

Investigate the Status of Anxiety and Disorder in the Social Performance and its Impact on the Physical Status of Newly Arrived Students of Orumieh Medical Sciences University

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ABSTRACT

Field and issue: entering to the university very sensitive section and period that was along with environmental change from home to the university, anxiety and disorder in social performance that affects people's physical health. The main objective: This cross sectional study of the kind of analytical was conducted on 210 students in 2014. Collecting tool was GHQ 28 questionnaire. Findings: obtained findings showed that the physical status, anxiety and social performance of newly arrived students respectively with mean of 1.78, 4.2, and 5.52 is in a favorable condition. Multivariate regression showed, anxiety and disorder in social performance (0.39 and 0.19 respectively) can predict 20.7% of physical status. Conclusion: Change the living environment causes to massive changes in the social and mental environment of the students. Increase rate of anxiety and disorder in social performance can affect physical status of people and causes to incidence the psychosomatic symptoms. It is necessary that can investigate the process of mental compatibility and incompatibility of the newly arrived students with conducting longitudinal studies.

Keywords: Physical Disorder, Anxiety, Disorder In Social Relationships, Newly Arrival Students

Introduction

Students are of the main assets of any country. Entrance to university is a very important period not only for students, but for the whole society also has fundamental importance; this period is often associated with many changes in social and interpersonal relationships of people that it changes in its turn the social performance, duties, roles, interactions and interpersonal communications of students. Life in student period is important and sensitive event in span of life of efficient forces a country that requires appropriate arrangements for the safe passage of this period incidentally health appropriate acquisition.

The most common health dimension is physical health; it can be easily evaluated in compared with other dimensions. Biologically appropriate action of cells and organs, and their coordination with each other is a sign of physical health.

Physical status has very important role in the field of hygiene and the health of students and is of basic principles of health which for various reasons such as being away from family, feeling the pressure, stress, concern, lack of interest in academic course, conflict with other people in the environment, lack of welfare and economic and facilities and problems such them are among conditions that can create physical problems and discomforts and threaten people's health in the physical and mental fields (2, 3, 4). It is very clear that mental disorders especially behavioral affect the physical status of people (2).

Main body

Social and emotional abilities and competencies are of determinant factors and influencing on the quality of social relationships and social performance of people, and their health in mental and physical dimensions (5). Human relationships and social performance that people are responsible for them are essential to satisfy the basic needs (6, 7, and 8).

Human is a social creature and he/she require his/her fellows during his/her life. Perhaps it can be said: all human problems, especially mental problems, derive of the kind of relationships and imaginations and feelings dependent on them (9). The complexity of today society requires that human constantly shows adaptation in front of the adversities (10).

Anxiety disorders are the most common mental disorders in the society (11, 12, 13) and among the students (14, 15, 16) anxiety is the process of interactive sub-systems, including cognitive, physical, affective and behavioral sub-systems (17, 18), and is a warning that makes the person aware means that there is a danger and causes that person can take measures to deal with the risk (19, 20) and it is the inseparable part of human life.

Abnormal state of it can affect on wide range of human different performances such as physical performance (20, 21, 22, and 23). Anxiety is a generalized very unpleasant feeling and often vague of concern that is associated with one or more symptoms and physical sensation, and is underlying the several disorders such as fear, obsessive, suicide, substance abuse, personality disorders, and a variety of deviations.

Symptoms such as concern, stomach aches, dissuasion, nausea, coercions, insomnia, isolation, depression, crying (10), feel to empty, shortness of breath, palpitation, headache, sweating and sudden incontinence of urine relieve, restlessness and the desire to move are of the most common symptom of it(24). Those who suffer from anxiety, develop to wide range of problems, from physical to cognitive disorders and unjustified fears and startles (25, 13, 26) and their performances reduce in various fields such as physical area (27, 28, 29, 30). So it can be expected that as a result of wide changes that occur in the environment and location of newly arrived students, anxiety and social performance can be affected, Therefore present study seeks

to answer this question that what impact will have anxiety and social performance of newly arrived students on their physical status?

Research of Yousefi and Mohammad Khani (15) showed that anxiety, disorder in social performance, depression and physical health are of the most important common disorders among students that about 40 percent of students develop it.

The present study also was indicator the effect of anxiety and disorder in social performance on the dimension of physical health. The impact of disorder in social performance, anxiety on physical health has been confirmed in many studies.

Different studies have shown that disorder in social performance and anxiety can cause to increase physical symptoms such as sleep disorder (32), while the results of research of Shah Rukhi (31) show anxiety and disorder in social performance can underlie the health problems of women workers in factories of Qazvin. Biglar and et al (2014) in their research concluded that disorder in social performance and anxiety can affect physical health of people (1).

Research Methodology: The present research is a kind of descriptive- analytic that was conducted by survey design. The statistical population of this research is newly arrived students at the University Of Medical Sciences Of Orumieh.

Sampling of research was conducted in form of simple random sampling. Thus 210 people of the newly arrived students of the Orumieh Medical Sciences University were selected randomly during the year of 2014 and after justification the students about the purpose of the conducting the research and being confidentiality the information of questionnaires were distributed among the students.

The research tools: to measure disorder in social performance and anxiety symptoms were used of dimensions of the General Health Questionnaire (28 GHQ). General Health Questionnaire was prepared by Goldberg and Hiller in 1972 and has been widely used in various researches and it is one of the most well-known screening tools in researches related to mental health.

This questionnaire also comprised of four subscales that each of them has seven questions. Questions one to seven are related to the subscales of physical symptoms and questions 8 to 14 are related to subscales of anxiety and questions 15 to 21 are related to subscales of disorder in social performance.

