Original Article

A comparative study between resilience with life satisfaction in ordinary and prisoner women

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Abstract

Introduction: This study aimed to compare between resilience and life satisfaction in ordinary and prisoner women.

Materials and Methods: The statistical population of this causal-comparative study included all of prisoner and normal women in Isfahan in the year of 2016. The sample of this research contains of 280 women (140 prisoners and 140 ordinary women) is who were selected with the convenient sampling. To collect the required data this study from Connor and Davidson resilience (2003) and Diener Life Satisfaction (1985) questionnaire were used. In this research the data were analyzed in descriptive and deductive (Pearson correlation and ANOVA) statistics by using SPSS-21 software.

Results: The findings indicated that negative emotions tolerate have significant relationship with life satisfaction in prisoner women, also subscales of control and personal competence have significant relationship with life satisfaction in ordinary women ($P<0.05$). The results of analysis of variance showed significant difference between the category of personal competence, negative emotions tolerate and positive change acceptance in prisoners and ordinary women ($P<0.05$). Finally, these findings showed significant difference between the mean score of component life satisfaction between the two groups of prisoners and ordinary women ($P<0.05$).

Conclusion: It seems that there are significant difference in personal competence, negative emotions tolerate, positive change acceptance and life satisfaction in prisoners and ordinary women.

Keywords: Life satisfaction, Prisoner, Resilience, Women

Introduction

Crime in the human race continued to happen one after the other, and as long as man is on earth, he will not be separated from crime, followed by punishment. The purpose of prison punishment is to create social security, improve the behavior and performance of prisoners, reduce crime, relieve the victim and society, and return them

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safely to society, and prisons are designed for this purpose (1). The range of social deviations is extensive, and the most advanced of them is an act that is considered against the law, and the main perpetrator is accused and sentenced to prison, and there is no doubt that this wide range is affected by various factors arising from social situations and conditions. The findings of criminology and delinquency have shown that some people are more exposed to delinquency due to their particular biological, psychological, and social characteristics. Women are placed in this framework due to their weakness of physical strength and the particular social situation in which they live (2). Accurate knowledge of personality traits and how they affect different people can help researchers identify as many prisoners as possible, crimes by them, and prevention of deviant behavior (3). One of the personality traits that will be discussed in this research is resilience. Resilience is the ability of a person to adapt to threatening conditions. The resilience that causes effective adaptation to risk factors can be influential in reducing crime (4).

In other words, resilience is a concept beyond resistance to the pressures of life and therefore is not synonymous with a lack of vulnerability (5). Among the factors related to resilience, protective cognitive factors such as high self-esteem and self-efficacy, high self-control, internal source of control, and more active coping styles can be mentioned. However, research has indicated that these factors are low in criminals and prisoners (6). Considering the low levels of resilience in prisoners and the high prevalence of mental disorders in them, it seems that low resilience can be considered as one of the influential factors in reducing the level of quality of life and life satisfaction in them because resilience leads to It provides effective adaptation to risky successes, and this adaptability is a factor for improving life satisfaction in people (7).

In this regard, Michaeli et al. (8), in research entitled comparison of resilience, marital satisfaction, and mental health in parents with children with learning disability and normal, found a significant correlation between psychological resilience and satisfaction. In addition, there is life and public health. The results of multivariate regression analysis

revealed that resilience can predict marital satisfaction and mental health.

Life satisfaction is a judging process in which people evaluate their quality of life based on their unique criteria. Life satisfaction is not a stable and objective attribute, but it is sensitive to situational changes and is considered based on people's understanding and perspective (9). Also, satisfaction with life is necessary for a practical and satisfying individual life and includes the cognitive evaluation of people about their life situations (10). Satisfaction with life is a general concept resulting from a person's perception (cognitive and emotional) of life as a whole. For this reason, people with high life satisfaction feel more excitement, have a more positive evaluation of their past and future and others, and describe them as pleasant (11).

In short, it can be said that life satisfaction is affected by factors such as resilience because it provides the ability of a person to adapt to life's challenges and threats. Concerning the mentioned materials, the present study investigates the relationship between resilience and life satisfaction among imprisoned and non-prisoned women in Isfahan.

Materials and Methods

Considering the research objectives, which are based on the comparison, it can be said that the current research method is descriptive and comparative. So, questionnaires were given to the participants. After they answered the research questionnaires, the relationship between the variables was investigated using Pearson's correlation statistical methods and the difference between the research components with the help of the analysis of variance test.

The statistical population is all imprisoned and non-prisoned women of Isfahan city in 2015. The sampling method was accessible, and the desired sample size was estimated after obtaining the number of people in the statistical population based on Morgan's table.

