutions and thera pists, addiction prevention and drug rehabilitation as possible.

Key words: Factors, sampling, relationship, significant, investigate

INTRODUCTION

One of the raised questions in studying diseases and disorders is reasons of suffering individuals from disease. So that some people are suffered from special diseases because of having same conditions and others are not suffered this kind of disease. Thus, recognition the factors that they lead to damage them against certain disorders not only leads to understanding the reason of disease but also it provides insight about resistant factors against disease. One of the disorders that has attracted the attention of researchers is disorder related to drug abuse. Forth version of diagnosis and statistical guidance of mental disorders classifies disorders related to drug abuse and disorders resulted of drug abuse including; intoxication resulted of drug abuse, treating addiction and other disorders that they are resulted of drug abuse in a separated category. The disorder features of dependency to drugs that it is called addiction include tolerance, it means that a person is forced to increase amount of drug to achieve previous feeling because of drug abuse continuity, the symptoms of treating addiction, it means that an addict person experiences unpleasant physical and mental reactions by stopping drug abuse, compulsion feeling in drug abuse, it means an addict person abuses drug more that whatever he/she wanted to use. He/she tries to control his/her drug abuse but he/she can

not. He/she spends a lot of time to achieve drug. Basically, it was used two concepts of behavioral dependency (activities for searching drug and abusing model) and mental dependency (severe alternative and continued tendency to drug abuse to avoid from sadness mode) (Kaplan *et al.*, 1994).

Addiction is common and non scientific term. It means morbid dependency to abuse one or several drugs that it leads to express drug searching behaviors and lack of drug abuse will be led to express deprivation symptoms in addict person (Zainali, 2005).

Drug dependency and its vast consequences are considered as calamities of human society at present era. Regarding to difficulties of treating addition and probability of returning most of treated addict persons, it is necessary to recognize effective factors on suffering from this problem in different societies especially among students. There are a lot of factors in addiction that one of them is quality of sleep (Aschoff, 1966).

Also, conducted research about the sleep quality of addicts showed that low quality of sleep leads to daily fatigue, excitement and lack of concentration and in addition to individuals tendency to drug abuse, alcohol and other drugs can be led to disorders such as eating disorder, depression and anxiety among addicts. On the other words alcohol and drug abuse can be led to sleep disorders and decreasing the quality of sleep. Thus,

a cycle is created that it decreases the quality of sleep significantly and increases the tendency to drug abuse.

Researchers found that there are findings related to beliefs of individuals who suffer from disorders related to drug and alcohol abuse (Janson and Jackson, 2004). The findings of conducted research in this field show that there is correlation between primary incompatible schemas and intensity of disorders among addicted patients who suffered from personality disorder (Cecero *et al.*, 2004). This schema has vast history in psychology and cognitive evolution that it associates with name of piaget. Schema term was introduced by Adler at 1929 for the first time. He suggested schema of apperception to refer to individual's attitude about him/her self and world in his theory.

According to Yung schema theory, incompatible behaviors have been created in response to schemas and then they are stimulated by schemas. Young believes that primary incompatible schemas are the deepest level of cognition and they are considered as stable and long-term models that they were created in childhood and they continue to adult period also they are inefficient, significantly. They play primary and basic role in individuals experiences and they affect on experience process at future. Incompatible schemas play important and vital role in individuals, thinking way, feeling and performance and their communicative ways with others. Primary incompatible schemas and incompatible ways that, patient learn them to face with their problems form base of symptoms of chronic disorders such as drug abuse disorders, depression, anxiety and mental problems. These schemas decode and evaluate information based on their previous structures in facing with new incentives. Thus, they affect o type of individuals' attitudes about themselves and their around world. Yung called schemas that lead to growing and creating psychological problems as primary incompatible schemas (Young, 1999).

In this research, we have tried to answer this question that is there significant relationship between Yung schema, sleep quality and addiction talent among students from Payam Noor University, Zahedan branch?

Research questions and objectives: The main aim of this research is to study the relationship between Yung schema, sleep quality and addiction talent among students from Payam Noor University, Zahedan branch. Below hypotheses are studied to achieve mentioned aim:

- There is significant relationship between Yung schema and sleep quality among students from Payam Noor University, Zahedan branch

- There is significant relationship between Yung schema and addiction talent among students from Payam Noor University, Zahedan branch
- There is significant relationship between sleep quality and addiction talent among students from Payam Noor University, Zahedan branch

MATERIALS AND METHODS

Current research is descriptive and correlative research. Statistical community of this research includes all students from psychology and training science colleges of Payam Noor University, Zahedan branch. The sample of the research includes 200 students, 100 male and 100 female. They were selected by using simple random sampling method. in this research, it was used available random sampling method. Also, it was used three Yung schema, sleep quality and addiction talent questionnaires to collect data in this research.

RESULTS AND DISCUSSION

First hypothesis: Is there significant relationship between Yung schema and sleep quality among students from Payam Noor University, Zahedan branch?

