

Examining the relationship between life regulation, rumination and experiential avoidance with the level of symptoms and severity of depression in male students of the first year of high school

Sayeda Sara Mohammadi¹, Amirhosein Hassanzadeh², Hasti Moghadasi³,
Shadi saket ghalb langeroodi⁴, Zahra Niknam⁵, Mohsen bayat^{6*}

1. Master of General Psychology, Faculty of Humanities, Azad University of Research Sciences, Amol Branch, Iran

2. Master of Clinical Psychology, Faculty of Educational Sciences and Psychology, Ferdowsi University, Mashhad, Iran

3. Master's degree in clinical psychology, Faculty of Educational Sciences, Maroodasht Azad University, Fars, Iran

4. Master's degree in Clinical Psychology, Faculty of Humanities (New Medicine), Islamic Azad University, Chalous Branch, Mazandaran, Iran

5. Master student of cognitive psychology, Department of psychology and education, Allame Tabatabaei University, Tehran, Iran

6. PHD Student of Psychology, Department of Psychology and Educational Sciences, Mohaghegh Ardabili University, Ardabil, Iran

ARTICLE INFO

Keywords:

emotion regulation, rumination and experiential avoidance, attitude towards addiction, students

ABSTRACT

The purpose of this study was to investigate the relationship between emotion regulation rumination and experiential avoidance with the level of symptoms and severity of depression in male high school students of the first year. The method of the descriptive research was correlation type and the statistical population included all male students of the first period of secondary school in Zanjan city in 2014-01. The sampling method in this research was simple random and the sample number was 60 students. The measurement tools used in this research were emotion regulation questionnaire, attitude towards addiction and rumination and experiential avoidance. Pearson's test was used to analyze the data, and SPSS statistical software was used for this purpose. The results showed that with a confidence level of 0.05% and with a confidence level of 0.95, there is a relationship between attitude towards drugs and physical health ($r = -0.18$), exercise and wellness ($r = -0.24$), weight control and nutrition. ($r = -0.19$), disease prevention ($r = -0.22$), mental health ($r = -0.13$), spiritual health ($r = -0.31$), social health ($r = -0.19$), environmental health ($r = -0.18$) and self-efficacy ($r = -0.34$), there is a significant negative relationship ($p < 0.05$). Based on the results obtained, it can be concluded that emotion regulation and rumination and experiential avoidance are negative influencing factors in students' attitude towards drug use and better than drugs and rumination and experiential avoidance to students. to be given.

1. Introduction

The amount of drug consumption among young people is increasing day by day, and to control this, it is necessary to use new approaches in a prevention and treatment program. Various external and internal reasons have been mentioned for the tendency to substances, among the external factors, the desire of some to be accepted in the society, and some others try to show Society and people around have a .(1984 ,¹ themselves more developed by this means (Jesor mutual relationship in increasing drug use, in some social groups, drug use is a condition to be accepted by others. This point has been confirmed based on researches that have shown that Substance abuse habits .(1992 ,² friends' suggestion to use drugs increases drug use (Conrad depend on internal psychological variables such as personality traits, lifestyle, attitude, beliefs and intelligence level of the person. A review of research conducted on the intelligence of drug addicts has shown that the cognitive performance and intelligence level of most of these people Also, according to the .(2005 ,³ is lower than the average (Walia, Fuksa, Daryab and Starr relationship between religion and its influence on all aspects of human life, religion has a ,⁴ decisive relationship in preventing a person from becoming addicted to drugs (Siglu-Sena In this regard, researches have shown that having religious attitudes and beliefs and .(1997 spiritual practices are associated with reducing psychological stress and preventing risky behaviors such as smoking, alcohol and drug consumption. Also, studies have shown that religiosity and spirituality reduce the effect of life pressures on the tendency to use drugs and Not only in the .(2003 ,⁵ inhibit the increase in drug use over time (Wills, Yeager and Sandy field of addiction treatment, but also in the treatment of many psychological and physical problems, every day there are a number of people who believe that spirituality is the way to cure their neuroses and mental disabilities, as well as specialists who treat mental illnesses and ,⁶ mental health. They focus on spiritual beliefs and behaviors (Shajiana and Zaminomanfarid This has caused the World Health Organization to recently define humans as .(2001 In line with this spiritual direction .(1999 ,⁷ psychological, social and spiritual beings (Emmons and in parallel with the study of the relationship between religion and spirituality and other psychological components such as mental health, a group has tried to define new concepts related to religion and spirituality. For example, the concepts of spiritual health and spiritual well-being have been added to the academic literature of psychology on the threshold of the third millennium. With the progress of the industry and new technologies and related problems, mental disorders and diseases have increased significantly as well as physical problems. Spiritual intelligence is one of the concepts that has been proposed and developed .in the light of psychologists' global attention and interest in the field of religion and spirituality Spiritual intelligence combines the structures of spirituality and intelligence into a new spiritual intelligence has four⁸ ,structure (Sohrabi, 2007). From King's point of view components: existential thinking, generating personal meaning, developing awareness, and transcendental awareness (King, 2008). According to the research results, both intelligence ,and religion and spirituality have a relationship in the tendency to addiction, and as it was said according to King's opinion, emotion regulation mediates the effects of spirituality and is a combination of spirituality and intelligence. So, logically, spiritual intelligence should also