The population of female prisoners was estimated to be 230 people according to the conducted surveys and using Morgan's table, a sample size of 140 people was selected, and 140 ordinary women were also studied in the same proportion.

Research instruments

A) Conner and Davison Resilience Scale: The resilience questionnaire was prepared by Conner and Davison in 2003 to measure the ability to deal with pressure and threats. This scale consists of 25 5-point options (completely false, rarely true, sometimes true, often true, always true) that Mohammadi, Jazairi, Rafiee, Jokar, and Porshenaz (2005) adapted for use in Iran. The minimum score for this test is zero, and the maximum score is 100. The results of factor analysis indicate that this test has five factors: perception of individual competence: 23-24-25-17-16-12-11-10, trust in individual instincts and tolerance of negative emotions: 15-19-18-20 6-7-14, positive acceptance of change and secure relationships: 1-5-4-2-8, control: 13-21-22, and spiritual effects: 9-3. The rating scale of the five-choice questions includes zero for entirely false, one for rarely true, two for sometimes true, three for often true, and four for always true. People who get a score higher than 60 are considered to be resilient people.

Validity (by factor analysis method and convergent and divergent validity) and reliability (by retest method and Cronbach's alpha) of the scale have been verified by the creators of the test in different groups (normal and at risk).

Connor and Davidson (2003) reported the Cronbach's alpha coefficient of the resilience scale as 0.89. Also, the reliability coefficient obtained from the retest method in a 4-week interval was 0.87. In the study of Samani, Jokar, and Sahragard (2006), Cronbach's alpha coefficient was 0.87 for the reliability of this test (12).

B) Life Satisfaction Scale: This five-question scale was prepared by Diener, Emmons, Larsen, and Griffin (1985) to measure the overall satisfaction with life and is used as an indicator of happiness in research. In front of each question, a 5-point Likert scale was considered from agree (1 point) to disagree (5 points) completely. Diener and his colleagues have reported good validity (convergent and differential) and reliability (Cronbach's alpha 0.89) for the scale. This scale has been adapted by Khair and Samani (2013) for use in Iran, and the evidence of its validity and reliability has been reported as favorable. The questions of this scale are suitable for the life of teenagers and adults (13).

Results

In order to describe the data related to the sample, first, the central indices and dispersion of the research variables were calculated, which are as follows:

Table 1. Descriptive results of the life satisfaction component in ordinary women and prisoners

Variable	Group type	Mean	SD	Slop	Stretch
Life satisfaction	Ordinary	15.27	5.10	3.187	25.565
	Prisoner	12.11	2.87	1.127	0.030

According to the above table, it can be said that the average score for the life satisfaction component is higher in ordinary women than in prison women.

Table 2. Descriptive results of resilience components in two groups of ordinary women and prisoners

Variable	Group type	Mean	SD	Slop	Stretch
Individual competency	Ordinary	15.78	6.44	1.290	1.601
	Prisoner	14.11	4.58	0.321	-0.212
Tolerate negative affect	Ordinary	15.40	3.87	0.503	-0.111
	Prisoner	12.21	4.51	1.202	1.241
Positive acceptance of change	Ordinary	14.57	4.99	0.639	-0.552
	Prisoner	13.55	3.05	0.281	0.906
Control	Ordinary	7.15	2.37	0.172	1.931
	Prisoner	7.76	3.88	0.144	-0.007
Spiritual influences	Ordinary	6.26	1.75	-0.662	1.376
	Prisoner	6.10	2.35	-0.300	0.652

According to the above table, it is evident that the average score of individual competence and tolerance of negative emotions in the group of ordinary women is higher than that of imprisoned women. In this research, the analysis of the statistical variance test has been used due to its suitability and compatibility with the research hypotheses. It should be mentioned that three presuppositions are examined in variance analysis, which is as follows:

Skewness and kurtosis tests were used to check the normality of the data. According to the data description tables, in most variables, the skewness and elongation value is between +1.96

and -1.96, which can be said with 95% confidence that the data distribution is normal.

In this assumption, it is checked whether the variance of the data in the groups is normal or not. Although, the results presented in Table 3 show that the second assumption has been met in the majority of the components.

We also analyze variance on the components for which the assumption did not apply.The box test results are insignificant (*P*=0.205, F=1.336). In other words, the covariance matrix is homogeneous. Therefore, multivariate analysis of variance test is applicable.

Table 3. The results of the homogenecity of variance of components of life satisfaction and resilience

	Indicators	**F**	**Freedom degree 1**	**Freedom degree 2**	**P**
Resilience	Life satisfaction	1.343	1	278	0.234
	Individual competency	0.103	1	278	0.749
	Tolerate negative affect	1.938	1	278	0.165
	Positive acceptance of change	35.718	1	278	0.000
	Control	1.290	1	278	0.320
	Spiritual influences	9.943	1	278	0.002

After examining the statistical assumptions of the analysis of variance, we use the statistical test of the analysis of variance for the components for which the assumption is significant. It is

necessary to mention that we also use the analysis of variance test for the components for which the default was not observed to ensure the correctness of the results.