In the subscales of somatization symptoms, general health status and physical symptoms, in the subscales of anxiety clinical symptoms and signs of the fierce urgency, insomnia, being under pressure, being angry and worry and in subscales of social functioning of individual's ability to perform everyday tasks, satisfaction feeling in doing duties, the feeling of being bound, learn power and enjoy the life daily activities (33).

Hooman (34) in the normalization of GHQ-28 questionnaire in Iran reported the internal consistency of this questionnaire by using Cronbach's alpha coefficient for the scales of anxiety and social performance, respectively, 0.87, and 0.79.

Findings Table 1 shows the descriptive findings. Average of symptoms of physical status is 1.78 that shows that most of students, their symptoms of disorder and their physical symptoms are minimal...

The average of social performance symptoms is 5.22, most of the newly arrived students disorder in their social performances is in minimal limit. The average the symptoms of anxiety is 2.40 that is in minimal limit.

Table 1: Descriptive findings

Variable		Number	Valid Percentage	Mean	Standard deviation
physical condition	Lowest	208	0.99		
	Mild	2	0.1	78.1	45.1
Social Performance	Lowest	147	0.70		
	Mild	63	.030	22.5	27.2
Anxiety Variable	Lowest	8.94	199		
	Mild	2.5	11	04.2	04.2

Table two shows the relationship between the two variables. Based on the obtained results relationship between variables is significant. Thus increasing symptoms of social performance and anxiety could increase physical disorder symptoms and reduce physical health of people.

Table 2: investigate the relationship between variables

		Social Performance	Anxiety
Physical disorder symptoms	Pearson coefficient	250 **.0	423 **.0
	Significant level	000.0	000.0
	Number	210	210

In the following investigated the simultaneous correlation of anxiety variables and disorder in social performance with physical symptoms to determine the contribution of each variable. To investigate the multiple regressions has been used Enter method in present research. The results show that both variables of disorder in social performance and anxiety were entered in the equation and was obtained significant model (Set Square-R is 0.462 and $p < 0.000$ and $F=28.121$). So research variables in the model of research predict 46.2 or 0.462 % of the variance of disorder variable in physical symptoms.

Anxiety is equal to 0.394 in beta model that means that by changing one unit of standard deviation in the anxiety can predict 0.394 standard deviation of the variable of physical symptoms with control other variables. There is such an interpretation about the variables of disorder in social performance as well. So with an increase of one standard deviation in social performance, variable of physical symptoms increases as much as 0.188 of standard deviation.

Table 3: Multiple Regressions

Model	R value	R Square	Value of adjusted R
1	462.0	214.0	206.0
	value B	Value of beta	Significant level
Anxiety	279.0	394.0	000.0
Social Performance	120.0	188.0	003.0

Discussion and conclusion

The results showed that most students suffer of the disorder symptoms in physical performance in minimal limit and only 1% of newly arrived students suffer from physical symptoms in low limit. In the field of symptoms of anxiety also about 95 percent of newly arrived students are in the lowest limit, and only 5 percent of them have mild anxiety symptoms. This means that most of the students in terms of physical status, social performance and anxiety are in ideal condition.

The findings also show that 70 percent of new students have reported symptoms of disorder in social performance at minimal limit. But 30 percent of newly arrived students have reported mild symptoms in their social performance. Based on research results, it can be stated that the situation of students in general is in desirable level.

The results of the present research are consistent with the research of Narimani, Akbarzadeh, and Hamzeh (35) that state first and second year students have difference in their public health wiry higher students. On the other hand results of present research is against the results of Dadju (14), Hosseini and Mousavi (16) Yousefi and Mohammad Khani (15) that know anxiety, disorder in physical health and social performance one of the major issues of students. Of course, this matter can be caused by research samples. The present research has been conducted among new students who have just entered the university, and yet have not met so many problems that exist in universities.

The findings of present research, confirmed the relationship between anxiety and social performance with physical health means symptoms of physical disorder. In this among anxiety has stronger relationship on disorder in health and physical symptoms. A total people who develop the anxiety and disorder in their social performance, their physical health are more at risk. The research findings in the field of relationship between variables are consistent with studies of Esfahani (2), Bagheri, Bolhari, Peyravi (3), Ahmadi (4), Alipour, and others (9), Kazdin (21) Kenrlie (1995) Sadok and Sadok (22) Legrand (23), Kaplan (24), Haghdoost and others (31), Shah Rukhi (32), Biglar and others (1) that have expressed mental and social status of people affect on their physical health. In line with the researches of Esfahani (2) Bagheri, Bolhari, Peyravi (3) Ahmadi (4), which state that entry into new environments such as entry to university can affect interpersonal relationships and social performance of people.

So newly arrived students encounter with the problems and issues in the field of their interaction that can be said that more are arising from the new environment and dealing with people from diverse cultures, dormitory environment and .. That person is not yet familiar with it and the majority of students who have recently entered the University have high energy and enthusiasm and a strong motivation for success in entrance exam, which can change their approach to many issues. It can be stated in a university environment can be imposed various pressures on individual during the academic years, increases anxiety and stress, that in its turn can cause mental and physical changes in the students. So it is possible that such trend will affect the newly arrived students in the next years and students lose their strong motivation by passing time and university environment turns to anxious environment that affects their social and physical health.

To achieve such results, it is recommended that possibility the increasing such factors and components investigate carefully by conducting longitudinal studies by university authorities. Also the authorities can take best interests of this opportunity until can deliver effective forces to the society.

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