have a determining relationship in addiction; Because it contains both intelligence and spirituality. Another influencing factor in people's attitude towards addiction is rumination and experiential avoidance. Experiential rumination and avoidance is a part of life that is practically realized and includes the full range of activities that people do in their daily lives. Therefore, the range of different activities in every field of life can be a form of rumination and their experiential avoidance in the field. In terms of social mobility and growth, young people play a central role in all-round development in any country (Razvizadeh, 2016). The results of Moalemi et al.'s research (2008) comparing spiritual intelligence and mental health in addicts and non-addicts showed that there is a significant difference between the scores of spiritual intelligence and mental health of addicts and non-addicts, so that drug addicts' spiritual intelligence and mental health were lower than the normal group, also a significant correlation was observed between spiritual intelligence and mental health in both groups. Asgharnejad (2010) showed in his research that teaching religious teachings to teenagers is more effective than usual care in delaying drug use in secondary schools. Citing Purafkari Sadok showed in his research titled "Effectiveness of Religious Education Program on Drug Use" (2013) that the students who received this program showed a significant reduction in drug use in the research. They showed that rumination and experiential (2006)¹ use. Kergin and Sher et al. (2014) in a case study² avoidance of people are related to the tendency to use drugs. Lucy in the identification of addiction factors and lifestyle in Europe in a contemporary addiction project showed that rumination and experiential avoidance are related to addiction. In order to achieve the goals of development and progress of the country, it is very important to identify the issues and problems ahead. In this regard, the present study was conducted with the aim of investigating the relationship between emotion regulation and rumination and experiential avoidance in students' attitudes towards addiction.

According to the stated content, the lack of research in the field of adolescent drugs and the fact that most of the research is conducted in adults and few researches have been conducted in the field of rumination and experiential avoidance and addiction, therefore the purpose of this research is to investigate the relationship between emotion regulation, Rumination and avoidance was an experiment with the level of symptoms and severity of depression among male students of the first year of high school in 2014-01

research method

The descriptive research method was correlation type. The statistical population of the present study included all the male students of the first year of secondary school in Zanjan city in 2011- and the multi-cluster random sampling method was simple in that 1 school was selected from every 4 districts of Zanjan municipality and using In this method, 60 people (15 people from each school) were selected as a sample group. In correlational research, the minimum sample size of 25 people is appropriate, and in the present study, 60 people were chosen in order to increase external validity and the ability to generalize with more confidence. After selecting the target sample, the objectives of the research were explained to these people, and their consent was obtained to participate in the research project, and then the emotion regulation, rumination and experiential avoidance questionnaires and attitudes towards drugs were provided to these people. and the questionnaires were answered in the presence of the researcher. The tools of the present research were

