



Comparison of Anxiety, Children, and Single with Two Children in Secondary Schools during the First and Second Year in the Academic Year 2013-2014 of Bandar Abbas

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ABSTRACT

Objective: The study aimed to comparison of anxiety, children, and single with two children in secondary schools during the first and second year in the academic \year 2013-2014 of Bandar Abbas. **Methodology:** The method used is descriptive, causal-comparative. Sample 394 people, including 197 single- children and 197 two children. This study tool is Beck Anxiety Inventory (BAI). Methods are Statistical, and independent t-test. **Results:** The results of this study showed that there is no significant difference between anxiety and loneliness, single and two children, daughter, daughters. **Conclusion:** The target population included all male and female students in secondary schools with one child or two children in the first period and public and private secondary schools in the city of Bandar Abbas in the second period of 2013-2014 years were enrolled is.

1. Introduction

Today brings another machine life, reducing the number of one child families is a growing trend for them. In the field of scientific and theoretical discussion of the increase, decrease or set of such discussion was fascinating and controversial. Discussion of population dynamics and dimensions, the rate of growth, age structure, fertility, mortality and migration, strongly influenced by the changing environment and social context surrounding there, in turn, different aspects of the development such as economic development, social development, human development and sustainable development under the influence (Sadeghi, 2009). In 1996 the population of Iran was about 60 million. According to demographers, the last 20 years has been the explosion of young population in the country (Jahanfar, 1997). The population planning programs in Iran after the revolution, the government became a strategic policy. Ravages of the cultural, social, economic sanctions and problems in education, health, housing, converter underlying "population control" and "family planning" was a strategic issue (Fouladi, 2013). The one-child families because families did not have the experience of having children extreme effort to protect their children loved this style is regarded as a negative parental behavior and cause anxiety in children is liability for any accident or failure or become extremely angry and obsessive behaviors and anxious to show the stress transmitted to offspring and parents as a model for their child to be anxious (Courier Hart, 2010).

The families of two or more children of parents who have experience of raising a child and for failure are less anxious compared to one-child families are not extreme kindness or less because of their affection shared between two or more children.

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2. Materials and methods

2.1 Anxiety

Persian Culture of amid the anxiety words vibrate, vibrate, pulsate, absent being, restlessness, impatience, makes me oppress, distress, together with what the meaning is (Shirazi, 2011). Anxiety is a mood state marked by negative emotions, physical tension and anxiety about the future. Specific type of anxiety disorder with a wide range of psychological damage is mixed (Farhangi, 2006). In anxious patients, abnormal levels of certain hormones in the blood thus, a hormonal disorder can be divided into the biological causes of anxiety, he said. Hypothyroidism or hyperthyroidism, low blood sugar, irregular heartbeat somatic symptoms, anxiety and emotional disturbance is considered. Inheritance of genetic transmission of anxiety, researchers say children with anxious parents, parents of non-anxious children are seven times more likely to develop an anxiety disorder (Sadok, 2003). In families with one child and only son of parents feel there is a strong dependence this makes the child feel secure sense of attachment, deep intimacy occur in children in light of such parents understand their feelings and the feelings of the parents have the same rights as social relationships of parents and their parents will participate in discussions and enter the world of adults. On the other hand, the sense of security that the child is dependent on parents, in the case of any conflict between the parents become anxious because only children alone tries to terminate the agreement without parents as a result, the pressure becomes too much to bear (Courier Hart, 2010). The incompatibility between parents, single parents with children playing and entering into further problems their children are experiencing stress and anxiety. That is, to keep their relationship and their children as a means of prey to each other or to re-enforce their lives, in this case, the only child who has his own problems in addition to suffering from being away from parents and in the meantime, no one thinks of the injuries sustained by the growth of Him. (Shahbaz, 2013). Some studies have shown that a single child is likely to suffer from anxiety disorders. And because it's too much responsibility and sense of perfectionism have been attributed single child. One of the children want to do the best they can attract positive people this one's children is upsetting, because the fear that they might fail and not be successful. These problems can be due to incorrect and inappropriate training methods should be developed in children and for single children and some children did not differ (Shirazi, 2011). Details on the situation of people who are anxious to point out that people in relationships are required by state and special state that is governed as they choose their communication partner and on the same case with him adjust his communicative behavior. Anxious person prefers another person to have on your side and the uncomfortable position they shared their and then share them with someone who chooses to be with her similarity that he also suffered from anxiety (Farhangi, 2006).

2.2 Mood and behavioral inhibitors

Temperament is the iron wire on which the beads of life are drawn to the field.

Many seem anxious children from birth to the changes of the risk sensitive as a result of the careful explore. The overall design tends to predict the needs and experiences of children in each location specified. Their cautious approach infinity faults to no one. This property identified in children (21-month), inhibitor of calls. They even react to changes in a very minor hit in the environment, while other children with the same excitement or joy react to the changes. The children themselves were more likely to grow and develop an anxiety disorder in their future life roles (Chansky, 2007).

