Investigating the Relationship between Mental Health and Social Adjustment (Case Study: Ayatollah Rouhani Hospital in Babol)

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ABSTRACT

Objective: The purpose of this study was to investigate the relationship between mental health and social adjustment. **Methodology:** The research method is descriptive survey and the statistical population is the staff of Ayatollah Rouhani hospital in Babol city. The number of members of the community was 1200 people. By using the Cochran formula, 291 individuals were randomly selected as samples. The data gathering tool was standard questionnaire for each component of mental health and social adjustment. **Results:** The data were analyzed using descriptive and inferential statistics using mean and standard deviation and Pearson correlation methods. **Conclusion:** The results showed that there was a negative and significant relationship between mental health and its components (physical symptoms, anxiety, disruption in action and social function, depression) and social adjustment.

1. Introduction

After encountering various factors in life, man is gradually learning how to adapt himself to the environment. If the environmental conditions, as it should and should be, each person naturally finds the power to adapt. In every society, there are always people who cannot adapt to social norms (Bayrami, 2010). The World Health Organization (WHO) defines health as a set of welfare, complete physical, mental, and social comfort, none of which is superior to others (Soltanian et al., 2004). The mental health that is necessary for the preservation and durability of the social, occupational and educational activities of the community (Bahreynian and Nourali, 2004), and in fact the health of the three-way response of the physical, psychological and social situations to internal and external stimuli to maintain stability and comfort (Shariati et al., 2002). According to the WHO statistics, 52 million people from different ages suffer from severe psychological illnesses, and 250 million have mild illnesses; in Iran, the figures are not lower than in other countries. The results of the research indicate that most deaths among young people and people of working age are due to suicide and antitheft, and these events are more or less related to their mental health (Soltanian et al., 2004). Human mental health is one of the most important topics in psychology, psychiatry and sociology. Laroush's psychology culture defines mental health as a mental ability to work coherently, pleasantly and effectively, for difficult situations, flexibility, and ability to regain its own balance (Ganji, 2006). The World Health Organization defines mental health as being capable of communicating in harmony with others, capable of modifying and modifying its own social environment (Mirkamali, 2006). Mental health is one of the concepts that have been considered by psychologists and researchers in recent years and its relationship with important variables such as compatibility has been studied. We live today in an age where mental health is particularly important because, along with the technological advances in industrial and social economics, psychological disorders are on the rise and many people suffer from severe mental illness and not only suffer from torment, but also family and ultimately the community (Lashgari, 2002). The World Health Organization considers mental health as a person's ability to communicate in harmony with others, the ability to modify and improve their social environment, and the proper logic of emotional conflicts and personal desires (Amini et al., 1999).

Social adjustment has certain features and attributes. One of the signs of being environmentally and socially adjustment is independence. Independence means the ability to do things without the help of others, the ability to stand alone and even enjoy it. Responsibility is another sign of social adjustment. Future thinking and understanding that today's decisions and actions can affect life and tomorrow is also consistent with personality traits. The ability to make decisions, maintain moderation in life affairs is also one of the other characteristics of social adjustment. A person with social adjustment has the ability to plan for all his time and, as far as possible, maintains moderation in all aspects of his life and refrains from excessive temperament (Hajari, 2005). Another aspect of social adjustment is social skills. Social skills are adapted behaviors that enable a person to interact with others, react positively to negative behaviors (Elliott and Gersham, 2003). Social adaptation means a person's reconciliation with the social environment that this adjustment may be created by adapting itself to the environment or changing the environment to satisfy its needs and motivations (Campbell, 2009).

Finally, according to the presented note, the question posed in this study is whether, is there a significant relationship between mental health and social adjustment of the staff of Ayatollah Rouhani Hospital?

1.1 History of research

- Dehghan Menshadi et al., (2017) investigated the relationship between mental health and social adjustment with educational performance of students of Yazd University of Education and Psychology. The results show that there is no significant difference between mental health and social adjustment with academic performance of students of educational sciences and psychology of Yazd University, but this equality does not apply to the social adjustment of single and married students without regard to the field of study.

