

Investigating factors affecting psychological happiness with emphasis on moral values Among second-year high school student

Elaheh Hanai Khajeh¹ Bagher Sardari²

1. Master's degree in positive psychology, Azad University, Khoi, Iran

2. Assistant Professor Azad University Khoi Educational Department, Educational Sciences

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ABSTRACT

Background and purpose: The present study was conducted to investigate the factors affecting psychological happiness with an emphasis on moral values among second-year high school students (an exploratory mixed study).

Research method: The current research is practical in terms of its purpose and exploratory in terms of the method of data collection. The statistical population of this research consists of all the male and female teachers of the second year of public schools in Tabriz city in the academic year of 2023-2024 in the number of 3251 people. In this research, according to its nature, to select the necessary samples, it was done in two qualitative and quantitative stages. In the qualitative phase, two methods of targeted sampling and snowballing were used. In the quantitative stage, first, the size of the statistical sample was determined based on Cochran's formula, and then a relative random sampling plan was used to collect quantitative data.

Findings: The results of the interview analysis showed that 36 concepts, 11 components and 4 factors were obtained. Then a 36-item questionnaire was compiled, and finally, a 31-question questionnaire was approved. Then the solution was analyzed and the results showed that strengthening religious and religious beliefs, adjusting expectations and adapting expectations to positive thinking, having a daily schedule (time management) and religious teachings were the most effective in providing solutions.

Conclusion: It is suggested that the solutions obtained in the present research be implemented in students.



1. Introduction

Candidiasis is a range of opportunistic fungal diseases that occur in susceptible people in the form of simple superficial infections to systemic infections. (1 and 2) In general, in the *Candida* genus, there are commensal fungi that coexist with the host, but due to predisposing factors, they can attack the host's tissues and cause disease or make the person a *Candida* carrier. These predisposing factors include a weak immune system, the use of artificial teeth, antibiotic treatment, breastfeeding, AIDS, cancer, bone marrow transplantation or organ transplantation, which cause infections that lead to death. Candidiasis can have different forms, from mucosal candidiasis to disseminated disease, which often depends on the host's immune system, and will be associated with the involvement of several organs. *Trichomonas* and bacterial infections are more common. When *Candida albicans* affects the vagina, the symptoms include itching, burning, and sometimes a white discharge from the vagina. Fungal infection of the penis is less common and is usually accompanied by an itchy rash. Rarely, fungal infections may become aggressive and spread to other parts of the body, and depending on the parts involved, may develop along with other symptoms. Vaginal infections occur more often during pregnancy in people who have a weak immune system and after using antibiotics. About three-quarters of women will have at least one yeast infection in their lifetime, but in general, common yeast infections are rare except in people with risk factors. *Candida vaginitis* usually does not have specific clinical symptoms and can manifest itself with symptoms such as itching, burning, cheesy secretions and painful intercourse. Several antifungal drugs such as polyenes, nystatin, azole derivatives (clotrimazole, fluconazole, ketoconazole) and chlorhexidine have been used to treat oral and vaginal candidiasis and other cases, and if it does not work, oral fluconazole or intravenous itraconazole may be used. or amphotericin B should be used. The above drugs, despite their beneficial effects, have side and harmful effects. The bitter taste following the use of nystatin tablets and the possibility of allergic reactions after the use of nystatin creams, (3) burning sensation, swelling, pimple-like swelling after use (clotrimazole cream) have been confirmed in several studies (4 according to The above reasons as well as the drug resistance of this mushroom and the increase in the dosage and the increase in the side effects of the drugs, experts and researchers are looking for effective drugs without side effects. In other studies, it has been determined that they have attracted the attention of researchers.

5: *Rhus coriaria*) Ala_R, which is called Sumaq in Persian, contains 250 unique species of flowering plants in the Anacardiaceae family, of which Sumac is one of the most common examples. (6) To separate, determine and identify the compounds obtained from the sumac plant, various extracts were taken from the fruit and leaves of this plant. Some of the aqueous extracts some of the alcoholic extracts and some of the fatty extracts have been isolated. Degradable tannins constitute the highest percentage in sumac fruits, which emphasizes the antioxidant potential of the fruit. About 191 chemical compounds from the sumac fruit plant have been identified by chromatographic methods, among which 78 degradable tannin compounds, 59 flavonoid compounds, 9 anthocyanin compounds, 2 isoflavonoid compounds, 2 terpenoid compounds, 1 diterpene compound and 38 other compounds are still unknown. Plant extracts containing tannins are used as an astringent compound and as anti-inflammatory, antiseptic, antioxidant and hemostatic drugs. In addition, in another study, it was found that the compounds obtained from this plant are more effective than some antifungal compounds such as nystatin. Also, in recent studies on the ethanolic and methanolic properties of sumac, the extraordinary antioxidant (9) and anti-inflammatory (10) properties, antibacterial activity (11), liver protection (12) and DNA protection (13) and soothing (14)) for this plant, this study aims to compare the effect of aqueous and alcoholic extracts of sumac fruit on *Candida albicans* in laboratory conditions based on finding the lowest inhibitory concentration. The effect of aqueous and

