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# The study of the relationship between self confidence and obsession in high school female students of the second grade in Torbate Heydarieh city

Seyeh Abolqasem Seydan[a], Nahid Ghandari[b], Hassan Molla Zadeh[c]

[a] *professor of psychology, Torbate Heydarieh Universities, Iran*

[b] *bachelor (expert) of general psychology, Torbate Heydarieh University, Iran*

[c] *bachelor (expert) of general psychology, Torbate Heydarieh University, Iran*

## Abstract

The present study aimed to study the relationship between self confidence and obsession in high school female students of the second grade in Torbate Heydarieh city with the statistical size of 6500 subjects and a sample of 240 students. It was performed by single-stage cluster sampling method and then simple random sampling and also by using Cooper Smith self esteem and Maudsley obsession-detector tests. The present study also used Pearson correlation method and found that the relationship between self esteem and obsession was negative and reverse. Obsession decreases with the increase of self esteem, thus the therapists of this field can use this ability to decrease and treat obsession.

**Keywords**: self confidence, self esteem, anxiety, obsession

## Introduction

Self confidence means that we have a feeling and recognition of our internal limitations and abilities. These people accept the risk of being rejected by others because they believe in their abilities. If this self esteem is low, it can cause anxiety that one of them is obsession. Obsession is a thought or imagination that attacks the conscious mind despite the will of human and dominates it and also provokes an extensive anxiety in oneself. The complications of this disease motivate the negative reaction of people and causes ridicule and thus leads to secrecy, anxiety, lack of self confidence and in most severe cases to aggression and depression and if it is not treated, their personal and social lives will be destroyed.

Self confidence means a value that the information inside self concept has for the person and comes from the self esteem of the person about his/her features. (Mousavi Tabar 2005). Self confidence is affected by the factors like feeling, thoughts, learning, innovations and etc.. One of the most desirable types of self

confidence is the high or positive self confidence. Some features like independency in the person's performance are associated with the issues like using money, time, job, clothes, emotions and etc. On the other hand, there is a type of self confidence called poor self confidence that is associated with some features like underestimate talent and emotions, believing that the others do not respect and value the oneself, the feeling of inability and etc. Thus, the complications of poor self confidence include the incidence of anxiety in different situations of life that one of them is obsession.

Obsession is a thought or imagination that attacks the conscious mind of the person and dominates it and also stimulates a broad anxiety. Obsessive disorder includes the thoughts, impulses and repetitive imaginations that come to the mind inadvertently. (Salihi et al 2006). Compulsive disorder or mental acts are repetitive acts that are done by the patient to decrease distress caused by tempting thoughts or prevent its terrifying events. (Davison et al 2005) About a variety of obsessive patients, it should be said that in these patients, the habits of cleaning lead to the habits of washing. Also, the habits of checking that lead to the repetition of counting and in another type slow obsession that causes slow movements and finally superstitious obsession that focuses on death and its symbols. (Lee Baez 2004) There are some evidences about the role of inheritance in OCF that a high rate of anxiety disorders is common among the first degree relatives with this disorder. (Davison et al 2005) Thus, the role of sender is relatively low. Obsession disorder begins earlier in men than women and in the adolescence and the early years of adulthood before the age 25, but is more common in women than men. (Davison 200) The purpose of this study is to answer this question: Is there a relationship between the rate of self esteem and obsession in high school female students of the second grade in Torbate Heydarieh or not?

During the past 100 years, many psychologists like Adler, Alport, Rogers, James and Rank have accepted the theory that human has self esteem. Self esteem that can affect most aspects of human life is of great importance. Also, self esteem can be studied in social factors and finds a collective mode in adolescence onward and becomes important. (Fakoor 2007) But if self esteem does not emerge in the person, he/she will suffer from mental disorders and one of them is obsession disorder that can be found in public and 1 to 3 % of normal people suffer from it. This disorder is the 4th common disorder after phobia, disorders that depend on drugs and depression disorder and the epidemiological studies in Asia, Europe, and Africa have confirmed it. Obsession disorders are more common among the people with higher incomes and almost the open-minded groups. This disorder begins at the late adolescence and the early adulthood and both genders suffer from it equally (Rachment 1980).

## Method

In this study, the correlation method was used. The statistical population included 6500 subjects and 240 samples were selected by single-stage cluster sampling method and then simple random sampling. Cooper Smith self esteem tests that included 58 yes/no questions and reliability coefficient of 77% for girls (Musa Nia 2003) and Maudsley obsession-detector test designed by Padsman De Silva and Stanley Rachman Draget that included 30 yes/no questions were used.

## Findings

Hypothesis 1: There is a significant relationship between the rate of obsession and the score of self confidence.

**Table 1. The results of measuring the rate of obsession and self confidence**

| **factors** | **N** | **rxy** | α | **df** | **Table rxy** |
|---|---|---|---|---|---|
| **Score of obsession** | 240 | -0/235 | %5 | 239 | 0/195 |
| **Score of self confidence** | 240 | | | | |

According to table 1, since the absolute value of the calculated correlation coefficient [-0/235] is bigger than the correlation coefficient of the table (0/198) at df=239 and a=0/5%, thus the observed correlation is negative and significant.

Hypothesis 2: There is a significant relationship between the rate of obsession and the score of cleaning obsession.

**Table 2. The results of measuring the rate of obsession and the score of cleaning obsession**

| **Factors** | **N** | **rxy** | α | **df** | **Rxy Table** |
|---|---|---|---|---|---|
| **Score of self confidence** | 240 | -29.0 | %5 | 239 | 195.0 |
| **Score of cleaning** | 240 | | | | |

According to table 2, since the absolute value of the calculated correlation coefficient [-0/29] is bigger than the correlation coefficient of the table (0/198) at df=239 and a=0/5%, thus the observed correlation is negative and significant.