2.3 Parenting practices

Anxiety in children is associated with the creation of parenting. There are three styles of parenting: authoritarian or domineering style that includes mandatory and strict laws and low levels of acceptance. Authoritative style is a combination of control, support and interest is reasonably consistent with the accepted rules and practices. Tolerant style associated with low levels of control. Type of styles including authoritarian and permissive parents kind of stuck, the best outcome for anxiety and depression in adolescents is associated with. Another organization parent parenting practice as long as both are insensitive or oppressive; is associated with favorable outcomes for adolescents. Influence of parents and adopting an appropriate manner by the combined effect of these negative consequences can be somewhat awkward manner the other parent down (Gandmany, et al, 2009).

2.4 Environmental factors

Environmental and social factors are many different causes of anxiety disorder in adults. Family problems such as separation, divorce, rejection, environmental changes such as earthquakes, storms, sudden and unexpected changes, such as illness, can be named Mrgra (Sadok, 2003). All children in stressful or traumatic situations they face, they may have sensitivity, attachment and are going strong. This is not only natural but also enables adaptive and kids what they need to recover from an injury; either emotionally or physically trained (Chansky, 2007).

2.5 Theoretical perspectives on anxiety and its treatment

2.5.1 View psychoanalysis

Freud believed that anxiety in the psychological development of the libido, finally he will risk the anxiety and alarm of a change in the subconscious. Anxiety or aggression and threats of sexual conflict between unconscious impulses or external reality are the opposite of the Super Ego.

In response to this threat, Ego defense mechanisms to prevent the entry of unacceptable thoughts and feelings into conscious awareness raise (Sadok, 2003).

2.5.2 New view of psychoanalysis

Adler: Adler also believes that anxiety is caused by feelings of inferiority, in his opinion any anxiety disorder, including an attempt Year to drop a person from feelings of inferiority and achieve a sense of excellence that can lead to undesirable states of compensation. Anxiety is a very widespread and

pervasive character of the early childhood to old age is associated with a child. - Anxiety is a bitter life greatly, it is a call out his life and he hopes to create a quiet life is destroyed. Symptoms of neurotic person in this expression that says: "When I was a patient, I cannot."

The anxious person confirmed the expression is "I could not, because it may be damaged self-breath". She knows what to do or feel, but cannot. Adler, a character based on this person's name, "Yes, but ..." it has (Shafiabadi & Nasser, 2006).

2.5.3 Cognitive perspective

According to this view is erroneous thoughts and beliefs, unrealistic and unreasonable result in anxiety disorders (Azad, 1992). George Kelly's personal construct poses. Personal constructs, consider the events. The fundamental principle generally states that psychological processes and how they foresee events and interpret their world, we are guided. We are the structures that are formed in a stage of life or past experiences, unconscious conflicts and not limit our biological instincts. Our aim is to construct a sequence of events enables us to predict (Schultz & Sydney, 2012). From the perspective of George Kelly, is inappropriate when the individual structures, caused anxiety (Carver & Scheier, 1992).

2.6 Humanist and existential perspective

According to Carl Rogers, experiences which are inconsistent or incongruent with our self as a threat and anxiety.

2.6.1 Behavioral perspective

Theories of behavioral or learning some of the most effective treatments for anxiety disorders Anxiety is created. According to behavioral theory, anxiety is a conditioned response to specific environmental stimuli. Another possibility is that someone in the etiology of anxiety reactions to imitate their parents, may be anxious to teach the inner side (Sadok, 2003).

2.6.2 A biological perspective

Surveys and studies show that there is a relationship between anxiety and physical Biological function. People who are nervous system stimulants compared with other more sensitive than stresses are more likely to have suffered the most.

- There is evidence that anxiety disorders in these families are more likely than others to have (Sarason, 1989).

2.7 Erich Fromm's theory

Erich Fromm believed that all human beings throughout history have more freedom, more feelings of loneliness, isolation, the emptiness and alienation. Conversely, when people had less freedom, they had a greater sense of belonging and security. Forum innate human tendency to grow up and realize that the talents are failure to achieve a productive orientation and its potential to become what we leads to unhappiness and even mental illness. He believed that humanity will eventually reach equilibrium and cohesion but the lack of progress in his life was sad. His ideal society or a collectivist socialist humanist raised and it is a society in which love, brotherhood and unity characteristic of all human relationships are described. The ruling will apply to all feelings of loneliness, emptiness and alienation will disappear (Schultz & Sydney, 2012). According to Erich Fromm There are two ways to get rid of loneliness: the first, yes to freedom through efforts to join and reunite with the other guys, without it, a person can lose their freedom and integrity. In this society that it is healthy society or a community forum humanist knows, no one feels alone because all people are brothers and sisters. The second option is to restore security in denial and ignoring and forgoing individual liberty and personal integrity. It is clear that this leads to personal growth and development which cannot be but it eliminates the anxiety alone (Mohammadi Majd, 2008).

