Original Article

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

Zahra Afra[1]; Ali Reza Bakhshayesh[2*]; Hossein Yaghoubi[3]

[1] *MS. in clinical psychology, Yazd Branch, Islamic Azad University, Yazd, Iran*
[2] *Associate professor of psychology and educational sciences, Yazd Branch, Islamic Azad University, Yazd, Iran*
[3] *MS. in sport psychology, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran*

Abstract

Introduction: This study aimed to compare between resilience and life satisfaction in normal 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 normal women) is who were selected with available 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 normal 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 normal 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 normal 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 normal women.

Keywords: Life satisfaction, Prisoner, Resilience, Women

Introduction

Crime in the human lineage as a chain occurred one after another and till the man is on the earth, he will not be separated from crime and following it the punishment. The goal of the imprisonment punishment is to create social security, correct the behavior and the performance of prisoners, crime reduction, relief of the injured person and the community, their safe return to the community and prisons is also predicted for this purpose (1). The range of social deviations is very wide and the most advanced of it is the action which is legally considered contrary and its main cause is convicted and sentenced to prison and there is no doubt that it is influenced by various factors caused by situations and social conditions. Cognitive criminology and

criminal findings have shown that some people due to their nature of biological, psychological and social, more than others are at risk of victimization. Victimization is potentially vulnerable to potential offenders. Women due to their poor physical stamina and a special social status have been felt within this framework (2).

Detailed knowledge of personality traits and how it effects on different people can help the researcher in order to more identifying of prisoners, their incidence of crime and the prevention of deviant behavior (3). One of the characteristics that is addressed in this study is resilience. Resiliency is the ability of individual to adapt with threatening situations. Resiliency that causes the effective adaptation with risk factors can have an important role in reducing crime (4).

In other words the concept of resiliency is beyond the withstanding against the pressure of life and therefore is not synonymous with lack of vulnerability (5). Among the associated factors with

resilience we can refer to protective of cognitive factors such as high levels of self-esteem and self-efficacy, avoiding high internal locus of control and active coping styles. Studies have shown that these factors are in lower-level in offenders and prisoners (6).

Due to the low levels of resilience in prisoners and the high prevalence of mental disorders it seems that low resilience can be considered as one of the effective factors in the low quality of life. Because the resiliency provides effective adaption with the risky and this adaptive is a factor for increase life satisfaction in people life (7). In this regard, Michaeli, Ganji and Talebi Jouybari (8), in a study entitled "Comparison of resiliency, marital satisfaction and mental health in parents of children with learning disabilities and normal" find out that there is a correlation between cognitive resilience with the satisfaction of life and psychological health. Multi-variable regression analysis shows that resilience can predict marital satisfaction and mental health.

Life satisfaction is a peer review process in which people evaluate their lives quality based on their unique criteria. Life satisfaction is not a stable and objective trait (9). It also requires the useful, effective and satisfying individual life and includes cognitive review of people and their living conditions (10). In fact, life satisfaction is whole concept and way (cognitive and emotional) of individual perception from the total life. That is why people with high life satisfaction, feel more positive excitement, have positive assessment of his past and future and others and have described it as pleasant (11).

In summary it can be said that life satisfaction is affected by factors such as resiliency because provide person's ability to adapt to challenges and life-threatening. According to the material the purpose of the present study is to investigate the relationship between resilience and life satisfaction, we'll also answer the question of whether the resilience and life satisfaction among prisoners and non-prisoners women is a significant difference in Isfahan or not?

Materials and Methods

Given that the study aims to evaluate the relationships between independent and standard components and with respect to the objectives of the research study which is based on the comparison, can be said that this study is descriptive and causal-comparative. This means that in this study have no intention of doing any interference and only

evaluate the relationship between independent variables (resiliency) and the criterion (life satisfaction), and evaluates the difference between the components of research in two groups of prisoners and non-prisoners. Thus, the participants were given questionnaires and after their response to survey questionnaires the relationship between the variables using Pearson correlation and different research components were analyzed using analysis of variance.