Table 4. Box test to ensure the homogeneity of the covariance matrix of life satisfaction and resilience

Indicators	**F**	**Freedom degree 1**	**Freedom degree 2**	**P**
Values	1.336	3	2313.944	0.205

Pearson's correlation coefficient was used to investigate the correlation between the resilience component and life satisfaction in two groups of

imprisoned and ordinary women, and the results are as follows:

Table 5. Correlation of resilience with life satisfaction

Indicator	**Component**	**Life satisfaction**	**P**
Resilience in prisoners	Individual competency	0.061	0.473
	Tolerate negative affect	**0.411	0.000
	Positive acceptance of change	0.161	0.057
	Control	0.082	0.334
	Spiritual influences	-0.003	0.974
Resilience in ordinary women	Individual competency	**0.394	0.000
	Tolerate negative affect	0.036	0.671
	Positive acceptance of change	0.161	0.057
	Control	**0.330	0.000
	Spiritual influences	0.106	0.213
**correlation in 0.01 level is significant			

The results of Table 4 show a significant relationship between the tolerance of negative emotions (0.411) and the life satisfaction of female prisoners, but there is no significant relationship between other components of resilience and life satisfaction in female prisoners. Likewise, there is a significant relationship between the subscale of control (0.330) and personal competence (0.394) with life satisfaction in ordinary women, but no significant relationship was found between other components of resilience and life satisfaction in ordinary women. In order to investigate the difference between the mean endurance scores of imprisoned and non-prisoned women, a multivariate analysis of variance test was used, the results of which are as follows:

Table 6. Results of MANOVA significance tests

Test	Value	Dummy df	Error df	F	P	Effect size	Power
Pillay effect	0.207	5.000	274.000	14.322	0.000	0.207	1
Wilks Lambda	0.793	5.000	274.000	14.322	0.000	0.207	1
Hotelling effect	0.261	5.000	274.000	14.322	0.000	0.207	1
Largest root of Roy	0.261	5.000	274.000	14.322	0.000	0.207	1

The significance of multivariate test indexes, Wilks's lambda, Hotelling's effect, the largest specific root of Roy, and Pillai's effect (P=0.000, F=14.322), confirms that there is a significant difference in at least one of the resilience components between There are imprisoned and ordinary women. Therefore, each of these variables has been investigated separately, and the results of this investigation are presented in the following tables.

Table 7. The results of multivariate analysis of variance on the average of resilience components

Component	Sum of squares	Freedom degree	Sum of squares	F	P	Effect size	Power
Individual competency	195.557	1	195.557	6.255	0.013	0.022	0.703
Tolerate negative affect	713.604	1	713.604	40.294	0.000	0.127	1.000
Positive acceptance of change	72.014	1	72.014	4.200	0.041	0.015	0.533
Control	26.414	1	26.414	2.543	0.112	0.009	0.356
Spiritual influences	1.889	1	1.889	0.438	0.508	0.002	0.101

The analysis of variance showed a significant difference in the components of individual competence, tolerance of negative emotions, and acceptance of positive change between the two groups of imprisoned and ordinary women. However, no significant difference was found in terms of control and spiritual effects between the two groups. According to the results of Table 2, it can be said that the average score of individual competence, tolerance of negative emotions, and acceptance of positive change of ordinary women is higher than the average score of imprisoned women. One-way analysis of variance test was used to investigate the difference in the mean score of satisfaction with the life of imprisoned and non-prisoned women, the results of which are as follows:

Table 8. The results of one-way analysis of variance on the mean of life satisfaction

Component	Sum of squares	Freedom degree	Sum of squares	F	P	Effect size	Power
Life satisfaction	26.414	1	26.414	2.543	0.112	0.009	0.356

The results of the one-way variance analysis regarding the life satisfaction component showed that there is a significant difference between the average score of the life satisfaction component between the two groups of imprisoned and ordinary women, the average score of life satisfaction in ordinary women is higher than that of imprisoned women.

Discussion

This research aims to compare resilience and life satisfaction among imprisoned and non-prisoner women and investigate the relationship between resilience and life satisfaction in two groups. The correlation between resilience components and life satisfaction in two groups showed a significant relationship between negative emotion tolerance and life satisfaction in imprisoned women and between the subscale of control and personal competence with life satisfaction in ordinary women. Furthermore, the results of variance analysis of the two components of endurance and life satisfaction in two groups showed that there is a significant difference between the two groups of imprisoned and ordinary women regarding the component of personal competence, tolerance of negative emotions, and acceptance of positive change and the mean score of the component of life satisfaction.