2.8 Methods

Descriptive and causal research methods are compared. In this research, the researcher does not have direct control of independent variables because these variables are essentially manipulated or not, or whether they have occurred before the study began, hence these studies ((after the fact)) is also called. This type of research is to investigate the causal relationship between the independent and dependent variables studied.

3. Discussion and results

3.1 The population

The target population included all male and female students in secondary schools with one child or two children in the first period and public and private secondary schools in the city of Bandar Abbas in the second period of 2013-2014 years were enrolled is. In Tables 1 and 2, the number of students in each section according to sex and public and private schools in the area are two districts in the city of Bandar Abbas.

3.2 Cross section

Table 1. Number of high school students by grade and gender in the first period and the second one in Bandar Abbas

Number of students			Type of Organization	Course of Study
Collect	Girl	Son		
3663	0333	0334	State	First Intermediate Period
0255	235	0404	NGOs	
04532	0362	2354	Collect	
03041	6066	5503	State	second Intermediate Period
0120	355	0435	NGOs	
02363	5433	3352	Collect	
63205	34031	33043	Total	

Table 2. Number of high school students by grade and gender in the first and second periods of Bandar Abbas

Number of students			Type of Organization	Course of Study
Collect	Girl	Son		
3035	0303	0060	State	First Intermediate Period
504	35	023	NGOs	
3555	0044	0355	Collect	
1666	2603	0423	State	second Intermediate Period
231	562	350	NGOs	
04525	2353	0355	Collect	
35001	01052		Total	

According to the above table the total population of the study consisted of students is 44,572.

3.3 Sample size and sampling

For selected examples of multi-stage cluster sampling was used. The dual education of Bandar Abbas 32 school districts was selected, including 16 girls and 16 were boys. Randomly selected from each school in the fifth grade, a total sample of 160 classes was selected. In this study population of 44,572 students, the sample is based on a scale of 381 Morgan, in this study, 394 male and female students from secondary schools were selected first and second periods of Bandar Abbas. Sample in this study in the following table according to sex, education level, and has one son and two children.

Table 3. Number of subjects according to educational levels, gender, and the one-child or two-child

Number of students		Type of Organization	Course of Study
Two children	One-child		
05	05	Girl	First Intermediate Period
06	06	Son	
20	20	Girl	second Intermediate Period
24	24	Son	

4. Conclusion

4.1 Beck Anxiety Inventory (BAI)

Beck Anxiety Inventory was introduced by Beck and Steer (1990), which measures an individual's specific symptoms of clinical anxiety. Beck Anxiety Inventory, a self-report questionnaire to measure the severity of anxiety in adolescents and adults is provided.

4.2 Reliability and validity of the Beck Anxiety Inventory

Studies show that it has high reliability and validity of the questionnaire. The coefficient of internal consistency (coefficient alpha) 0.92, the test-retest reliability of the 75 weeks, and the correlation of its 0 to 30, 0 to 76, 0 varies. Five types of content validity, concurrent, construct, test, and factor in all of these tests was to show the effectiveness of this tool in measuring the severity of anxiety. Some research in the psychometric properties of these tests has been conducted. For example: (Fathi Ashtiani & Dastani, 2013) Test-retest reliability coefficient it within two weeks of 80-0 reports. (Fathi Ashtiani & Dastani, 2013) The psychometric properties of the test in Iran - validity coefficient of about 0.72, and the coefficient of reliability test - retest interval of one month 0.83; alpha 0.92, 0 have reported.

4.3 Scoring and interpretation of scores

Scale is a 21 item questionnaire. The subject matter that reflects anxiety is one of four options to choose. Each question has four options in a range from 0 to 3 score in four parts. Each of the test, one of the most common symptoms of anxiety (symptoms of mental, physical and fear) describes. The total score on this questionnaire range from 0 to 63 are placed (Fathi Ashtiani & Dastani, 2013).

Table 4. Determine the degree of anxiety on the Beck Anxiety Inventory

Scores	Level of anxiety
4-5	No or minimal
3 -02	Mild
06-52	Average
56-63	Extreme

4.4 Hypothesis

The mean scores for anxiety, there is a single child with two children. The inferential First hypothesis: the anxiety scores between the two there is a single child.

Table 5. Mean standard deviation scores of the two groups on the anxiety scale

SD	Average	Number	Groups
11.48	18.19	197	One child
10.66	15.71	197	Two children

The information contained in the above table mean scores with one child and two children in their anxiety to show, the one-child scores 19, 18 and the two children are 71, 15.

Table 6. Results of t-test for comparison of anxiety between the two groups

Significance level	Degrees of freedom	T	Variable
0.02	392	2.21	Anxiety

The results of the above table show the mean scores of the two groups. The difference between the scores of the two groups ($t = 2, 21$, and $p < 0, 05$) is statistically significant with a confidence higher than 95%. This indicates that the one-child anxiety is more than two children. Based on this hypothesis is confirmed.

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