The population includes the prisoners and non-prisoners women means of Isfahan in 2016. Sampling was available and the volume of sample was estimated after obtaining the number of population according to Morgan table. The population size was estimated 230 prisoners women, which according Morgan table the sample size were selected 140 respondents using, as well as 140 normal women were studied.

In the present study to collect data from Connor and Davison Resilience questionnaires and life satisfaction of Diener, Emmons, Larsen and Griffin were used.

Research instrument

- Connor and Davison Resilience Scale: Resilience questionnaires by Connor and Davison in 2003 are provided in order to measure the strength against pressure and threats. This scale consists of 25 five-choice option (completely false, rarely true, sometimes true, often true and always true) that Mohammadi, Jazayeri, Rafie, jokar and Purshahnaz (12) have adapted it for use in Iran. The minimum score for this test zero and the maximum is 100. The analysis result suggests that this test has five factors: the individual merits (: 25-24-23-17-16-12-11-10) trust to the instincts of individual and tolerate negative affect (20-19-18-15 -14-7-6), the positive reception and safe relationships (8-5-4-2-1), control (22-21-13) and spiritual influence (9-3). Ratings ranges from zero to completely false , one to rarely true , two for sometimes true, three for often true, four to always true. People whose score be higher than 60, they are considered as resilient individuals.

The validity (through factor analysis and convergent and divergent validity) and reliability (retest method and Cranach's alpha) the scale has been established testing by manufacturers of test in various categories (normal and at risk). Connor and Davidson (13) have reported Resilience Scale of Cronbach's alpha coefficient 0.89. Also reliability coefficient from retest method at a 4 weeks distance was 0.87. In this chaos, Jokar and Sahragard (14) Cronbach's alpha coefficient was 0.87 for the reliability of this test.

- Scale of Life Satisfaction: This five questions scale by Diener, Emmons, and Larsen & Griffin in 1985 has been developed to measure the general satisfaction of life and is used as an indicator of feel happiness in the studies. For every question Likert 5 point from strongly agree (score 1) to strongly disagree (score 5) was considered. Diener and his colleagues reported favorable validity (convergent manner and divergent) and reliability (Cronbach's alpha - 0.89) for scale. This scale by Bayan, Kuchaki and Goudarzi (15) is adapted for use in Iran that has reported its validity and reliability 0.84. The Questions of this scale is in such a way that fits with the lives of teenagers and adults.

Information analysis procedures

The data from this survey scores by statistical software SPSS-21 was analyzed in both descriptive and inferential way. In the level of descriptive indicators such as mean, standard deviation, frequency and percentage and in the inferential level Pearson correlation and analysis of variance were used.

Results

To describe the sample data, the study first addressed to the central index and dispersion values which are as follows:

Table 1. The descriptive results of component of life satisfaction in both normal and jailed women

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

According to the table above it can be said, the average life satisfaction score of component in normal women were more than women in prison.

Table 2. The descriptive results of components of resilience in normal and jailed women

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

According to the table above it is obvious that the average of individual merit and toleration of negative affect in normal women were more than women in prison.

In this study, analysis of variance test for its suitability and compatibility with the hypotheses was used a lot. It should be noted that in the analysis of variance three presuppositions were studied which are as follows:

To evaluate the Data normalization tilt and strain test was used. According to description of data tables, in the more variable the amount of tilt tension is between +1.96 and -1.96 that we can say with 95% confidence that the data distribution is normal.

Second Default: checking the homogeneity of variances

The default is checked whether the variance of data in groups is normal or not. The result presented in table 3 shows that the second default is observed in the majority of the components, about components that default is not true for them to ensure about the result of test we perform variance analysis test.

Table 3. The results of the homogeneity of variance of components of life satisfaction and resilience in both groups

	Indicators	F	Freedom degree 1	Freedom degree 2	Significance level
	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
resilience	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

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	Significance level
Values	1.336	3	2313.944	0.205

As it can be seen in Table 4 shows that box test is not significant (f = 1.336, P = 0.205), in other words, the covariance matrices are homogeneous.

After reviewing the assumptions of analysis of variance, for components that have significant defaults for them we use analysis of variance test. It should be noted that about components that default is not true for them to ensure about the result of test we perform variance analysis test.