- Peyvastehgar et al., (2015) investigated the relationship between environmental attachment and mental health and social adjustment of high school students in Varamin. The results showed that environmental attachment has a significant correlation with some components of mental health and social adjustment. In general, the spatial, social, and general attachment of girls at home is generally higher than that of boys. Additionally, adolescents are more environmentally friendly in a lower socio-economic status.

- Karami, (2010) explores the relationship between life satisfaction and general health and compatibility. The results showed that physical symptoms are the most important predictor of social and emotional adjustment, and these three variables can predict 85% of life satisfaction. Therefore, it can be concluded that the higher the level of physical health, the social and emotional compatibility of the students will increase the satisfaction of more life.

- Sahebi and Ayatollahi (2006), studied mental health status in Shiraz hospitals staff members. The findings of this study showed that mental disorders among hospital staff are highly prevalent; therefore, more attention is needed from authorities and researchers to develop mental health programs through interventional programs; also, modifying the sleep situation, creating opportunities for sports activities in hospital staff and obtaining their satisfaction will, as far as possible, have a significant impact on improving their mental health status. Both high headache and GHQ need to take measures to prevent and treat both disorders.

- Lowis et al., (2011) conducted a 121-person retirement men and women survey on life satisfaction, health self-assessment, retirement stress, retirement adjustment, and aspects of recalling pre-retirement. The results showed a significant positive correlation between life satisfaction scores, health self-assessment and retirement adjustment. Finally, according to the stated hypotheses, the research hypotheses and conceptual model of research are as follows:

1.2 Research hypothesis
1.2.1 The main hypothesis
There is a significant relationship between mental health and social adjustment among staff members of Ayatollah Rouhani Hospital.

1.2.2 Sub-hypotheses
1. There is a significant relationship between physical symptoms and social adjustment among staff members of Ayatollah Rouhani Hospital.
2. There is a significant relationship between the symptoms of anxiety and sleep disturbance and social adjustment among staff members of Ayatollah Rouhani Hospital.
3. There is a significant relationship between the disruption in action and social function and social adjustment among the staff members of Ayatollah Rouhani Hospital.
4. There is a significant relationship between depression and social adjustment among staff members of Ayatollah Rouhani Hospital.
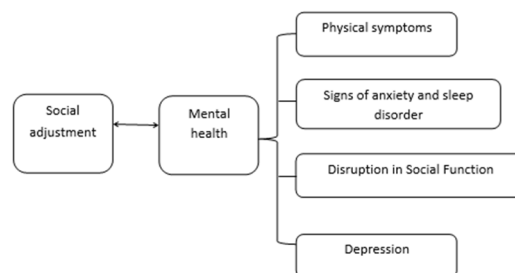
1.3 Conceptual model of research

Figure 1. Conceptual Model of Research

2. Materials and methods

2.1 Statistical population

The statistical population is 291 staff of Ayatollah Rouhani hospital in Babol, who has been employed in 2018, who has the minimum degree of diploma. The sample size is referenced to the Karjcie and Morgan tables and sample 136 has been obtained.

2.2 Method and tool for data collection

A) General Health Questioner (GHQ)

In this study, mental health is measured by GHQ (28) Goldberg's options. The questionnaire has four levels of physical symptoms, anxiety, Disruption in Social Function and depression. Validation and statistical analysis of materials Persian version of the 28-item mental health questionnaire based on simple Likert scoring was done using SPSS computer software by Amini in 1999. Amini rated the validity of the Persian version of the 28-GHQ is 0.84. The validity of the coefficient of validity means the internal consistency of the mental health questionnaire by Cronbach's alpha is 0.87.

B) Bell's social adjustment questionnaire

This questionnaire was adapted from Campbell's 2009 questionnaire. Campbell, (2009) reported a coefficient of 0.88 for social adjustment. This questionnaire was carried out by Ganji (2006), after translation and editing on 200 individuals randomly. Cronbach's alpha coefficient was 0.89. In Hafez Nia's research (2004), its reliability has been reported by Cronbach's alpha of 0.91. The formal, content and structure of the questionnaire has also been reported (Hafez Nia, 2004).