The findings of the Table 1. Show that the mean and standard deviation values of Yung schema are 2.92 and 0.66, respectively. Also the mean and standard deviation values of sleep quality are 2.33 and 0.42, respectively. Also, above table shows that correlation coefficient between Yung schema and sleep quality is equal to $r = 0.358$, statistically. That it is significant at confidence level 99%. Also, $Sig = 0.000$ based on decision-making criterion at confidence level 5% ($p < 0.05$). thus, there is significant relationship between Yung schema and sleep quality.

Second hypothesis: Is there significant relationship between Yung schema and addiction talent among students from Payam Noor University, Zahedan branch?

The findings of Table 2. Show that the mean and standard deviation values of Yung schema are 2.92 and 0.66 respectively. And the mean and standard deviation values of addiction talent are 1.41 and 0.09, respectively. Also, above table shows that correlation coefficient between Yung schema and addiction talent is equal to $r = 0.220$. It is significant at confidence level 99%. Also, $Sig = 0.003$ based on decision-making criterion at confidence level 5% ($p < 0.05$). Thus, there is significant relationship between Yung schema and addiction talent variables.

Table 1: The results of descriptive statistics and regression correlation coefficient related to Yung schema and sleep quality

Variables	Number	Mean	SD	Df	R	Sig.
Yung schema	180	Feb-92	0/66	179	179	0/000
Sleep quality	180	Feb-33	0/42			

Table 2: The results of descriptive statistics and regression correlation coefficient related to Yung schema and addiction talent

Variables	Number	Mean	SD	Df	R	Sig.
Yung schema	180	Feb-92	0/66	179	0/220	0/003
Addiction talent	180	Jan-41	0/09			

Table 3: The results of descriptive statistics and regression correlation coefficient related to sleep quality and addiction talent

Variables	Number	Mean	SD	Df	R	Sig.
Sleep quality	180	Feb-33	0/42	179	0/062	0/410
Addiction talent	180	Jan-41	0/09			

Third hypothesis: Is there significant relationship between sleep quality and addiction talent among students from Payam Noor University, Zahedan branch?

The findings of Table 3 show that the mean and standard deviation values of sleep quality are 2.33 and 0.42, respectively. Also, the mean and standard deviation values of addiction talent are 1.41 and 0.09, respectively. Also, above table shows that correlation coefficient between sleep quality and addiction talent is equal to $r = 0.062$, statistically. It is not significant at confidence level 99%. Also, $\text{sig} = 0.410$ based on decision-making criterion at confidence level 5% ($p < 0.05$). Thus, there is no significant relationship between sleep quality and addiction talent variables.

CONCLUSION

The main aim of this research is to study, recognize and qualitative and quantitative description of effective factors on studying the relationship between Yung schema, sleep quality and addiction talent among students from Payam Noor University, Zahedan branch at 2015. The aim of this research was that if it can predict sleep quality and addiction talent of students based on Yung primary schema. Thus, current research has tried to answer this question that if different factors such as physical, mental, social, cultural and economical disorders affect on sleep quality and addiction talent? Analyzing

these questions showed that is there significant and positive correlation between Yung schema, sleep quality and addiction talent. Thus, individuals, memories, emotions, recognitions and feelings affect on sleep quality, duration of useful sleep, sleep disorders, rate of used soporific medicine and performance at the morning. Also, individuals' memories, emotions, recognitions and feelings liable to become addict. If a person has not addiction talent, he/she does not become addict. Generally, insomnia creates serious disorder in human health and has negative effect on individuals' life quality and it decrease individuals' daily performance in emotional, social and physical aspects, significantly. Also, it affects on life quality so that it increases suffering from depression and anxiety. The ability to fight with daily tensions decreases and also night sleep affects on individuals, cognitive performance and concentration level to perform their daily activities.

REFERENCES

- Aschoff, J., 1966. Human circadian rhythms in activity, body temperature and other functions. *Life Sci. Space Res.*, 5: 159-173.
- Cecero, J.J., J.D. Nelson and J.M. Gillie, 2004. Tools and tenets of schema therapy: Toward the construct validity of the Early Maladaptive Schema Questionnaire-Research version (EMSQ-R). *Clin. Psychol. Psychotherapy*, 11: 344-357.
- Janson, L.A. and H.J. Jackson, 2004. Eerily maladaptive schemas in personality disorder individuals. *J. Personality Disord.*, 18: 467-478.
- Kaplan, H., B. Sadok and J. Gereb, 1994. Summary of Behavioral Sciences Psychiatry and Clinical Psychology. Shahrabi Publications, Tehran, Iran, pp: 223-234.
- Young, J.E., 1999. Cognitive Therapy for Personality Disorders: A Schema-Focused Approach. 3rd Edn., Professional Resource Press, Sarasota, FL.
- Zainali, A., 2005. Study the reasons of pre addiction fields of treated addicts. Research Center of Drug Abuse and Dependency to Drugs, Social Welfare and Rehabilitation Sciences University, Tehran, Iran.