As for the correlation between the components of resilience and life satisfaction in both groups of prisoners and normal women correlation

coefficient Pearson is used, the results are as follows:

Table 5. Correlation of resilience with life satisfaction in jailed and normal women

Indicator	Component	Life satisfaction	Significance level
Resilience in jailed women	Individual competency	0.061	0.473
	Tolerate negative affect	[**]0.411	0.000
	acceptance of change	0.161	0.057
	control	0.082	0.334
	Spiritual influences	-0.003	0.974
Resilience in normal women	Individual competency	[**]0.394	0.000
	Tolerate negative affect	0.036	0.671
	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

Table 5 shows the results of the tolerable negative affect (0.411) there is a relationship with life satisfaction among women, but among the other components of resilience and life satisfaction among prisoners women there was not a significant correlation between them.

As for the difference between mean scores of prisoners and non-prisoners women of analysis of variance was used several variable analysis of variance were used which are as follows:

Table 6. The results of significance tests MANOVA

Test type	Value	Dummy df	Error df	F	Significance	Effect size	Statistical power
Pillay effect	0/207	5/000	274/000	14/322	0/000	0/207	1/000
Wilks Lambda	0/793	5/000	274/000	14/322	0/000	0/207	1/000
Hatlyng effect	0/261	5/000	274/000	14/322	0/000	0/207	1/000
Largest root	0/261	5/000	274/000	14/322	0/000	0/207	1/000

Multivariate analysis that is meaningful indicators Wilks Lambda, Hatlyng effect, the designated root and Pilayay effect (F = 14.322, P = 0.000) confirms that there is a significant difference at least in one component of resiliency among prisoners and normal women. Thus, each of these variables has been studied individually and the results are presented in the following tables.

Table 7. The results of multivariate analysis of variance on the mean of the components of resilience in both groups of jailed and normal women

Component	Sum of squares	Freedom degree	Sum of squares	F	Significance	Effect size	Statistical 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 effects	1.889	1	1.889	0.438	0.508	0.002	0.101

The result of variance analysis showed that in individual merit component, tolerance of negative affect and acceptance of positive change between the two group's prisoners and normal women there is a significant difference; however about control and spiritual effects was not found significant differences. According to the results of the table 2 it can be said that the mean score of individual merit, tolerance of negative affect and acceptance of positive change of normal women is higher than the average score of jailed women.

As for the difference between average life satisfactions score of prisoners and non-prisoners women we used from one-way analysis of variance test which the results are as follows.

Table 8. The results of one-way analysis of variance on the mean of life satisfaction in both groups of jailed and normal women

Component	Sum of squares	Freedom degree	Sum of squares	F	Significance	Effect size	Statistical power
Life satisfaction	697.729	1	697.729	40.717	0.000	0.128	1.000

The results of one-way analysis of variance in the component of life satisfaction showed that there is a significant difference between mean score of life satisfaction among prisoners and normal women which According to Table 1, the mean score of satisfaction of life in normal women are more likely than prisoner's women.

Discussion

The aim of this study was the comparison between resilience and life satisfaction among prisoners and non-prisoners women as well as is reviewing the relationship between resilience with life satisfaction in both groups. The correlation results between the components of resilience and life satisfaction in both groups showed that between tolerate negative affect with satisfaction of life in normal women there is a significant relationship. The result of variance analysis of resilience and satisfaction of life component in both groups suggests that individual merit, tolerance of negative affect and acceptance of positive change in both groups was significantly different and the mean score of satisfaction of life in normal women and prisoners women was different.