Emotion Regulation Questionnaire : This questionnaire was created by Sohrabi and Bahrami in 2016 and includes four factors (transcendent self-awareness, spiritual experiences, patience and forgiveness) and 97 questions. Its reliability was expressed using Cronbach's alpha of 0.98% and its reliability was expressed as 90.0% (Sohrabi and Sepehri, 2016)

Life Style Questionnaire : This questionnaire was created in 1987 and has 52 questions. This tool measures 6 dimensions of quality of life, which are: Nutrition Activity physical Or ,Sport Responsibility in before ,Health Relationships Among ,Individual Growth spiritual And Management Stress. This questionnaire has also been standardized in Iran and its reliability ,has been obtained using Cronbach's alpha for the entire instrument at 0.82% (Eskandari ,(Gatezadeh, Borjali, Sohrabi and Farrokhi, 2016

Attitude Questionnaire on Addiction and Narcotics : This tool was created in 2000 to measure people's view of addiction and contains 30 questions that are graded on a five-point ,Likert scale from strongly agree to strongly disagree. The range of scores is between 30 and 160 and a higher score indicates a favorable attitude towards substance use. The validity and reliability of this tool has been declared using Cronbach's alpha of 0.89% (Jazairi, Rafiei and ,(Nazari, 2012

The data were analyzed using Pearson's correlation coefficient test and SPSS statistical software.

findings

,The sample group in the present study included 60 students of the first year of high school who were selected as the sample group, and the results obtained are presented in the form of .the following tables

Table (1) mean and standard deviation of scores of rumination and experiential avoidance, emotion regulation and attitude towards drugs in students

The standard deviation	Average	next
3.29	19.25	Physical health
2.59	17.63	Exercise and wellness
3.11	16.76	Weight control and nutrition
3.73	18.38	Prevention of diseases
3.92	16.84	Psychological health
1.73	14.64	mental health
2.91	18.19	Social health
2.71	15.34	Avoid drugs and narcotics
3.67	20.57	Prevention of accidents
2.88	17.81	Environmental health
4.73	37.59	Efficacy
5.67	56.49	Attitude to drugs

The results of table (1) show the mean and (standard deviation) of physical health 19.25 exercise and wellness 17.63 (2.59), weight control and nutrition 16.76 (3.11), disease ,(3.29) prevention 18.38 (3.73), psychological health 16.84 (3.92), spiritual health 14.64 (1.73), social health 18.19 (2.91), avoiding drugs and narcotics 15.34 (2.71), accident prevention 20.57 environmental health 17.81 (2.88), self-efficacy 37.59 (4.73) And the attitude towards ,(3.67) .drugs was 56.49 (5.67)

Table (2) Correlation coefficient of rumination and experiential avoidance and emotion regulation with attitude towards drugs in students

Attitude to drugs	statistics	Components	Variables
18/0	The correlation coefficient	Physical health	
0.03	Significance level		

-0.24	The correlation coefficient	Exercise and wellness
0.007	Significance level	
19/0	The correlation coefficient	Weight control and nutrition
0.02	Significance level	
- 0.22	The correlation coefficient	Prevention of diseases
0.01	Significance level	
-0.13	The correlation coefficient	Cognitive mental health
0.04	Significance level	
-0.31	The correlation coefficient	mental health
0.003	Significance level	
19/0	The correlation coefficient	Social health
0.03	Significance level	
0.03	The correlation coefficient	Avoid drugs and narcotics
0.71	Significance level	
-04/0	The correlation coefficient	Prevention of accidents
0.61	Significance level	
18/0	The correlation coefficient	Environmental health
0.04	Significance level	
0.34-	The correlation coefficient	Efficacy
0.008	Significance level	

As table (2) shows, with a confidence level of 0.05% and with a confidence level of 0.95% it can be said that there is a relationship between the attitude towards drugs and physical health (r = -0.18 = exercise and wellness (0.24), (r), weight control and nutrition (r = 0.19 =) disease prevention (r = -0.22), cognitive mental health (r = 0.13 =) spiritual health, (r = 0.31 =) social health, (r = 0.19 =) environmental health, (r = 0.18 =) and self-efficacy (r = 0.34 =) there is a significant negative relationship $p > 0.05$. Based on the obtained results, it can be concluded that rumination and experiential avoidance and self-efficacy increase students' negative view of drugs.