alcoholic extracts of sumac fruit on *Candida albicans* in laboratory conditions is based on finding the lowest inhibitory concentration. Materials and methods: The standard strain of *Candida albicans* fungus with numbers 10231 ATCC and PTCC5027 was purchased from Bosina company and checked for purity by microscope and then on subdextrose agar culture medium which is a medium for growing and counting yeasts and moulds. It was cultured in completely sterile conditions. The cultured mediums were kept in a greenhouse for 24 hours at 25 degrees Celsius for further investigations. After 24 hours, to fully ensure the absence of *Candida albicans* contamination, a sterile loop was removed from the pure culture and added to 500 micrograms of fetal bovine serum. It was well homogenized.

Then the resulting suspension was placed in a greenhouse at a temperature of 37 degrees Celsius, after a period of 2 to 3 hours, a drop of the suspension was placed on the elm, and the elm was placed on it, and the presence of the reproductive tube, which indicates *Candida albicans*, was checked and confirmed. Was obtained.

Preparation of sumac fruit extract:

First, sumac fruit was procured from reputable sellers of medicinal plants in Karaj city and approved by a reputable botanist, and after cleaning and drying, it was ground. Preparation of aqueous extract: This extract was prepared by soaking, first, 50 grams of ground sumac fruit was added to it in the form of powder and 500 ml of distilled water was added to it, then a magnet was placed in it and placed on The thermal shaker was placed for 24 hours. The obtained aqueous extract was centrifuged and filtered with Whatman No. 4 paper sterilized using a syringe head filter and finally transferred to a freezer at minus 20 degrees Celsius for use.

Preparation of alcoholic extract of sumac fruit:

50 grams of ground sumac fruit was mixed with 500 ml of 96% alcohol (ethanol) in a one-litre beaker, then a magnet was placed inside the beaker and placed on the shaker, after 24 hours the alcoholic extract was Obtained, centrifuged and passed through Whatman No. 4 paper, and then this extract was poured into a glass plate and placed in a greenhouse at 37 degrees Celsius for 24 hours. After 24 hours, the contents inside the plate were scraped and dissolved in distilled water and passed through a needle filter until it was dissolved and finally, it was transferred to a freezer at minus 20 degrees Celsius.

Candida albicans dilution for testing

A colony was removed from a 24-hour culture of bacteria on a subdextrose agar medium and mixed well in 5 ml of sterile distilled water. 1 ml of the resulting suspension was used for analysis using spectrophotometry 3 at a wavelength of 530 nm and a transmittance of 77%. was placed and a dilution of 1-4 ml/103 cfu* was prepared from *Candida albicans*. To prepare the dilution of 1 ml of the desired suspension, 9 ml of the RPMI solution made with MOPS was diluted and the dilution was 1%. From the resulting dilution, 100 µl was added to 3-10 ml of RPMI solution with MOPS to obtain a dilution of 0.001 and several 10⁻³.

Calculation of the lowest inhibitory concentration (MIC) of aqueous and alcoholic sumac fruit extract on *Candida albicans* mushroom suspension with 1/001 dilution, RPMI medium with double and one-fold concentration, aqueous and alcoholic extract of sumac fruit with a final concentration of 120 mg/ml was prepared.

All of the above in the wells with the final concentration of 15, 30, 60, 7.5, 3.75, 1.875, 0.937, 0.468, 0.234, mg to ml.

The samples were placed in a 37-degree Celsius incubator for 24, 48 and 72 hours and after this time they were analyzed for MIC. The test for each drug combination was repeated 5 times in

duplicate, all test steps were performed in sterile conditions and against control tests including positive and negative and DSMO control.

Calculation of the lowest lethal concentration (MFC) of aqueous and alcoholic sumac extracts on *Candida albicans*.

To check the minimum lethal concentration (MFC) of aqueous and alcoholic sumac extracts on *Candida albicans*, the samples were cultured from the available wells to calculate the MIC on Sabrodextrod culture medium and placed in a greenhouse for 24, 48 and 72 hours at 37 degrees Celsius.

The lowest concentration in which the fungus did not grow. It is considered as the lowest lethal concentration.

- Research findings

To evaluate the effect of aqueous and alcoholic extracts of sumac fruit on *Candida albicans* and also to compare their effect with fluconazole in successive concentrations of 60-30-15-75 mg/ml, the compounds were prepared and a total of 10 series of tests were performed for each compound. Was performed.