Hypothesis 3: There is a significant difference between the rate of obsession and the score of checking obsession.

**Table 3. The results of measuring the rate of obsession and the score of checking obsession**

| **Factors** | **N** | **rxy** | α | **df** | **Rxy Table** |
|---|---|---|---|---|---|
| **Score of self confidence** | **240** | **-0/33** | **%5** | **239** | **0/195** |

| | | | | | |
|---|---|---|---|---|---|
| **Score of checking** | **240** | | | | |

According to table 3, since the absolute value of the calculated correlation coefficient [-0/33] is bigger than the correlation coefficient of the table (0/198) at df=239 and a=0/5%, thus the observed correlation is negative and significant.

Hypothesis 4: There is a significant relationship between the rate of obsession and the score of hesitant obsession.

**Table 4. The results of measuring the rate of obsession and the score of hesitant obsession**

| **Factors** | **N** | **rxy** | α | **df** | **Rxy Table** |
|---|---|---|---|---|---|
| **Score of self confidence** | **240** | **-24.0** | **%5** | **239** | **195.0** |
| **Score of hesitant** | **240** | | | | |

According to table 4, since the absolute value of the calculated correlation coefficient [-0/24] is bigger than the correlation coefficient of the table (0/198) at df=239 and a=0/5%, thus the observed correlation is negative and significant.

Hypothesis 5: There is a significant relationship between the rate of obsession and the score of slow obsession.

**Table 5. The results of measuring the rate of obsession and the score of slow obsession**

| **Factors** | **N** | **rxy** | α | **df** | **Rxy Table** |
|---|---|---|---|---|---|
| **Score of self confidence** | **240** | **-23.0** | **%5** | **239** | **195.0** |
| **Score of slow** | | | | | |

According to table 5, since the absolute value of the calculated correlation coefficient [-0/23] is bigger than the correlation coefficient of the table (0/198) at df=239 and a=0/5%, thus the observed correlation is negative and significant.

**Table 6. The results of measuring the rate of self confidence and obsession score among the groups**

| groups | factors | N | X |
|---|---|---|---|

| | | | |
|---|---|---|---|
| First grade girls | Self esteem | 80 | 4.30 |
| second grade girls | Self esteem | 80 | 91.29 |
| third grade girls | Self esteem | 80 | 31.33 |
| First grade girls | Obsession (total) | 80 | 57.12 |
| second grade girls | Obsession (total) | 80 | 58.13 |
| third grade girls | Obsession (total) | 80 | 67.12 |
| First grade girls | cleaning | 80 | 43.4 |
| | checking | 80 | 58.4 |
| | slow | 80 | 82.2 |
| | hesitant | 80 | 35.3 |
| second grade girls | cleaning | 80 | 5 |
| | checking | 80 | 17.4 |
| | slow | 80 | 88.2 |
| | hesitant | 80 | 65.3 |
| third grade girls | cleaning | 80 | 65.4 |
| | checking | 80 | 51.3 |
| | slow | 80 | 18.3 |
| | hesitant | 80 | 25.3 |

According to table 6, the highest rate of self esteem is in the high school female students of the 3rd grade (33/31) and the least rate of it is in the high school female students of the second grade. (29/91) Also, the highest average of obsession is seen in the high school female students (13/58) and the least average of obsession is seen in the high school female students of the first grade (12/57). According to the table, checking obsession in the first grade (4/58) has the highest average and slow obsession (2/82) has the least average. Also, cleaning obsession in the second grade has the highest average (5) and slow obsession (2/88) has the least average. Finally, cleaning obsession in the third grade has the highest average (4/65) and slow obsession (3/18) has the least average.

## Discussion and conclusion

Hypothesis 1: The findings of this hypothesis show that there is a negative correlation between the two phenomena, thus there is a negative relationship between the rate of obsession and the score of self confidence. Thus, obsession causes many problems in the person's life so that the person finds an anxiety mode in himself. One of its complications is the low level of self reliance. In other words, it targets the feeling of being values and the obsessive person will suffer from low self esteem. Thus, the sense of humiliation becomes highlighted in the person or vice versa, the decrease of self confidence can increase the level of obsession in the individual.

Hypothesis 2: The findings of this hypothesis show that there is a negative and significant correlation between self confidence and cleaning obsession. Self confidence decreases or increases during the life. How we feel about ourselves depends on our response to unpredictable conditions but when self confidence does not emerge in the individual, he/she will suffer from obsession that is one of the main clinical forms of cleaning.

Hypothesis 3: The findings of this hypothesis show that there is an average negative correlation between the two phenomena, thus the calculated correlation coefficient is significant. One of the features of the people with low self confidence could be obsession. For example the forms of checking that are made with the aims of preventing particular disasters like fire, burglary and etc.

Hypothesis 4: The findings of this hypothesis show that the obtained correlation coefficient is significant and negative. Thus, there is a negative or significant reverse relationship between self confidence and the score of hesitant obsession. One of the complications of decreased self confidence is the lack of confidence in oneself. The person with low self confidence often feels that he/she does not do his/her works well enough and such a person feels failed in this area. Thus, he/she often feels stressed and suspected in doing his/her affairs.

Hypothesis 5: The findings of this hypothesis show that the calculated correlation coefficient is negative and significant and there is a reverse relationship between self confidence and slow obsession. The people with a good self confidence do their daily works quickly, accurately and in a good and appropriate way. On the contrary, the people with low self confidence have different complications like slow obsession and one of the features of this type of obsession mode is doing daily works too much slowly. Thus, according to the table, the highest average of this obsession is related to the 3rd grade (3/18) to the first and second grades.

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