Discussion

The present study was conducted with the aim of investigating the relationship between emotion regulation, rumination, and experiential avoidance with the level of symptoms and severity of depression in male high school students of the first year. The results showed that emotion regulation reduces the attitude towards addiction in students. To investigate this relationship, Pearson's correlation coefficient test was used, the results of which showed that there is a significant negative relationship between emotion regulation and attitude towards addiction in students $p < 0.05$. The results obtained in the present study are in line with the results of Moalemi et al. (2008), Asgharnejad (2010) and Sadok (2010). The intelligence through which we solve issues related to meaning and values, the intelligence that places our

activities and lives in a broader, richer and meaningful context, the intelligence that helps us understand which actions or Which path is more meaningful than the other (Dadfar, 2019), Spirituality prevents people from doing wrong things in many cases, and in the meantime regulating emotions according to the perspective it creates in a person causes a negative view of people's tendency to use drugs

At societies Today All Y nation I see With every the system political And social advanced And At now Development To Issue Education And Breeding Attention have And Ratio To other Activity I see Y social To it Importance more believe are (Ghasemi, 2012). this Attention At the system Republic islamic From position special Oh you possess may be doctrine Hi islamic From Sadr Islam And Yet Emphasis a lot done Is . this Attention B the reason is not And On logical Strong foundation input done Is . Because nowadays education children particle for direct object From The most important needs Life social may they know it Kind That Experience Hi Previous sign may to give every sometimes One the system educational Conditions Appropriate Teaching And education particle for direct object To Learners Creation done Is, Fields Growth And excellence At Society with came And Persons have been able to At Light it Conditions And Possibilities Talents potential self particle for direct object Belief do On basis this experiences Necessity cognition Academic Process Education And Breeding And Agents effective ride it one From basic the most needs Development And .Development societies considered It can be (Dadfar, 1390)

Another relationship that was examined in this research was that rumination and experiential avoidance reduce the attitude towards addiction in students. To investigate these relationships, Pearson's correlation coefficient test was used, the results of which showed that there is a significant negative relationship between rumination and experiential avoidance with) attitude towards addiction in students $p < 0.05$ The results obtained in the present study are .(in line with the results of Kergin et al. (2006), Salehabadi and Salimi Amanabad (2011) and ,Luchi et al. (2014). Rumination and experiential avoidance will intensify intra-group cohesion .and on the other hand, it will be a factor in the separation of social groups from each other Lifestyles are the product of behaviors and behaviors themselves are a function of various experiences, including the experience of formal education, and by stating that consumption patterns are the main manifestations of lifestyles, the relationship between formal education in the capitalist structure and reproduction analyzed it. It is formal education that creates stable tendencies to create specific consumption patterns. Because becoming a consumer requires creating a subconscious and a suitable reserve of cultural symbols and is not just a biological process

one From Factors That Society today particle for direct object With Difficulties a lot exposure done Is, bad Consumption Materials drug may be That one From problems social And Difficulties basic sanitary societies Different particle for direct object formation may give Country We From Sentence Country Hi risky At this Background considered may to be And this order caused From Both border Iran With The biggest Country issued doer Materials Drug (Afghanistan) . be nowadays the witness Decrease Age Consumption Materials drug At Society Are And At this Among Knowledge students From Important the most layers Society may to be That may can under the effect Agents environmental And cultural Orientation To Consumption this a matter ladies Suz had to be At this Therefore understand Present With Target Check Relationship Among Excitement regulation And Rumination and experiential avoidance With attitude To addiction Knowledge students do became (Moalami et al., 2018) Based on the obtained results, it can be concluded that lifestyle and emotion regulation are factors that can strongly change people's views on addiction and these people's attitudes are negative, and the results of this study confirm this view. be

