Original Article

Study on early maladaptive schemas, high-risk behaviors and optimism in students using social networks (with ordinary and divorced families)

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Abstract

Introduction: The purpose of this study was to investigate the relationship between comparing maladaptive schemas, high risk behaviors and optimism in students using social network in students of with divorced and ordinary families in Gorgan city.

Materials and Methods: In this research, 120 students from Islamic Azad University of Gorgan were studying during the academic years of 2015-2017 selected through convenient method. Data gathered by a researcher-made 7 demographic questionnaire, Yang's short form questionnaire, high-risk behaviors questionnaire, and Sheer and Carver optimism questionnaire.

Results: Findings showed that the mean scores of optimism and high risk behaviors in divorced group were lower than ordinary group ($P<0.05$).

Conclusion: Regarding the results in ordinary families, optimism acts as an effective variable in reducing the use of social networks, while in the other group this factor is ineffective. Also, there is a significant relationship between the amount and time of use of virtual networks in the two groups of students. Therefore, due to the variety of variables, the more amount and time of using social networks, the group also shifts to divorced group.

Keywords: Early maladaptive schemas, High-risk behaviors, Optimism, Social networks

Introduction

Young age and especially the student period, due to the greater participation of the youth in the peer group and being in more diverse social situations, as well as the more academic, social, and economic responsibilities that are expected of him, can be more prone to committing risky behaviors (1). The high-risk behaviors of youth and adolescents are mainly in six categories: smoking, drug addiction, and abuse, unhealthy sexual behaviors, physical inactivity, unhealthy nutrition, and behaviors related to injuries and injuries. Known high-risk behaviors among young Iranians include violence, suicide, reckless driving, tobacco, alcohol, and drug use, and high-risk sexual behaviors that lead to the possibility of contracting AIDS or sexually transmitted diseases (2). The attention and

interest in the topic of optimism come from the main attention and interest in the process that includes the concept of self-regulation behavior. According to Sigelman's theory, no matter how pessimistic our predictions and expectations are, they will have negative consequences in the case of mental illnesses and behavioral abnormalities. Therefore, they are also called pessimistic (3).

Primary maladaptive schemas are another component related to risky behaviors and optimism. Schemas are formed from the beginning of life and affect a person throughout his life. Researchers think primary maladaptive schemas act as a filter to prove or confirm childhood experiences and clinical symptoms such as anxiety, depression and personality disorders, loneliness due to destructive interpersonal relationships, and alcohol abuse.

Furthermore, drugs lead to anorexia or stomach ulcers (4).

Each person mentally designs a set of personality traits for himself in the early childhood years in the form of a kind of individual system schema found in the social context of the family. Since the family is a social and natural system with its characteristics, people are connected with intense, lasting mutual interests and emotional attachments in such a system.

Therefore, the current research sought to answer whether initial maladaptive schemas are different in creating optimism and the occurrence of risky behaviors in students who use social networks in divorced and ordinary families.

Materials and Methods

The descriptive realization method was of comparative causal type. The statistical population was the students of Azad University, Azadshahr, Gorgan, in the academic year of 2013-2014, 120 of whom participated in the research through available sampling. In the research implementation stage, after providing preliminary explanations about the measurement tools and the purpose of the test, the way to answer the tests was explained in detail to the participants, and from the short version of the Young Schema Questionnaire, the Optimism Questionnaire, and the Prevalence of Behavior Questionnaire. In addition, high-risk and social network addiction questionnaire was used to collect data.

Research instruments

A) *Short version of the Young Schema Questionnaire (YSQ-SF):* This scale was created by Young (1999). This questionnaire has 75 items that evaluate 15 primary maladaptive schemas. The reliability of the YSQ-SF scale by Cronbach's alpha was 0.96 for the entire test and was higher than 0.80 for all subscales. In the study of Sadoughi et al. (5), the reliability of the YSQ-SF scale was obtained by Cronbach's alpha for all scales in the range of 0.62 to 0.90.

B) *Optimism Questionnaire:* This questionnaire was prepared by Shirorer and Kaver (1985) and had ten items, 6 of which were used. Three items related to negative sentences and three items related to positive sentences. 4 Kiva Maki and colleagues reported 0.65 on the pessimism scale and 0.72 on the optimism scale, with an alpha coefficient of 0.80 for all subjects. In Iran, the initial version of this test was standardized and validated in Isfahan, which has been reported to have high reliability and validity. The reliability of the whole test is 0.74 based on Cronbach's alpha, and the validity was calculated using the criterion-dependent method, which was reported as 0.65 between optimism and depression and 0.73 with self-control (6).