The results of the current research based on the relationship between tolerance of negative emotions and life satisfaction are in line with the researches of Michaeli et al. (8), Rozgar (12), and Abulghasemi (13) because these researchers found a positive relationship between resilience and life satisfaction. They got life. In this regard, Soltanizadeh, Melkpour, and Neshat Doost (14) and Cohen, Frederickson, Brun, Mikels, and Kanvi (15) showed that any amount of positive emotion in the past, present, and future tenses and the overall positive emotion of students is more. Therefore, their life satisfaction is also higher. Also, the increase of negative emotion in the past and present tenses and general negative emotion leads to a decrease in students' life satisfaction.

The results of the current research are based on the relationship between control tolerance and personal competence with life satisfaction in ordinary women with studies by Khaltabari and Bahari (16), Shi, Wang, Bian, and Wang (17), Hosseinpour and Akbari (18) is aligned, and they also concluded a significant relationship between the endurance components and life satisfaction. In explaining the results of the present research, based on the existence of a relationship between the components of resilience, such as control and personal competence with life satisfaction, it can be said that resilience does not only mean dealing with problems in unfortunate events but also a flexible response to the pressures of daily life. Resilience is a kind of immunity against psychological and social problems and increases the positive functioning of life. As a result, it can be said that because resilience increases the tolerance of mental pressure, it is related to life satisfaction (19). According to Gillespe and colleagues (20), the perception of competence, cooperation, control, and self-efficacy are among the most critical factors. They are effective in resilience, and in the present study, the perception of competence and control in ordinary women had a significant positive relationship with life satisfaction.

The results of the present research are based on the significant difference between the component of individual competence, tolerance of negative emotion, and acceptance of positive change in two groups of ordinary women and prisoners with the researches given such as Sanaei (21), Albkurdy, et al. (3) and Chalme (4). It is aligned. In their research, they also estimated the level of resilience in imprisoned people to be lower than ordinary people. In general, it can be said that resilience is not created by itself unless a person is put in a complex and unpleasant situation, so in order to get rid of it and be less vulnerable, he should make maximum efforts to discover and use protective and protective factors. Individual and environment inside and outside oneself, which always exists in a potential form (22). Newman (23) considers resilient individuals and groups equipped with common characteristics that prepare them to overcome life's changes and ups and downs. Resilient people have a source of internal control, compromised social behaviors, empathy with others, and a positive self-concept. They are optimistic people and capable of organizing their daily responsibilities. These features give people a support network of family members and friends who support them during stressful times. As a result, by counting the characteristics of endurance, it can be said that the endurance will be less in the case of imprisoned people because they have committed crimes and delinquencies due to their lack of endurance and the ability to endure difficult living conditions. Concerning the mentioned materials, it can be said that there is a significant difference between the resilience components of imprisoned women and non-prisoned women.

The results of the present study, based on the significant difference between life satisfaction in two groups of ordinary women and prisoners, are in line with the research given such as Ismaili (24) and Albukurdy et al. (3) because they also distinguish between quality and life satisfaction. They distinguished between non-prisoners and prisoners.

In explaining the results of the present research, based on the existence of a difference between the component of life satisfaction in ordinary women and prisoners, it can be said that life satisfaction means the general feeling of being good and having a meaningful life. Life satisfaction as a personal judgment of happiness and well-being and quality of life-based on criteria chosen by each person. The concept of satisfaction is an inner experience that includes the presence of positive emotions and the absence of negative emotions (25).

According to the mentioned definition, since women in prison experience fewer emotions and positive experiences, it can be said that they are less satisfied with life than women who live with their families. However, this research was also faced with certain limitations, such as the fact that the current research is of a causal-comparative type, and the investigation of cause and effect relationships between variables should be done with caution.

Also, among the limitations of the current research is the information available. It comes through a questionnaire. According to this article, the possibility of giving unrealistic answers by the participants, caused by the wrong understanding of the questions, can distort the results. Of course, we tried to reduce the possibility of this by explaining this matter and allocating enough time to fill out the questionnaires.

According to specialists (26), on the learnability of various skills such as resilience, it is suggested that by teaching these skills to prisoners, the level of mental and emotional health will increase, hence the feeling of satisfaction. He raised the life in them.

Conclusion

There is a significant relationship between the tolerance of negative emotions and life satisfaction in imprisoned women. Also, a significant relationship was found between the control subscale and personal competence with life satisfaction in ordinary women.

There is a significant difference in the component of personal competence, tolerance of negative emotions, and acceptance of positive change between the average score of the life satisfaction component between the two groups of imprisoned and ordinary women.

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