One of the limitations of this research was the lack of female samples in the research, as well .as the lack of people from other educational levels

thanking

Hereby, the education of Zanjan province, students, administrators and teachers who have helped us in the implementation of this research are appreciated and thanked

References

- Eskandari Hossein, Gatezadeh Abdulmir, Barjaali Ahmad, Sohrabi Faramorz and Farkhi Nur Ali.(2016). Quarterly Journal of Counseling and Psychotherapy Culture. 1-21
- Jazayeri Alireza, Rafiei Hossein and Nazari Mohammad Ali. (1382). Attitudes of middle school students in Tehran about addiction. Social welfare magazine. 217-230
- ,Dadfar, Sadif. (1390). *The effectiveness of social problem solving training on control self-efficacy and creativity of students with addiction potential* . Master's thesis in clinical psychology. Azad Islamic University, Zanjan branch. 23-27
- Sadok, Benjamin and Sadok, Virigina. (2010). Synopsis of Psychiatry, Behavioral ,Sciences-Clinical Psychiatry, translated by Purafkari, Nusrat Elah, 2nd edition, Tehran Shahrab Publications. 96-98
- Sohrabi and Sepehri (1387). Examining the concept of emotion regulation and building a tool to measure it among the students of Allameh Tabatabai University. Journal of .Research in Psychological Health. 14-18
- Ghasemi, Maitham. (2012). *The effect of social skills training on the self-concept and academic performance of students with behavioral disorders*, master's thesis in the field of psychology, University of Science and Research. 54-87
- Maalemi, Siddiqa; Rival, Mahosh and Salari, Zahra (2008). Comparison of spiritual intelligence and mental health in addicted and non-addicted people, scientific research journal of Shahid Sadougi University of Medical Sciences, Yazd, volume 18, number .special issue of the high-risk behavior conference, pp. 242-235 ,3
- Conrad, KM, Flay, BR & Hill, D. (1992). *Why children start smoking cigarettes: predictors of onset*. British Journal of Addiction. 87 (12): 1711-24.
- Emmons, RA . (1999). *The psychology of ultimate concerns: motivation and spirituality in personality*. New York Guilford Press .. 51-73.
- Grekin , ER & Sher KJ . (2006). *Alcohol dependence symptoms among college freshmen: prevalence, stability, and person-environment interactions, experimental and clinical psychopharmacology* . Experimental and Clinical Psychopharmacology ; 14(3): 329-38.
- Jessor , R. (1984). *Adolescent development and behavioral health*. In: Matarazzo JD, Weiss SM, Herd A, Miller NA, Weiss SM, editors . Behavioral health: a handbook of health enhancement and disease prevention; New York: John Wiley. P. 69-90.
- Lucy, G, Jane, M, John, H, Emma, E , H , Gerhard, Buehringer , Anne, LH, Maria, N & Petra Meier.(2014). *Reflections and best practice recommendations for interdisciplinary working: a case study on the identification of the determinants of addiction from the Addiction and Lifestyles In Contemporary Europe Reframing Addictions Project (ALICE RAP)* , The Lancet, 384, Supplement 2, 19, S13.
- Shojaeyan , R & Zamanimonfared , A. (2001). *Relationship between prayer with mental health and vocation performance in technical personnel of weaponry industries* . Iranian Journal of Psychiatry and Clinical Psychology ; 2 (8).31.
- Siegle , LJ & Senna, JJ . (1997). *Juvenile delinquency : theory, practice and law* . 6th ed. Paolo Alto: West Publishing Company ;. P.117-8.
- Sohrabi , F. (2007). *Fundamental of spiritual intelligence*. Journal of Mental Health ;

1(1):3-30.

- Whalleya , LJ, Foxa , HC, Dearyb , IJ & Starr, JM . (2005). *Childhood IQ, smoking, and cognitive change from age 11 to 64 years* . Addictive Behaviors, ;30 : 77-88.
- Wills, TA, Yaeger , AM & Sandy, JM . (2003). *Buffering effect of religiosity for adolescent substance use*. Psychology of Addictive Behaviors. 2003 ;17 (1):24-31.