The results suggested that the relationship between tolerable negative affect and life satisfaction is consistent with Michaeli, Akbar Ganji and Talebi Jobari (8) Ruzegar (16) and Abulghasemi research (17), because these researchers showed a positive relationship between resilience and satisfaction of life. In this regard, Soltanizadeh, Malekpour, and Neshatdust (18) and Cohen, Fredriksson, Brown and Mikels and Conway (19) showed that as much positive emotion in the past, present and future and students' overall satisfaction is high their life satisfaction is more. also increased negative affect in the past, present and future and overall negative affect cause the reduction of life satisfaction. In explaining the study of the relationship between tolerate negative affect on prisoners women and life satisfaction it can be said, Resiliency with effect on a person's feelings and emotions, has positive attitude and satisfaction of life, so reducing the amount of resiliency in life events leads to feelings of stress, anxiety or negative emotions and cause the individual be unhappy in his life. Given the direct impact of emotion on memory, individual in the presence of positive emotions, remember positive and pleasant memories of life and in the presence of negative emotions remember negative and unpleasant experiences of his life. Since prisoners

women experiences more unpleasant events they have more negative emotions, As a result of tolerate negative emotions by prisoners women in their life is an important factor for satisfaction of life.

The results suggested that the relationship between tolerance of control AND individual competence with life satisfaction in normal women with Khalatbary and Bahari (20) and Shi, Wang, Bian and Wang (21) Hosseinpour and Akbari (22) researches is in line. They also concluded that there is a significant relationship between component of resiliency and life satisfaction. The present results regarding the relationship between resiliency as a control component and individual competencies and life satisfaction it can be said Resilience is not only meant to tackle problems in adverse events, but it is also flexible response to the pressures of daily life. According to Antonovsky (23) resilience is against the psychosocial problems and increases positive function of life. As a result, it can be said that as regards the resilience increase stress tolerance is associated with life satisfaction. According to Gillespie and colleagues (24), perceive competence, collaboration, control, self-efficacy are among the most important factors in resiliency which in this study perceived competence and control in normal women with life satisfaction had a significant positive relationship.

The results suggested that the difference between individual merit elements, tolerance of negative affect and acceptance of positive change in normal and jailed women by research such as Sabayon (25) Albo Kordi et al. (3) and Chalmeh (4), are in one line, because in research they estimated resiliency of prisoners lower than normal people. In general we can say that resilience is not created by itself, unless the person be in unpleasant and difficult situation Till To get rid of it and less hurt, do the maximum efforts to discover and benefit from a protective and supportive factors (individual and environmental) of inside and outside that is always potentially ready (26). Newman (27) knows resilient individuals and groups with a common set of features that prepare them to overcome the vicissitudes of life changes. Resilient individuals have internal locus of control, organized social behavior, Empathy with others and a positive self-concept. They are Optimists and capable of organizing their daily responsibilities. These features enable people to have a supportive network of family and friends that have their support in times of high stress. With regard to the

material, it can be said that among the components of resilience in women prisoners and non-prisoners there is a significant difference. As a result, by features of resiliency we can clearly say that resiliency about those prisoners will be less, because they committed a crime due to the lack of resiliency and ability to endure difficult living conditions that they have. With regard to the material, it can be said that among the components of resilience in prisoners and non-prisoners women there is a significant difference.

The results suggested that the significant difference between life satisfaction in normal and jailed women is consistent with Ismaili (28) and Kurdish Albo et al. studies (3), because they have distinguished between the quality and life satisfaction of non-prisoners. Based on the results of this study that there is a difference between a normal component of life satisfaction in normal and prisoners women it can be said, life satisfaction means the overall feeling of well-being and having a meaningful life. Diener et al. (29) have defined life satisfaction as personal judgments of well-being and quality of life of every individual based on choice criteria. The concept of consent is as an inner experience that covers presence of positive emotions and negative emotions. According to this definition, since women in prison and trade Positive emotions experienced fewer undertaken in their life satisfaction than women who live with their families. With regard to life satisfaction in jailed in normal women, there is a significant difference.

But this research also met certain limitations, including this study is causal - comparative kind and the evaluating causal relationships between variables should be taken with caution, as well as the limitations of this study is that information is obtained through the questionnaire. Due to this, the possibility of providing false answers of the participants, from the misunderstanding of the questions, can defacement the results. Of course we tried to explain in this case and to allocate enough time to fill out the questionnaires, to reduce the risk. According to the experts' emphasis such as Stenberg and Berry (1994) it is recommended to learn various skills such as resilience, by teaching these skills to prisoners their mental health and emotional level increase and so cause the increase of their life satisfaction.

Conclusion

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

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