C) *Questionnaire to Check the Prevalence of High-risk Behaviors:* It is a questionnaire to check the prevalence of high-risk behaviors (such as addiction, AIDS, abnormal behaviors, smoking, violence, inappropriate sexual relations, etc.) was created by Ahmad Porterkman (7), which has 24 questions and its main purpose Measuring the type of prevalence of high-risk behaviors from the point of view of people. A score between 24 and 48: the prevalence of high-risk behaviors in a person is low. A score between 48 and 72: the prevalence of high-risk behaviors in a person is average. A score higher than 72: the prevalence of high-risk behaviors in a person is high. In research to determine the face and content validity of the questionnaire, first, it was approved by expert professors. Then, Cronbach's alpha was used to obtain its reliability, and the reliability of the questionnaire was higher than 0.70, which indicates the good reliability of this questionnaire.

D) *Questionnaire of Addiction to Social Networks:* In this study, a researcher-made questionnaire with 15 questions was used to measure addiction to social networks, which has a 5-point Likert response range. The higher

this score is, the more people are addicted to social networks and vice versa. After setting up, the questionnaire was evaluated by supervisors and advisors, and after the necessary corrections, it was prepared for distribution. Professors and experts confirmed the validity of the questionnaires. Cronbach's alpha method (0.76) was used to determine reliability. The results indicated the desired reliability of the measurement tool.

Results

This study was conducted on 120 students of Islamic Azad University of Gorgan, including 60 male students and 60 female students with an average age of 22 years and a standard deviation of 5.36 years.

Other findings showed a significant difference between high-risk behaviors among students from ordinary and divorced families (Table 2).

Table 1. The results of the t-test of incompatible patterns among students from ordinary and divorced families

Comparison trait	Hypothesis of Equality of variance	Co-variance test		Independent sample comparison test					
		F	P	T	DF	P	Average difference	Confidence interval 95%	
Incompatible patterns	Equal	5.723	0.018	-8.411	117	0.000	-98.377	Min. limit -121.547	Max. limit -75.213
	Unequal			-7.620	61.021	0.000	-98.377	-124.193	-72.563

Table 2. The results of the t-test comparing high-risk behaviors among students from ordinary and divorced families

Comparison trait	Hypothesis of Equality of variance	Co-variance test		Independent sample comparison test					
		F	P	T	DF	P	Average difference	Confidence interval 95%	
High risk behaviors	Equal	12.029	0.001	-10.456	117	0.000	-50.749	Min. limit -60.361	Max. limit -41.367
	Unequal			-9.349	59.181	0.000	-50.749	-61.611	-39.887

Table 3. The comparison test of the level of optimism among students from ordinary and divorced families

Comparison trait	Hypothesis of Equality of variance	Co-variance test		Independent sample comparison test					
		F	P	T	DF	P	Average difference	Confidence interval 95%	
Optimism	Equal	15.251	0.000	6.522	117	0.000	5.720	Min. limit 3.9832	Max. limit 7.4573
	Unequal			8.046	116.749	0.000	5.720	4.3122	7.1283

Table 4. Chi-square test of the interaction effect of time of using social networks and target groups

Variable	Chi-square	DF	P	ETA coefficient
Rate of usage	6.842	1	0.007	0.435

Because the proposed level is less than 5%, we can say that there is a significant relationship between these two variables. So, as the range of variables varies, the more social networks are used, the more ordinary family will become the divorced family.

Discussion

Considering the living conditions today and the Young age and especially in the student period, due to the greater participation of the youth in the peer group and being in more diverse social situations, as well as the more educational, social, and economic responsibilities that are expected of him, he can be more prone to commit risky behaviors. The results showed a significant difference in the number of incompatible patterns among students from ordinary and divorced families. The results of this research are consistent with the results of Tiam (8) and Dicollier et al. (9). Davis believes that conflict in relationships occurs when one person's behavior does not match the other person's expectations. Also, there is a significant difference between high-risk behaviors among students from ordinary and divorced families. The results of this research are consistent with the research results of Salmani et al. (10), Arifnia et al. (11), Soleimaniyan et al. (12), Kazemini (13), Gorbonele, et al. (14), Block et al. (15), is consistent.Other findings also showed a significant difference between the level of optimism among students from ordinary and divorced families. In addition, it can be said that due to the positiveness of both ends of the confidence interval presented in the above table, the level of optimism is higher among students from ordinary families.

The results of this research are consistent with the results of Hassan Shahi's research (3). Most likely, optimistic people are from families where neither father nor mother had depression. Most likely, pessimistic people are from families where parents are depressed, and they model the pessimistic explanatory style to their children and differentially strengthen the development of the pessimistic explanatory style. Optimistic people believe that long-term goals are attainable (16).

There is a significant relationship between the amount of use of virtual networks in students from ordinary families and divorce. Therefore, according to the arrangement of the spectrum of variables, as the time of using social networks increases, the group also changes from an ordinary family to a divorced family. The results of this research are consistent with the research results of Fleischer and Honge (17), Hamburger and Ben-Artzi (18), and Planet (16).

Conclusion

The results showed a significant relationship between the use of social networks and divorce and parents' personality traits, such as optimism and pessimism in ordinary families and divorce. Therefore, it is suggested to consider this issue in planning prevention methods and different treatment programs.

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