After the cultivation of *Candida albicans* fungus in the wells and after 24, 48, and 72 hours, it was found that this fungus can grow in all concentrations of sumac aqueous extract and none of the tested concentrations can prevent the growth of this fungus. . However, sumac fruit sieve extract at a concentration of 60 mg/ml can inhibit the growth of *Candida albicans*, but it could grow at other concentrations.

While the concentration of 0.5 mg/ml of fluconazole antibiotic could inhibit and kill this fungus.

In addition, after MCI calculations, to investigate the lethal effect of the concentration of 60 mg/ml on Sabrod Doctorose agar culture medium, it was determined that this concentration, in addition to inhibiting the growth of the fungus, also can destroy it. (3-4)

A statistical comparison of the results of commercial antibiotics with aqueous and alcoholic sumac fruit extracts on *Candida albicans* fungus at the 95% level indicated that there is a significant difference in the effect of commercial antibiotics with aqueous and alcoholic extracts. (P-value<005)

In the present study, a comparative study of the effect of aqueous and alcoholic extracts of sumac fruit on the standard strain of *Candida albicans* with numbers ATcc70237 and PTcc5087 was conducted, which can be noted that *Candida albicans* is the main fungal pathogen in humans, especially in patients with immunodeficiency. Candidiasis can have different forms, from mucosal candidiasis to widespread disease, which often involves several organs depending on the immune system.

Since medicinal plants are widely used all over the world since these plants have the least side effects, many people have accepted them, so the main purpose of this study was to investigate the antifungal effects of sumac fruit extract and *Candida albicans* kidney. Considering that the effectiveness of both alcoholic and (ethanolic) extracts of sumac fruit in the production of *Candida albicans* growth is higher in concentration compared to the drug fluconazole and therefore it should be determined that there is a significant difference in the effect of the commercial antibiotic with aqueous and alcoholic extracts. There is. (P-value <0.05)

Conclusion

Sumac fruit, having compounds such as alkaloids, terpenes, flavonoids, lingans, plant steroids, curcumins, saponises, tesfoni compounds, and leukocosides, is a potential plant stain for the

treatment of these infections, and the aqueous extract of sumac contains anti-inflammatory compounds. It is not fungal, but the high-concentration sieved extract has an inhibitory effect on the growth of *Candida albicans* due to the extraction and antifungal compounds and sumac, but this inhibitory effect is weaker compared to those containing fluconazole, therefore, considering the side effects and resistance of chemical antifungal drugs It can be more widely used against *Candida albicans* yeast in traditional soap.

The discussion of increasing drug resistance of this mushroom, therefore, the increase in the dosage of common drugs, followed by the increase in the side effects of drugs, has led to the fact that today the most attention is paid to factors with a natural basis, such as medicinal plants with very few side effects.

A study conducted by Salehi et al. in 2021 aimed at the antifungal effect of methanolic sumac extract on *Candida albicans*. The antifungal properties of sumac were proven and the results showed that the methanolic extract of sumac had MCI, 512 to 2048 mg/ml. If the drug nystatin at a concentration of 0.063 mg/ml inhibited the growth of 50% of *Candida albicans* isolates (15).

In another study conducted by Derodrigyze et al. in 2015, the antifungal properties of sumac were proven and the results showed that *Rhus muelleri* can have an inhibitory effect on *Fusarium oxysporum* (19).

In Naseri Farnaz Khalkhali's study in 2015, the effect of an aqueous extract of sumac on increasing the shelf life of raw meat during storage at refrigerator temperature to replace chemical preservatives and ensure the health of consumers showed that with the increase in the concentration of antimicrobial extract, the reduction of the population with kettle Ferrophiles, lactic acid bacteria and total bacteria, the overall form of mesophilic bacteria and lactic acid bacteria are significantly reduced in the highest concentrations of the extract, 0.67, 2.5, and 3.53 logarithmic units, respectively, according to the results As a result, it can be acknowledged that sumac blue essential oil can be used as a natural preservative compound for meat and meat products. (18)

A study by Behzadi and his colleagues in 2015 to investigate the inhibitory effect of aqueous and alcoholic extracts of the sumac plant on *Candida albicans* showed that the alcoholic extract of the sumac plant, unlike its aqueous extract, at concentrations of 250 and 500 mg/ml has an inhibitory effect on *Candida albicans*. *Candida albicans* growth. In the studies, the MCI of ethanol extract of the sumac plant was 60 mg/litre. (17)

In a study conducted by Rashid et al. in 2018, the results showed that sumac plant extract at a concentration of 100 µg/ml reduces the growth of *Coltotricum acutum* hyphae, so it has a fungal effect. (16)

Also, the results of the study by Onkar and his colleagues in 2011 showed that the methanolic extract of sumac seeds can have an inhibitory effect against *Aspergillus*, *Candida albicans* and *Penicillium cistritum* in concentrations of 20, 10, 5, 1 mg/ml, which The feature is due to the presence of many phytochemicals in the sumac plant.

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