2.3 Data analyzing method

SPSS16 software was used to process and analyze the data obtained from the questionnaire, which consists of two parts: descriptive statistics and inferential statistics. The tests used are:

- ✓ Kolmogorov-Smirnov test to investigate the uniformity of the distribution of research data.
- ✓ Linear regression test to examine the status of test variables.

3. Discussion and results

3.1 Statistical descriptions community

Of the 291 respondents were 192 women and 99 men, 25 people have a diploma, 75 people have a undergraduate, 115 people have a bachelors and 76 people have a master and more, 19 people between 20 and 29 years old, 61 people between 30 and 39 years old, 137 people between 40 and 49 years old, and 74 people aged 50 or older, and among these people, 60 people between 5 and 9 years job record, 84 people between 10 and 14 years job record, 52 people between 15 and 19 years job record, and 95 people over 20 years had a job record.

3.2 Component Normal Test

Table 1 shows the results of the Kolmogorov-Smirnov tests. According to the results of the tests, in the Kolmogorov-Smirnov test, the level of significance for all variables was more than 0.05. Therefore, their normalization is confirmed in terms of this test.

Table 1. Kolmogorov-Smirnov tests results

		Social adjustment	Mental health	Physical symptoms	Signs of anxiety and sleep disorder	Disruption in Social Function	Depression
Number		291	291	291	291	291	291
Normal parameters	**Average**	3.60	3.83	3.96	3.77	3.49	3.73
	Standard deviation	0.76	0.62	0.52	0.89	0.79	0.61
Kolmogorov-Smirnov statistics		0.929	1.253	1.260	0.808	0.735	0.753
Significant		0.354	0.087	0.084	0.532	0.653	0.622

3.3 Correlation test for hypotheses

To test this hypothesis, the Pearson test is used with regard to the normality's of the components of mental health and social adjustment. Table 2 shows the Pearson test result of the research hypotheses. According to Table 2, the correlation coefficient of mental health and social adjustment is -0.728, and considering that the level of significance (0.000) is less than 0.05, then between mental health and social adjustment has a statistically significant relationship. The negative correlation coefficient indicates an inverse relationship between these two components.

Table 2. Correlation test results between research variables

		Mental health	Physical symptoms	Signs of anxiety and sleep disorder	Disruption in Social Function	Depression
Social adjustment	Pearson Significant Sample size	-0.728 0.000 291	-0.819 0.000 291	-0.923 0.000 291	-0.624 0.000 291	-0.546 0.000 291

Also, the correlation coefficient between mental health components (physical symptoms, signs of anxiety and sleep disorder, disruption in social function, depression) with social adjustment was -0.819, -0.923, -0.624 and -0.546, since the level of significance (0.000) is less than 0.05, therefore, there is a statistically significant relationship between the components of physical symptoms, signs of anxiety and sleep disorder, disruption in social function, depression with social adjustment. Negative correlation coefficient indicates an inverse relationship between these components and social adjustment of staff of Ayatollah Rouhani Hospital.

4. Conclusion

The purpose of this study was to investigate the relationship between mental health in four levels of physical symptoms, signs of anxiety and sleep disorder, disruption in social function and depression and social adjustment among staff members of Ayatollah Rouhani Hospital. The results of this study indicate that there is a significant relationship between mental health dimensions and social adjustment. In explaining these results, it can be said that people who do not have good mental health in the hospital environment have less social compatibility with their environment. The growth of emotional connections with a prerequisite for the balance of psychology and good consistency. Such adaptation helps us overcome identity crises and, in a constantly changing world, gives people the sense of stability they need. On the other hand, it is recommended that employees participate in mental health education courses run by consultants and specialist staff, because mental health is a skill that can be trained, flexible and variable, and with the participation of employees in the training courses, their ability to adapt to the working environment and the establishment of appropriate working relationships will increase, which can lead to an increase in the efficiency and performance of the workforce.

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